

# EXERCISE

FEB 13, 2002

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$\text{♩} = 90$

**SOLO**

**TENOR 1**  
EX-ER-CISE! STAY HEALTHY! - EX-ER-CISE TO-DAY! - - - - -  
MY WELL-MEAN-ING FRIENDS

**TENOR 2**  
EX-ER-CISE! STAY HEALTHY! EX-ER-CISE TO-DAY! DOO DOO

**BARITONE**  
TOO TOO TOO - DAY! DOO DOO

**BASS**  
TOO TOO TOO - DAY! DOO DOO

**S**  
ALL REC-OM-MEND THAT I EX-ER-CISE AND LOSE A LIT-TLE WEIGHT. MAKE A NEW START

**T 1**  
DOO DOO DOO DOO DOO LOSE SOME WEIGHT DOO DOO

**T 2**  
DOO DOO DOO DOO DOO LOSE SOME WEIGHT DOO DOO

**SAR.**  
DOO DOO DOO DOO DOO LOSE SOME WEIGHT DOO DOO

**S**  
DOO DOO DOO DOO DOO LOSE SOME WEIGHT DOO DOO

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5  
T.1  
T.2  
BAR.  
B

15 16 17 18 19 20 21

FOR THE SAKE OF MY HEART THEN LIKE THEM I'LL BE SLIM AND FEEL - ING GREAT.

DOO DOO DOO DOO DOO FEEL - ING GREAT!  
DOO DOO DOO DOO DOO FEEL - ING GREAT!  
DOO DOO DOO DOO DOO FEEL - ING GREAT!  
DOO DOO DOO DOO DOO FEEL - ING GREAT!

5  
T.1  
T.2  
BAR.  
B

22 23 24 25 26 27 28

FIND SOME-THING YOU'RE GOOD AT. THEY ALL SAY WITH A SMILE. SO HERE'S SOME EX - ER - CISE THAT FITS MY LIFE

DOO DOO DOO DOO DOO DOO DOO MY LIFE  
DOO DOO DOO DOO DOO DOO DOO MY LIFE  
DOO DOO DOO DOO DOO DOO DOO MY LIFE  
DOO DOO DOO DOO DOO DOO DOO MY LIFE

5  
T.1  
T.2  
BAR.  
B

29 30 31 32 33 34

STYLE. OH I CAN JUMP TO A CON - CLU - SION I CAN DOQ MY MEM - O - RY

STYLE JUMP! DOO DOOT DOO DOO DOQ! DOO DOOT DOO DOO  
STYLE JUMP! DOO DOOT DOO DOO DOQ! DOO DOOT DOO DOO  
STYLE JUMP! DOO DOOT DOO DOO DOQ! DOO DOOT DOO DOO  
STYLE JUMP! DOO DOO DOO DOO DOQ! DOO DOO DOO

