

# Do The Catechismo Workout

Words & Music by Colin Buchanan  
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## CHORUS

From the get-go  
On the down low  
Do the Catechismo workout  
If you're readyyyy  
To take it steady  
Do the Catechismo workout

You do the question  
I do the answer  
That's a Catechismo workout  
Then I do the question  
You do the answer  
That's a Catechismo work out

## BRIDGE

It's the way we train  
Find out what God's Word is  
sayin'  
Truth by truth  
Line by line  
It's Catechismo Workout time...

Down low  
Start in your toes  
That's how it goes  
Move to your knees  
Swing 'em round in the breeze  
Now wiggle your hips  
Chicken and chips  
And take it up high  
Reach for the sky...