

MUSCLE AND BONE

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There's a great big river and the water's wide.
How `ya gonna get to the other side?
Think about it first, then find a boat.
Grab a wooden paddle and row, row, row!
Row to the left. Row to the right.
Row, row, row with all your might.

MUSCLE AND BONE. MUSCLE AND BONE.
With a little bit o' sweat, they'll get strong!
MUSCLE AND BONE. MUSCLE AND BONE.
Everybody's body made o' **MUSCLE AND BONE.**

There's a great big mountain made o' solid rock.
How `ya gonna get to the very top?
Think about it first, and take your time...
Start at the bottom and climb, climb, climb.
Climb to the left. Climb to the right.
Climb, climb, climb with all your might.

Repeat Chorus

There's a great big boulder stuck in the road.
How `ya gonna move such a heavy load?
Think about it first, and don't give up.
Give it all you've got and shove, shove, shove.
Shove to the left. Shove to the right.
Shove, shove, shove with all your might.

Repeat Chorus