

# **BOOTCAMP SHUFFLE**

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## **Intro** F# B F# E F#

### **Chorus 1**

F# B F# E F#  
Another day, another bootcamp shuffle  
B F#  
And as if the fifty burpees weren't enough  
E F#  
Another night of sore and aching muscles  
E F# E F#  
She made us all do pushups 'til our arms fell off

### **Verse 1**

G#m F# E F#  
Tuesday takes us to the monkey bars  
G#m F# E F#  
Wednesday the focus is all cardio  
G#m F# E F#  
Thursday's tabata is the torture of choice  
I have to lift my own weight, I think I'm gonna barf  
I try to keep up but I'm just too damn slow  
I can't catch my breath, no dissenting voice

### **Chorus 2**

F# B F# E F#  
Yeah, another day, another bootcamp shuffle  
B F# E F#  
Now given the fact that I pay for this  
E F# E F#  
Another night of sore and aching muscles  
I have to conclude that I'm a masochist

### **Verse 2**

G#m F# E F#  
Friday it's the monkey bars once again  
G#m F# E F#  
Saturday it's suicides on the stairs  
G#m F# E F#  
Sunday it's core with all the usual contortions  
Crunches, planks, earthquakes and other weird motions

Yeah, will it ever end!

### **Bridge 1**

G#m B  
'Cause we've got spidermen and high knees, leg lifts and burpees  
C# D#  
Mountain climbers, army crawls, side planks and kettle balls  
G#m B C# D#  
Wheelbarrows, bench dips, sprint hills, the TRX  
Thank God Monday we get a day of rest  
D#  
And man I really need it!

### **Bridge 2**

B F# G#m E  
So who's idea was a personal trainer  
My whole body aches but I'm getting leaner  
B F#  
I know I've made some progress and I need to thank her  
G#m E  
But in the middle of bootcamp I just love to hate her

### **Chorus 3**

F# B F# E F#  
Yeah, it's another day, another bootcamp shuffle  
B F# E F# E F#  
Another night of sore and aching muscles  
I like to be there, surrounded by friends  
I feel relief and disappointment when we get to the end

### **Outro**

F# G#m E F# E F#  
Yeah, another day  
Another bootcamp shuffle

