Bench press nine tons Bench press...

See when I come and rap they can't sit no more Girls get constipated Everybody you know, they can't spit no more, constipated Backed up

The underground ain't shit no more

A bunch of cocksuckers, whack backpack mother fuckers  $\mbox{\sc With no}$  solid balls behind the music

Them bullshit

Y'all artists, out now is made of rubber

Y'all criticize the stupid fucker

Suck a transexual dick with your roommate lover

The lyrical king step over your stomach

Your bitch sit proud, with two seats

with spare ribs stuffed in her mouth cheeks

You cheap bastard

What you got to give besides an e-mail address

Underground bounty hunter

Piss on a two tonner

A Minnesota Viking offensive kickoff purple rainjacket

8,000 yard a day runner, yellow flag facemask

Your quarterback is fucked up by a psychologically disturbed fi eld goal punter

Hit you in the helmet with a construction hammer

Metro North to Grand Central

Charge away motherfucker change my voice up screwed

So you download me schemin, dreamin, cry teamin and feemin Your favorite MC changed lanes niggaz I shit off communication while y'all buy merchandise

And join fan clubs, drink from the fountain of hell

Listen to these niggaz I stay away from crumb shitters

What y'all doin rappin polluted rap

Wit'cha leg snapped like an animal in a media trap

Your face need to be slapped

Out of a gift wrap, you riff-raff

Half and half, no comedy Laugh Factory

Soft spoken chattery, pack of some diseased fam

Pay your salary nigga, that's the same shit you bummin

Frontin down the river, don't squawk

You scared soulless walkin around still fascinated by your whac k-ass, glitter

Corn heart doin samples that tell motherfuckers

Let the Brisco start, the post-printer