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5  
T.1  
T.2  
SAR.  
B

35 36 37 38 39 40

GET MY MIND A - RA - CING AND RUN WILD WITH FAN - TA - SIES. OH I CAN LIFT MY EX - PEC - TA - TIONS, I CAN

DOOT DOO A - RA - CING AND RUN WILD! DOO DOO LIFT! DOO DOOT DOO DOO

DOOT DOO A - RA - CING AND RUN WILD! DOO DOO LIFT! DOO DOOT DOO DOO

DOOT DOO A - RA - CING AND RUN WILD! DOO DOO LIFT! DOO DOOT DOO DOO

DOO A - RA - CING AND RUN WILD! DOO DOO LIFT! DOO DOO DOO

5  
T.1  
T.2  
SAR.  
B

41 42 43 44 45 46 47

THROW MY CARES A - WAY WHILE I EX - ER - CISE MY OP - TION TO NOT EX - ER - CISE TO DAY - - -

THROW! A - WAY EX - ER - CISE OP - TION NOT EX - ER - CISE TO DAY - NOT - EX - ER - CISE TO -

THROW! A - WAY EX - ER - CISE OP - TION NOT EX - ER - CISE TO DAY - NOT - EX - ER - CISE TO -

THROW! A - WAY EX - ER - CISE OP - TION NOT EX - ER - CISE TO DAY - NOT - EX - ER - CISE TO -

THROW! A - WAY EX - ER - CISE OP - TION NOT EX - ER - CISE TO - DAY NOT EX - ER - CISE TO -

B

5  
T.1  
T.2  
SAR.  
B

48 49 50 51 52 53 54

NOW I SEE PEOP - LE I KNOW ON THE SIDE OF THE ROAD OUT RUN - NING FOR THEIR

DAY? DOO DOO DOO DOO DOO

DAY? DOO DOO DOO DOO DOO

DAY? DOO DOO DOO DOO DOO

DAY? DOO DOO DOO DOO DOO

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5  
T.1  
T.2  
SAR.  
B

65 66 67 68 69 70

DAILY EX-ER-CISE BUT IS IT WORTH THE COST BREATH-ING IN THAT EX-HAUST FROM ALL THE

DOO DOO EV-'EY DAY DOO DOO DOO DOO

5  
T.1  
T.2  
SAR.  
B

71 72 73 74 75 76

CARS AND THE TRUCKS THAT PASS THEM BY I EX-ER-CISE SOME CAU-TION AS I WREST-LE WITH THE

DOO DOO PASS THEM BY DOO DOO DOO DOO

5  
T.1  
T.2  
SAR.  
B

77 78 79 80 81 82

THOUGHT IF I DON'T JOIN THE Y DO I SE-LENA TO THE Y NOW OH I CAN JUMP TO A CON-

DOO DOO DOO THE RIT. Y - NOT? JUMP! DOO

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76 77 78 79 80 81

S  
 T.1  
 T.2  
 BAR.  
 B

CLU-SION I CAN DOQ MY MEM-O - RY GET MY MIND A - RAC-ING AND RUN WILD WITH FAN-TA-SIES.

DOOT DOO DOO DOQ! DOO DOOT DOO DOO DOOT DOO A - RAC-ING AND RUN WILD! DOO

DOOT DOO DOO DOQ! DOO DOOT DOO DOO DOOT DOO A - RAC-ING AND RUN WILD! DOO

DOOT DOO DOO DOQ! DOO DOOT DOO DOO DOOT DOO A - RAC-ING AND RUN WILD! DOO

DOO DOO DOO DOQ! DOO DOO DOO DOO A - RAC-ING AND RUN WILD! DOO

82 83 84 85 86 87

S  
 T.1  
 T.2  
 BAR.  
 B

OH I CAN LIFT MY EX-PEC - TA-TIONS, I CAN THROW MY CARES A-WAY WHILE I EX - ER-CISE MY

DOO LIFT! DOO DOOT DOO DOO THROW! A-WAY EX - ER-CISE

DOO LIFT! DOO DOOT DOO DOO THROW! A-WAY EX - ER-CISE

DOO LIFT! DOO DOOT DOO DOO THROW! A-WAY EX - ER-CISE

DOO LIFT! DOO DOO DOO DOO THROW! A-WAY EX - ER-CISE



88 89 90 91 92 93

S  
 T.1  
 T.2  
 BAR.  
 B

OP-TION TO NOT EX - ER-CISE TO -DAY. OH I CAN SKIP THE FOR - MAL - I - TIES SCALE THE HEIGHTS OF AS -

OP-TION NOT EX - ER-CISE TO -DAY. OH I CAN SKIP - THE-FOR - MAL - I - TIES - - SCALE THE HEIGHTS OF AS -

OP-TION NOT EX - ER-CISE TO -DAY. OH I CAN SKIP - THE-FOR - MAL - I - TIES - - SCALE THE HEIGHTS OF AS -

OP-TION NOT EX - ER-CISE TO -DAY. OH I CAN SKIP - DOO - DOO - DOO - DOO - DOO -

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5  
T1  
T2  
BAR.  
B

94 95 96 97 98

SUR - DI - TY PRESS ON THROUGH AD - VER - SI - TY WITH ALL OF THIS AC - TIV - I - TY I COULD

DOO DOO DOO DOO DOO DOO DOO DOO DOO

5  
T1  
T2  
BAR.  
B

99 100 101 102 103 104

STRETCH THIS SONG OUT END - LESS - LY AN EX - ER - CISE IN FU - TI - LI - TY WHILE I EX - ER - CISE MY OP - TION TO NOT

DAA DAA DAA DAA EX - ER - CISE IN FU - TI - LI - TY EX - ER - CISE OP - TION NOT

5  
T1  
T2  
BAR.  
B

105 106 107

EX - ER - CISE TO DAY! No SWEAT!

EX - ER - CISE TO DAY!

EX - ER - CISE TO DAY!