

No Pain No Gain

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

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

Who decided that's the game
Who came up with....that dumb refrain.

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.