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I play this song when I werk out (Ah)
I slay at home when I werk out (Whoa)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out (Wow)
I play this song when I werk out (What?)
I slay at home when I werk out (Slay)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out (What?)
So what? The gyms are closed
I put on my fitness clothes
I turn up the radio, like girl, you 'bout to sweat
I hit them jumpin' jacks
Don't quit, no turnin' back
I'm lit, now bump that track until you're soakin' wet (Let's go)
I play this song when I werk out (Ooh)
I slay at home when I werk out (That's right)
Don't call my phone 'cause I'm in the zone '
Cause I play this song when I werk out (Rrr)
I play this song when I werk out (Hey)
I slay at home when I werk out (Slay)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out (Rawr)
I kick these legs and knees
This chick can't hardly breathe
Forget that Mickey D's, 'cause girl, you on a roll (Rrr)
I look good, hell yeah, that's true
What would Beyoncé do?
She would keep pushin' through
So girl, come on, let's go (Wow)
I play this song when I werk out (Come on)
I slay at home when I werk out (Slay)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out (Don't call me)
I play this song when I werk out (Come on)
I slay at home when I werk out (Slay!)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out (Wow!)
Okay, you sexy thang
If Miss Quarantina thought she was gonna stop this fitness train
Ha-ha, she got another thing comin'
Let me hear you say, "Choo-choo" (Choo-choo)
Say "Choo-choo" (Choo-choo)
Now this train is cuttin' loose
Now let's firm up that caboose
All aboard!
Boom! Girl, get it, get it
Kick, punch, hit it, hit it
Twist, lunge, wit it, wit it
I play this song when I werk out
Boom! Girl, get it, get it
Kick, punch, hit it, hit it
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Twist, lunge, wit it, wit it
I play this song when I werk out
Werk out, werk out, werk out, werk out
Werk out, werk out, werk out, baby
Werk out, werk out, werk out, werk out
I play this song when I werk out
Werk out, werk out, werk out, werk out
Werk out, werk out, werk out, baby
Werk out, werk out, werk out, werk out
I play this song when I werk out
Boom! Girl, get it, get it
I play this song when I werk out

Boom! Girl, get it, get it
I play this song when I werk out
Boom! Girl, get it, get it
I play this song when I werk out
Boom! Girl, get it, get it
I play this song when I werk out
Boom, boom! Girl, get it, get it
I play this song when I werk out

I play this song when I werk out
I slay at home when I werk out
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out
I play this song when I werk out
I slay at home when I werk out
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out

I'm pushin' for my health
I'm losin' so much weight
I'm waitin' for my gym crush to ask me on a date
I'm pushin' for myself
I'm tryna turn these cakes
I'm makin' sure my exes know that they made a mistake
I'm makin' sure my exes know that they made a mistake
They made a mistake (Period)
They made a mistake (Yas)
They, they, they, they, they, they, they, they
They made a mistake

I play this song when I werk out (Yeah)
I slay at home when I werk out (Slay)
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out
I play this song when I werk out (Yes!)
I slay at home when I werk out
Don't call my phone 'cause I'm in the zone
Cause I play this song when I werk out

The baddest (Bitch alive)
The baddest (Bitch alive)
The baddest (The baddest bitch alive)
The baddest (Bitch alive)
The baddest (Bitch alive)
The baddest (Baddest bitch alive)