

No Pain No Gain

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^A Woke up this morning, somewhat out of sorts ^{F G}
^A Figured I needed, some real intense sports ^F
^E Started liftin' weights at the gym, got to feeling great after an hour of spin, ^D
^A To finish it off, went for long swim ^{C D A}
^D Later that day, I started to ache ^{B7 Gbm}
^B Began to wonder, if I'd made a mistake ^{B7 E}
When I couldn't stand up straight ^{Gbm G E}
^A Told myself it's open and shut
^F This is what it takes to get cut up
^E And that's the name of the game, no pain no gain ^{D A D Eb E}

Knew that I needed, a new romance
Figured my best bet, was to learn how to dance
I signed up for a class, in modern jazz, jitterbug and tap
At the end of the hour, I was way out of gas.
Got a charleyhorse like I'd never felt
Couldn't get to the car without lots of help
From a guy who looked like Lawrence Welk
Told myself this may be too much
You can't meet girls if you need a crutch
Even though that's the name of the game, no pain no gain

^C Who decided that's the game ^{B A}
^C Who came up with....that dumb refrain. ^{B E E D Dbm Bm A}

Finally met a lady who stole my heart
I didn't need to dance, just appreciate art
We spend day after day, at museums or the ballet
Never thought I'd miss TV, but to my dismay

I find myself dreading weekends
I never get to do what I love with my good friends
Which they can't comprehend
They ask me why I stay
With a girl who treats me this way
I say that's the name of the game, no pain no gain.