

One More Rep

Austrian Death Machine

You're looking a little bit like a noodle
I thought that we'd do this next one to give you a little more
gymspiration, haha!

One more rep!

Don't walk in the gym - unless you're down to go all out
Once you open that door - become an animal
Everybody wants to look - ripped and shredded
But it's not going to happen - without no heavy weight

One more rep! One more rep!

If someone makes it look easy - it's because they did it once t
hemselves
I don't care if you're a girly man - so long as you are determi
ned

One more rep! One more!
One more rep! One more!

Here comes the moment of doubt
You start to feel fatigue
But this is where the growth comes from
Push through endure, you've left it all behind

One more rep!

The chance to grow is now
One more rep!
Strength is built through struggle
One more!

Oh come on
You think that's all you can do?
Come on. Do it. Do it now!

One more rep!
One, one more rep!