

Pretty Ricky, Personal Trainer

Ooooooo ah ah, ooooo ah ah, ooooo ah ah, ooooooo work it out now, work it out now, work it out now

[Bridge:]

If you want thighs like serina, ass like trina, waist like christina, i'll be your personal trainer, personal trainer
Head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes

[Chorus:]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle

[Verse 1: Spectacular]

Uh uh, I'ma keep you wet, drippin drippin wet, make you sweat make you make you sweat push it in

[Chorus:]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle

[Verse 2: Babyblue]

You wanna get you a baller girl you gotta look like a model girl, your so erotic girl we can work out

[Bridge:]

If you want thighs like serina, ass like trina, waist like christina, i'll be your personal trainer, personal trainer
Head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes

[Chorus:]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle

[Verse 3: Slick'em]

Head shoulders knee's toes I want to see you sweat out your clothes jumping jacks and sit up's girl

[Bridge:]

If you want thighs like serina, ass like trina, waist like christina, i'll be your personal trainer, personal trainer
Head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes

[Chorus:]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle

Ooooooo ah ah, ooooo ah ah, ooooo ah ah, ooooooo work it out now, work it out now, work it out now

[Chorus:]

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle