

Knees Up

The Reytons

Bring in the contemplation for a motivation
The light it takes to work detects a sign of hesitation
It's easy at the bar to try and raise the bar
But when the Monday morning comes, he simply can't be arsed

He's gonna pack in the smoking
He's gonna give up the booze
A lot of wishful hoping
'Cause when Friday comes, you know what he'll do

Nah, nah, nah, nah, nah, he'll have his knees up
Nah, nah, nah, nah, nah, get your knees up
Nah, nah, nah, nah, he'll have his knees up
He says he's gonna quit it, but he's hoping that it all works out
He'll work it out

Deep in the deprivation, Monday morning frustrations
Awake again, he's late again for the procrastination
Soon as he sits up, he knows there's been a mix-up
He said he's gonna join the gym, now everything's gone tits up

He's gonna start with a bandage
He's gonna give up the gear
No matter how he plans it
When Friday comes, you'll see him back here so

Nah, nah, nah, nah, nah, he'll have his knees up
Nah, nah, nah, nah, nah, get your knees up
Nah, nah, nah, nah, he'll have his knees up
He says he's gonna quit it, but he's hoping that it all works out
He'll work it out

I hope you enjoyed the workout, we certainly did
These are real people with real results
And if they can do it, you can do it

He's gonna give up the fight
And all the one-night stands
But that ain't very exciting
So when Friday comes, he's changing his plans

Nah, nah, nah, nah, nah, nah, go get your knees up
Nah, nah, nah, nah, nah, nah, let's have our knees up
Nah, nah, nah, nah, nah, nah, go get your knees up
He says he's gonna quit it, but he's hoping that it all works out

Nah, nah, nah, nah, nah, he'll have his knees up
Nah, nah, nah, nah, nah, get your knees up
Nah, nah, nah, nah, nah, he'll have his knees up
He says he's gonna quit it, but he's hoping that it all works out