
Basic arrangement and performance by Dan and Ken Durand

1. I went to my doctor, he told me I had to take stock
With the shape I was in, I was due for quite a shock
He said, "You must sweat and toil"
I said, "Doc, tomorrow seems like a much better day to start."
I got the, "My sweats are in the wash.
I can't work out today Blues."

2. So I bought me a second pair of sweats, cause my first pair's in the wash
Got all excited, decided, a 10 mile run, that should be just about enough
But when I bent down to tie my shoes, I felt this ping, I heard this pop
I got the, "I just ripped my pants.
I can't work out today Blues."

3. Saw a show on aerobics, beautiful people in their tights
Wrote down the address, thought I'd go right on down there tonight
The classes were five flights up
By the time I got there I was not breathing right
I got the, "Air's kind of thin up here.
I can't work out today Blues."

Bridge:

You know, I wanted to workout.
It's just that it took a little bit of time for me to get started.
Maybe I'll get started tomorrow. Yeah!

4. I went back to my doctor, I told him, "Doc, I've taken stock."
If I want to live more than two days, this exercisin's kinda' gonna have to stop.
Anyway,
I never got started, though Heaven knows I tried a lot.
I got the, "My sweats are in the wash, I just ripped my pants,
Air's kind of thin up here, I got a headache,
My blood sugar's crazy, my electrolytes' imbalanced,
I can't find my shoe goo, and where's my sweatband,
And I might miss Dancing with the Stars.
I can't work out today Blues."