

Every day
Tryna get better homie
It's a battle though
Yeah

Walk up in here with my guns out
Flexing like I got a check
Pushing weight for that money, no drug house
You already know what I rep'
Some say that I'm crazy 'cause I love the way the weights sound when it shake and it rattle
We don't call this going to the gym (what we call it?)
We call this here training for battle
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I think I need a little motivation
All I gotta do is hit the weight room
No barber I gotta get my shape up
A war could pop off any day soon
All I can see is these bars
This steel gonna feel my pain soon
No pain, no gain, I got stripes
Like inmates doing dips in the day room
Inner getting green like Kai
Like CT you know I die
Then I came back with a vengeance
Call me Makaveli, still I rise
They know I'm the king like Kai
Classic like Arnold on the whip that I drive
I gotta eat these plates, it's a buffet
And I got some dumbbells for the sides
Beasting like Eddie Hall through the barrios
In for my apparatus, my heart it beat like the audio
Gotta go hard as Robert though, domino how they fallin', bro
How I know how this chopper flow gotta have proper cardio
Taking care of my body, these haters be lookin' sloppy
Joe Rogan fears a factor for 'em, baby I'm like a snotty nose
Even the ladies be in here cutting up
I be in my ready stance, yeah Karate pose
If you ain't got the motivation, better search for it
It's a war outside, you'll get hurt for it
You know we call dames, getting money
So you know what that mean, gotta work for it
Gotta punch that clock, hit time
Gotta kick it high gear and go grind
'Cause if you ain't taking care of your body
Then it's gon' die with your mind

So I walk up in here with my guns out
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I am never down like abs how I'm sitting up
They can't stomach the pain and actually spit it up
World on my shoulders and that's when I lift it up
And then I pull up like my back isn't big enough
Man they used to have my wrist wrapped when I slit it but
Now it's for the gloves when I jab then I hit him up
Go Bud Crawford, it's fast when I hit 'em like
Neglia, you asked for it didn't ya
Massive charisma, that's the insignia
They don't want smoke, don't pass 'em the indica
I'm actually back in my bag like I'm getting a
Couple french fries but I had to go switch it up
You gotta eat good, it get bad if you give it up
Back in the gym 'cause there's actually a gym in us
Diamond, I'm shining but that's when we're in the rough
Times get hard so I'll ask are you really tough?
I'm tryna get a fortune, the warrior like I'm checking your army
All my respect to your homie, cut me the check
Get to lifting you like ellipticals
Homie I got the lead for the weight
I'ma get it popping, I load it up like a TEC
Went toe-to-toe with the best
Shoulder sure getting checked
All of it came naturally, GMOs leave you dead
This was more caller-like when a Motorola no text
I can't die, I'm about to overdose on success
So chin up, chest out
You gon' have a lot of failure, don't stress out
'Cause when you overcomin', finally success now
We gotta set a new goal to get X'd out
So get up, stretch out
Forget excuses, I tell you take the best route
Day one is better than one day, yes now
So be strong and get that weight off your chest now
Watch me

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