

HURRY UP!

Every girl and every chap!

Hurry, hurry, hurry up!

Everybody. You and me.

Let's start moving. One, two, three.

Every girl and every chap!

Hurry, hurry, hurry up!

Everybody. You and me.

Let's start moving. One, two, three.

Crouching, crouching all the time

seven reps or maybe nine.

Everybody. One by one.

For the fitness and for fun!

Every girl and every chap!

Hurry, hurry, hurry up!

Everybody. You and me.

Let's start moving. One, two, three.

Every girl and every chap!
Hurry, hurry, hurry up!
Everybody. You and me.
Let's start moving. One, two, three.

Bending, bending all the time
seven reps or maybe nine.
Everybody. One by one.
For the fitness and for fun!

Every girl and every chap!
Hurry, hurry, hurry up!
Everybody. You and me.
Let's start moving. One, two, three.

Every girl and every chap!
Hurry, hurry, hurry up!
Everybody. You and me.
Let's start moving. One, two, three.

Jumping, jumping all the time
seven reps or maybe nine.
Everybody. One by one.
For the fitness and for fun!

Every girl and every chap!

Hurry, hurry, hurry up!

Everybody. You and me.

Let's start moving. One, two, three.

Every girl and every chap!

Hurry, hurry, hurry up!

Everybody. You and me.

Let's start moving. One, two, three.