

Pretty Ricky, Personal Trainer (Dirty)

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

(Bridge)

If you want them thighs like serina, ass like trina, waist like christina, i'll be your personal trainer, personal trainer, your personal trainer, personal trainer, your 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 muscle (you got it) that pussy muscle 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 push it out work it up slide it down grab that ball except for his climb up on his treadmeil keep it nice and tight ride it like a mountain bike just 2 more minutes, just 2 more mintues

(Chorus)

Girl squeeze that muscle muscle (squeeze it) work that muscle muscle (work it) you know what muscle muscle (you got it) that pussy muscle 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 harder girl, push it in out, in out, in out push it in out, in out, in out let me see you touch them toes touch them touch them toes, let me see you touch them toes touch them touch them toes, girl work that body body girl let me see you work that body, work that body body girl let me see you work that body

(Bridge)

If you want them thighs like serina, ass like trina, waist like christina, i'll be your

personal trainer, personal trainer, your personal trainer, personal trainer, your 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 muscle (you got it) that pussy muscle 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 do what you want to do be a thug, squat squat squat give me 30 squats 30 now, squat squat squat squat give me 30 squats there uhh pay attention girl you gonna learn I'ma make it nice and firm make it burn like a bad perm go ahead girl it's your turn, now bop bop bop get it, bop bop bop get it, bop bop bop get it, bop bop bop bop bop get it

(Bridge)

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Head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes, head shoulders knee's toes

(Chorus)

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(Chorus)

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