

## Rari WorkOut

Lethal Bizzle

You might see man driving Italian whip  
Blacked out windows, going to the gym  
Two-two dumbbells, yeah, I'm going in  
Doing it for Keyshia, doing it for Kim  
Do it for the Speedos, do it for the beach  
Do it for the stamina, do it for the sheets  
Do it for the bicep, do it for the chest  
Do it for the summer time, ready for the vest  
Pump, pump, pump, pump  
Up and down, spin that booty round and round  
Your dench instructor is in town  
I don't wanna see no clowning around  
I don't wanna see no monkeying around  
I don't wanna see no hand-moving out of time  
Like you don't know this sound

Ladies and gentleman  
Can I have you addenchion please?  
This is your dench instructor  
It's time for the...

Rari work out, Rari work out  
Rari work out, Rari work out  
Do it left, do it right  
Do it day, do it night  
Don't wait for the gym, do it on-site  
But make sure that you pump, pump, pump

Boy Better Know!  
I'm bless up, drop to the floor do a hundred pressups  
I'll do it 50/50 like Will  
Then kick back, have a drink and rest up  
Once you get fit you have to maintain  
You can't work this hard then mess up  
Man's backing jollof and plantain  
You man are eating rice and ketchup, dead  
Safe, screw up your face  
Work up a sweat fam, pick up the pace  
Bruv, you're not serious, you go to the gym  
Tweet pictures and then buss cakes  
You do it for the Vine, you do it for the 'Gram  
I do it for my health, I do it for my fam  
I do it in case anybody try run up to man  
They'll get well, well, well, BLAM!  
Boy Better Know! BLAM!

Tempz  
Work out in a Rari  
Man better know I work out in a car  
See a peng ting in the passenger seat  
Another girl in, she's three in a ménage  
Me and my gyal on the way to the gym  
But we preed it, nah, work out in the car  
See us here, we ain't got an excuse  
Rari work out on the ferry to France  
Work out, burn out, don't jam work  
Bicep curling, tricep work

If you hear the Rari work out at the gym  
You wanna see the gyal dem squat and twerk  
You can see that I'm dench and trim  
But I squat four plates, box man in the chin  
Don't wanna see my cuz Dizzee Rascal  
Roundhouse man, muay thai in the gym  
Tempz, 100 KG on the bench  
Dench, everyone knows that I'm dench  
Tempz, personal trainer, Italian whip  
Got myself an Italian chick  
Rari, we're on Italian bits  
Might just pree an Italian dish  
Lethal, how we gonna summarise this?  
RARI WORK OUT, GET INTO THIS!