

You're weak!

("No doubt" that Forces Fit is good for you...)

Cm
In the military
Gm Fm
He used to be a sergeant
Bb Gm
A full metal jacket sergeant
Fm Bb
Always

Cm Gm
He really feels
Fm Bb
That losing a few pounds
Gm Cm Fm Bb
Is best achieved by push ups on the ground
Cm Gm
After years of being gung ho
Fm Bb
He'll always let you know
Eb
When you squeal
Bb C
There's ten more reps to go.

Fm
You're weak!
C# Eb
You're constantly complaining
C Bbm
And old injury feigning
C Fm C# C
Don't whinge that it hurts
Fm
You're weak!
C# Eb
Into mud you're sinking
C Bbm
We train though all seasons
C Fm C# C
Just don't tell me that it hurts!

Cm
Green bib memories
Gm Fm
Are at times inviting
Bb Gm
For red led sets are mighty
Fm Bb
Frightening
Cm Gm
A la vin---da---loo
Fm Bb
You'll be heated through
Eb Bb C
But just avoid the small piles of dog poo..

Fm
You're weak!
C# Eb
You're constantly complaining
C Bbm
And old injury feigning
C Fm C# C
Don't whinge that it hurts
Fm
You're weak!
C# Eb
Into mud you're sinking
C Bbm
We train though all seasons
C Fm C# C
Just don't tell me that it hurts!

C# Ab
He says he doesn't need
B F#
A first aid pick and mix
A B
In his car he keeps a shovel
C# Eb
And a cruci---fix!

Optional instrumental

Cm Gm Fm Bb x3
Gm Cm Fm

Cm
In fitness military
Gm Fm
I often feel like dying
Bb
Always

Fm
You're weak!
C# Eb
You're constantly complaining
C Bbm
And old injury feigning
C Fm
Don't whinge that it hurts
C# C
Ouch ouch ow!

Fm
 You're weak!
 C# Eb
 Into mud you're sinking
 C Bbm
 We train though all seasons
 C Fm
 Just don't tell me that it hurts
 C# C Fm
 Don't tell me that it hurts
 C# Eb
 You're constantly complaining
 C Bbm
 And old injury feigning
 C
 You're weak
 Fm
 You're weak
 Bbm C Fm
 You are weak! oh
 C# Eb
 Into mud you're sinking
 C Bbm C
 We train through all seasons
 Fm
 I know you're good
 Bbm
 I know I'm good
 C Fm
 I know we're real good oh
 C# Eb C Bbm
 Lalalalalala mwahahaha
 C Fm Bbm ----- C
 Weak! You're weak-you're weak!

Fm C#
 Push me push me darling
 Eb C
 Push me push me darling
 Bbm
 Push me, push me.....
 C Fm C# C
 Just don't whinge when it hurts!

(c) Andy "Dijon" French. 10th April 2012. Written during a very long train journey from Winchester to Pembrokeshire.