

GIVE AND TAKE
(Muscle Mania)

lyrics by Tobin Mueller

LUCY LYMPHETTE:

The filaments all do the muscle give...take.
All bundled in a crew, they bustle: give...take.
Each takin' their own cue, the hustle: give...take.
Like tag teams in a stew of muscle; give...take.
They ripple and they quiver looking sleek and neat and firm.
They help each other out when
They're too tired to continue to perform.

The Muscle Mania.
Aerobic drainia.
It's Muscle Mania.
Get your body in shape.
Not too late to get in shape now.
To a healthy state or a muscle achin'.
Got no pain, got no gain...
[ad lib.]

Tension. Stand ready to respond, at
Attention. That's only muscle tone for
Prevention. Keep every muscle warm, in
Contention. All six hundred strong.
Those you use you won't loose.
Got to move, groove, so you can improve!

Rock and roll.
More there than you know.
They self start.
The beating of your heart.

No fool.
They rule,
Make you
Work together well.
Elongated cells.
Acid brings on pain;
Need more blood and veins.
You can develop more mass,
Get more bulk, some sinew, brawny hulk,
Continue growing straight.

You got to join that give and take.
We will make you quake, yeah.
That give and take.
Fell that lil old shake and bake.
You got to join our give and take.
Make no mistake about it now!

MUSCLE CHORUS:

One side contracts.
Pulls to the max.
Then you relax
And it swings back.
Don't over-tax.

Just give the facts.

One side contracts.
Pulls to the max.
Then you relax
And it swings back.
Don't over-tax.
Just give the facts.

Tension!
Attention!
Prevention!
Contention!

Voluntary muscles you control.
They're not the only ones that make you whole.
Another kind alone is pretty smart,
Like muscle fibers that make up your heart,
The iris in your eye dilates,
Your stomach churns and moves,
The vessels that can circulate
Conduct your blood around to keep you cool.

Muscles make up two-fifths of your weight.
Some can grow a foot long, that's their fate.
Help you stand up straight and keep you strong.
Need good circulation so that
You can develop more mass,
Get more bulk, some sinew, brawny hulk,
Continue growing straight.

That give and take
Will make you quake.
That give and take.
Lil shake and bake.
That give and take.
Make no mistake.

LYMPHETTES:

That give and take
Will make you quake.
That give and take.
Lil shake and bake.
Make no mistake.
That give and take.

That give and take
Will make you quake.
That give and take.
Lil shake and bake.
That give and take.
Make no mistake.

You got to join that give and take, now.
We will make you quake.
Just join our give and take, now.
A little shake and bake, with a...
That give and take.

Join our give and take!

That give and take
Will make you quake.
That give and take.
Lil shake and bake.
Make no mistake.
Everybody join in with a
Join our give and take!

That give and take
Will make you quake.
That give and take.
Lil shake and bake.
Make no mistake.

Join our give and take!