

# Kanye West, The New Workout Plan (Remix)

(feat. Lil Jon, Farnsworth Bentley)

[Intro - Kanye West]

You just popped in the Kanye West  
Get right for the summer workout tape  
And ladies if you follow these instructions exactly  
you might bear to pull you a rapper, a NBA player  
Man, at least a dude wit' a car  
So first of all we gon' work on the stomach  
Nobody wants a little tight ass!

[Verse 1 - Kanye West]

1 and 2 and 3 and 4 and get them sit ups right and  
Tuck your tummy tight and do your crunches like this  
Give head, stop breathe, get up, check your weave  
Don't drop the blunt and disrespect the weed  
Pick up your son and don't disrespect your seed  
It's a party tonight and ooh she's so excited  
Tell me who's invited: you, your friends and my dick  
What's scary to me is Henny makes girls look like Halle Berry to me  
So excuse me miss, I forgot your name  
Thank you, God bless you, good night I came..  
I came..  
I came..

[Chorus - Kanye West]

It's been a week without me  
and she feel weak without me  
She wanna talk it out but  
Ain't nothin' to talk about  
'Lest, she talkin' about freakin' out  
then maybe we can work it out  
Work it out (Come on) [4x]  
Work it out now  
Maybe we can work it out (Come on, come on)

[Verse 2 - Kanye West]

Oh girl your silhouette make me wanna light a cigarette  
My name Kanye from the Jigga set Twista said get it wet  
Ooh girl your breath is HARSH  
Cover your mouth up like you got SARS

[Lil Jon]

Stop, Its the remix

[F.J. Bentley]

B.E.N.T.L.E.Y

Yee aint no you betta ask somebody  
What we gonna do is turk that body  
All day at they fitness party  
Lock them doors, don't tell nobody  
Gentlemens in the Gentlemens club  
Hitting them with an interesting dub  
Its upside down that for the A-town  
What ya'll Sayin  
F.J. Bentley Caught Misbehaving  
yes in the captin and im saving  
all my money, yes im just gonna stand and watch ya dance from ova hea  
matter fact pass the cavarsiar  
But i will walk you to your car my dear  
Cheers..

[Chorus - Kanye West]

It's been a week without me  
and she feel weak without me  
She wanna talk it out but  
Ain't nothin' to talk about  
'Lest, she talkin' about freakin' out  
then maybe we can work it out  
Work it out (Come on) [4x]  
Work it out now  
Maybe we can work it out (Come on, come on)

[Interlude: Ladies speaking w/ Kanye in the background]  
[Jill] Hi my name is Jill, I just want to say thanks to  
Kanye's workout plan. I was able to pull a NBA player  
and like now I shop every day on Rodeo drive  
I just want to say, thank you Kanye! woooo! woooo! woooo!

[Asandra] My name is Asandra, and I just want to say  
that ever since listenin' to Kanye's workout tape  
I was able to get my phone bill paid, I got sounds and 13's  
put up in my Cavalier and I was able to get a free trip to Cancun  
And what's most importantly is that I ain't gotta fuck Ray Ray's  
broke ass no mo'

(Work it mo' juge it mo' pump it mo, Chi-town mo' let's go mo')

[Alamae] My name is Alamae from Mobbie, Alabama  
and I just want to say since listenin' to Kanye's workout tape  
I been able to date outside the family, I got a double wide  
And I rode the plane, rode the plane, rode the plane

[Girl] Thanks to Kanye's workout plan  
I'm the envy of all my friends  
See I pulled me a baller man (yeah)  
And I don't gotta work at the mall again

[Beat changes]

(Lemme break ya wit' a piece of)  
My favorite work out plan (oh! oh! oh!)  
I wanna see you work out (yeah yeah yeah yeah, yeah yeah yeah yeah)  
(It's that old Michael Jackson shit)

That's right put in work, move your ass, go wizzerk  
Get your salad, no dessert  
Get that man you deserve  
It's Kanye's workout plan  
I said it's Kanye's workout plan (Ladies and gentlemen)  
It's Kanye's workout plan (Allow myself to introduce myself)  
His wooorrrkkooout plan (This time around I want y'all to clap like this)

That's right put in work  
Move your ass, go wizzerk  
Eat your salad, no dessert  
Get that man you deserve (Stop!)  
It's Kanye's workout plan (Ok bring)  
I said it's Kanye's workout plan (I know y'all ain't tired)  
It's Kanye's workout plan (But I hope not, 'cuz on this one I need ya)  
His wooorrrkkooout plan (to give me a soul clap ok? double time)

That's right put in work (Woo!)  
Move your ass, go wizzerk (Ow!)  
Eat your salad, no dessert (Ugh!)  
Get that man you deserve

That's right put in work (Put in work)

Move your ass, go wizzerk (Go wizzerk)  
Eat your salad, no dessert (No dessert)  
Get that man you deserve (You hear, ugh)

That's right put in work (That's right put in work)  
Move your ass, go wizzerk (Go wizzerk)  
Eat your salad, no dessert (Eat your salad, no dessert)  
Get that man you deserve (Woo!)

(Okay, okay, okay, that's, that'd be good) [Applause and cheering]  
(I appreciate your time)  
I want to see you work out for me  
Woah yeah