

Dashing to the Gym

Pump club 1989 (♩ = 120)

words by ELIOTT WHITEHURST

music by TREBUCHET

*grit
orgn.*

boop synth

rhythm cont.

twisted taunt synth

full rhythm (dance)

wet montage synth

Am G/A Am Am G/A Am

Three hundred sixty four days of the year I'm lift - in'. I'm lift-gym. Mrs. Claus is my spotter at the North_ Pole. At the North

F G Am G/A Am

- in_ Gotta keep myself in shape for a night of gift-Pole. The sweetest la-dy in charge of keepin' me swole.

Am G/A Am F G F G

- in'. Of gift - in'. You might think I'm o - Mak - in' me swole.

Em F

- ver - weight, I'm ful-ly a - ware of that, _ *orgn.*



But kind - ly remind your - self that



muscle weighs more than fat.

It weighs more, weighs more than fat. It's not an eas - y job,

be - in' Chris - to - pher Krin - gle. Gotta eat some vegetables

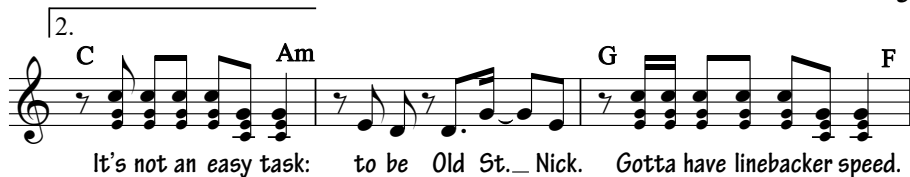
in - stead of pop - pin' Prin - gles. Drop a couple million gifts

in un - der twen - ty min - utes. You should see me do deadlifts.

My form is just the sickest. Warm-up. Stretch. Curls. Hy - drate.

Protein Bar. Stretch. Sau - na. Lemme head to the

2.



It's not an easy task: to be Old St. Nick. Gotta have linebacker speed.

I keep my calves hel - la thick. Fig Newtons, O - re - os!?



Who are these freak-in' rook-ies? Christmas Eve is my cheat day.



Load up on milk 'n' cookies. Shortbread. Chocolate chip.



Snickerdoodle. Peanut butter. Linzer. Ginger snap.



Oatmeal Basic sugar. Thumbprint. Chocolate. Palmier. Fortune.



Fortune. Bis-cot-ti. Fortune. Lemme head to the gym.