

Mirror Muscles

SOFT PLAY

Schoolboys on steroids
Working their deltoids
Shit boy mullet
Look at this peak, look at this summit
Curls for the girls
And the boys, and everyone in between
Light work, it's easy
It's nothing to me
Clear the watering hole, here comes the buffalo bison
Mike Tyson meets Rylan, teeth whitened and I'm violent
Make the ground shake, make the room go silent
Arms like legs, turning heads, Greek God, no trident

I been working on my mirror muscles
See these puppies bursting out of my sleeves
I been working on my mirror muscles
I see you looking, come and give them a squeeze, uh-huh, uh-huh

The pump
The pump
The pump
The pump

Monday, back and bi's
Tuesday, chest and tri's
Wednesday, I'm hitting them legs
In the winter, I'm packing on size
By the summer I'll be shredded wheat
Bare-chested, bones and meat
If you are what you eat
I'm an animal, cannibal lion pumping iron
Looking like Arnold, looking like Ronnie
Looking like Rambo, but I'm not Johnny
Quick selfie, devil emoji
Polyester, looking all cosy
All jack, man, but I'm not Hugh
Eating like Pac-Man, munching that food
It's bulking season and there's a reason
I'm looking bigger than you

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Beast mode boys with their hoods up
Dementors getting that wood chopped
Pretty boys smelling expensive
Juiced up, crash course intensive
Eating clean and training dirty
Creatine got my limbs all girthy
Veins are popping, gains are whopping

Squatting deep so the backside perky
Texting, flexing, screaming, getting them last few reps in
I'm the man 'round here, so all you little pricks better wind your necks in
Oi, how many sets have you got left? Haha, say less bro, I'm on next
That form is phenomenal, getting so wham that it's almost comical, yes

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