

# The Health Hustle

Words and music by Russell Sprout

$\text{♩} = 120$

(Bass drum) (scratching)

The health hus-tle will build mus-cle.

4 Do you know a-bout car-di-o? Beat-box Fran-cis is here to groove. Get on up, it's time to move!

7 G Jump, jump, out of your slump.

10 Don't be a grump, get your heart to pump. Now jump, jump, jump, jump. Jump, jump, jump.

13 Run, run, try to make it fun.

18 Fast and hot, run on the spot. Run, run, run, run. Run, run, run.

23 Push up, push up, down to the ground. Your

26 mus-cles were lost, now they're found. Push, push, push, push. Push, push, push.

## The Health Hustle

30

Knees to the chest, knees to the chest,

34

don't stop now, la-ter you can rest. Now, knees, knees, knees, knees. Knees, knees, knees.

38

Lunge, lunge, take the lunge plunge.

42

Go down deep, la-ter you can sleep. Lunge, lunge, lunge, lunge. Lunge, lunge, lunge.

46

Jump-in' jack, jump-in' jack, stay on the beat.

50

Arms go up in sync with your feet. Now, jack, jack, jack, jack. Jack, jack, jack.

54

Jump and spin, jump and spin.

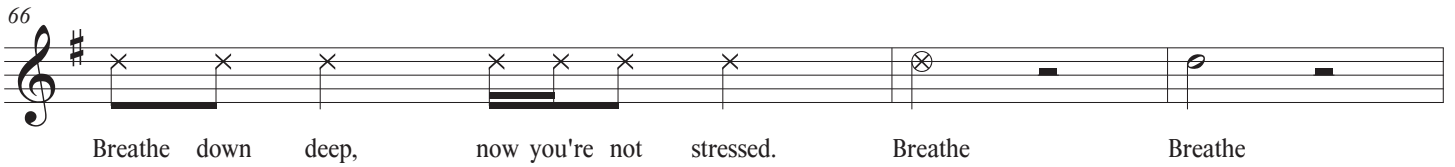
58

No one will lose, ev-'ry-one wins. Now, jump, spin, jump, spin, jump, spin, jump.

62

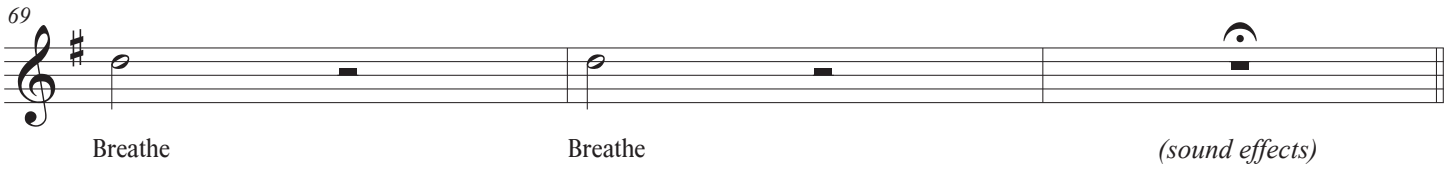
Rest, rest, I know you did your best.

66



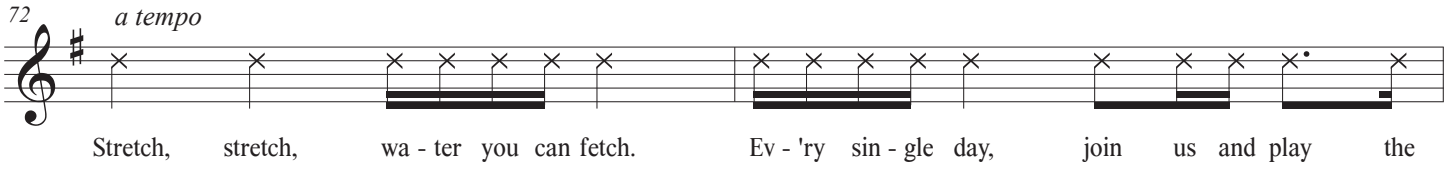
Breathe down deep, now you're not stressed. Breathe Breathe

69



Breathe Breathe (sound effects)

72 *a tempo*



Stretch, stretch, wa - ter you can fetch. Ev - 'ry sin - gle day, join us and play the

74



health hus-tle! The health hus-tle! The health hus-tle! The health hus-tle!\_

78



The health hus - tle!\_ Health hus - tle!\_