

Hayley Williams , Over Yet [Workout Video]

Punch

IF THERE'S RESISTANCE
IF THERE'S RESISTANCE
it makes you stronger
it's not the end

IF THERE'S RESISTANCE
IF THERE'S RESISTANCE
it makes you stronger
make it your friend

when there's persistence
when there's persistence
you can go farther
beyond the end
if in the distance
there's more resistance
try to stay open
make it your friend

it's the right time
to come alive
baby if you wanna try
to get out of your head, yes
break a sweat
baby tell yourself it ain't over yet

IF THERE'S RESISTANCE
IF THERE'S RESISTANCE
it makes you stronger
it's not the end
when there's persistence
when there's persistence
it makes you stronger
make it your friend

it's the right time
to come alive
baby if you wanna try
to get out of your head, yes
break a sweat
baby tell yourself it ain't over yet

for every darkened part of me
for every darkened part of me
for every darkened part of me

it's the right time
to come alive
baby if you wanna try
to get out of your head, yes
break a sweat
baby tell yourself it ain't over yet

for every darkened part of me
there's a light I can see
both belong, both are me