All we do is work hard, play hard, push that body-o Heartbeat's on a roll, we're non-stop cardio We're talking, can't stop, won't stop, hustle till the morn Heartbeat's on a roll, we're non-stop cardio

They're saying, "Hey, you should be tired now" Heart beating four on the floor Yeah, I've been stepping up the mile count Got me wild, and I keep wanting more

All we do is work hard, play hard, push that body-o Heartbeat's on a roll, we're non-stop cardio We're talking, can't stop, won't stop, hustle till the morn Heartbeat's on a roll, we're non-stop cardio

Push that body-o Heartbeat's on a roll, we're non-stop cardio Hustle till the morn Heartbeat's on a roll, we're non-stop cardio

Cardio, cardio Cardio, cardio Cardio Non-stop cardio

They're saying, "Hey, why don't you tire out?"

The BPM is just right

Yeah, you've been running round my mind now

Got me wild, I keep going tonight, tonight

Tonight, -ight -ight -ight -ight

I keep going tonight, -ight -ight -ight -ight -ight

Tonight, tonight, tonight, I keep going

Tonight, tonight, tonight, ton-

All we do is work hard, play hard, push that body-o Heartbeat's on a roll, we're non-stop cardio We're talking, can't stop, won't stop, hustle till the morn Heartbeat's on a roll, we're non-stop cardio

Cardio, cardio Cardio, cardio Non-stop cardio Cardio, cardio Cardio, cardio Non-stop cardio