

Joggin Is Healthy

Run out of breath, Ching, Splash

2 on 254, man, bro on the back with Mash

Re-up, Re-up we send out a text, see it gone in a flash

Re-up, Re-up we send out a text, see it gone in a flash

Joggin Is Healthy

Jump Out Gang, splash, splash

Nuff cases in my section, got some crazy goons on my back

Don't run when you buck us in person

When you're in pistol, you talk loads of trash

All my sixty's get money, T house living all local serving packs

5 man stuffed in a 4 door, skrr round everyone dasheen

Your friend got dripped, you could have worked that masheen

We turn up with things and stuff, we don't care if dem man lackeen

My gangs on petrol, follow cars, why you leaving your friend at the scene

Slide through all the opp-blocks, we ain't just tryna make them bleed

Why's it attempts, when a redruM see's

Tag bro in, make him spill some beans

Trap fit doing tracki, I can't jog in jeans

How can the opps, them claim mans broke, I got enough of Elizabeth doe

Their lifestyles funny, they runny, bummy

That's the only joke

Splash, Splash gang, skrr

Might pull up, hop out, smoke

Splash gang, Jump Out Gang

Jump Out Gang with poles

Dingers on the block

Phone up tracki, let's bill these pricks Step that's 5 on a opp block

Mannaman take trips

On my line phone do no ticks

But the bits, man sign that shit

Ching Chung, machines and whips

Let's lurk and open a prick

Joggin Is Healthy

Run out of breath, Ching, Splash

2 on 254, man, bro on the back with Mash

Re-up, Re-up we send out a text, see it gone in a flash

Re-up, Re-up we send out a text, see it gone in a flash

Joggin Is Healthy

Jump Out Gang, splash, splash

Nuff cases in my section, got some crazy goons on my back

Don't run when you buck us in person

When you're in pistol, you talk loads of trash

All my sixty's get money, T house living all local serving packs

Reepo,

This is what we talk about 3

How many man been splashed in your team

.44 corns too chunky, make a boy IC3 on his knees

We don't bop, we JOG

Jump Out Gang and splash up the scene

No face, no case, like who could it be

They ain't on the drive no more, so the W is where we be
Pull up, crash, back to our flats now my opp-thot is calling me
She telling me she knows it's me
Said she saw Sav and T
Wait slow down b, you know you just woke me up out of my sleep
Bro Jump Out Gang, all these other yute's imposters
Shout's out my joggers, #Partystoppers
Ba Ba, they ain't on badness rolling with party poppers Back then we was out
there Kyle and Kendall, no one can stop us
Back then we was out there Kyle and Kendall, shotgun twining
Now we got big waps, 30 in the clip on the side just ringing
Still do.44's in a 4door cuh you know we still drilling
Still tryna brake down packs on packs on the ends, cah I'm tryna make a kill
ing

Joggin Is Healthy
Run out of breath, Ching, Splash
2 on 254, man, bro on the back with Mash
Re-up, Re-up we send out a text, see it gone in a flash
Re-up, Re-up we send out a text, see it gone in a flash
Joggin Is Healthy
Jump Out Gang, splash, splash
Nuff cases in my section, got some crazy goons on my back
Don't run when you buck us in person
When you're in pistol, you talk loads of trash
All my Sixty's get money, T house living all local serving packs

Joggin Is Healthy
Run out of breath, Ching, Splash
2 on 254, man, bro on the back with Mash

Joggin Is Healthy
Jump Out Gang, splash, splash
Nuff cases in my section, got some crazy goons on my back