

IN OUT SHOUT
lyrics by Tobin Mueller

[Rhythmic breathing...]

SOLOIST:

In, out.

In, out.

No time to hyperventilate;

Let your diaphragm win...oxidate.

In, out.

In, out.

Warmed up all nice by nose and mouth

So you won't get a chill doin' the

IN OUT SHOUT.

In, out.

In, out.

That's how to thrive, without a doubt.

Then you know you're alive doin' the

IN OUT SHOUT.

LYMPHETTES:

Take a breather,

Not a sneezer.

No time to hyperventilate;

Let your diaphragm win...oxidate.

When you breath in,

Air is moistened,

Warmed up all nice by nose and mouth

So you won't get a chill...

IN OUT SHOUT.

In the lungs you breath oxygen,

Where the redder cells take it in,

Send the C-O-2 out again;

Then start it all over again.

Get some fresh air.

Always take care.

That's how to thrive, without a doubt.

Then you know you're alive...

IN OUT SHOUT.