And you know the flow is on steroids this year right?
{"It's only right!"} It's Loso just in case you ain't know so
{"Oh they know!"} I'm feelin like Arnold in the 70's in here y'know?
Real icy, Call me Arnold Froze-a-nigga or some'n
Yeah... I mean your wife like c'mon, life goes on
Steppin in the spot with that rich young on
Somethin crazy on my arm, yeah, yeah {"Barack O'Drama!"}
We're so out of here baby, yo, let's go
They say New York's got a problem, I'm their solution
I'm the breath of freshness through this air pollution

They say New York's got a problem, I'm their solution I'm the breath of freshness through this air pollution Dog you the smog that clogged up the city I jog through ya fog, dawg I'm the Diddy of this rap marathon, I'm lyrically in great shape My late tapes are like how to lose weight tapes The worst enertainers use me like a personal trainer They try to use my verses as gainer But these lightweight rappers, don't know what they up against I put they pockets on a weight loss supplement You're powder sniffin if you can't see our difference It's like dumbbell curls compared to powerliftin The way I pull up in whips It looks betta than the pullups and dips I'm bein done by the bartender I mean maybe it's my star spendin But better get her to that car window And shorty said her name was Carlinda That's cool, now won't you get up in this car Linda Later I could bend you like a car fender Have that ass wakin up tomorrow tender The perfect push-up, it make ya pecs swell I light the purple kush up, and then I exhale You gotta breathe, one and then the two I do a couple laps and be runnin it in 2 I'm nutritious, I ain't in GNC Try the new dishes on the truck from GMC He emcee, he ain't got to do no dancin These diamonds are so performance enhancin I'm princess cut up, canaried them stones And I'm well known for how I bury 'em home I just do my thing, and then I carry 'em home I mean the world don't need another Marion Jones you heard? Cryin, lyin that she never did it Some women are Clemons, they just keep goin with it Don't sweat it, be like Pettite, just admit it And for the record they be sayin Barry Bonds hit it Get it? We outta here baby Loso is so outta here baby Street Fam is so outta here baby {"Gangsta Grizzill!"} And here's another hit Barry Bonds Uhh, uh-huh ohh