

2. No pain, no gain (1m. 40s.)

♩. = 100

Musical score for the first system, measures 1-4. The piece is in 12/8 time with a key signature of two flats. The piano accompaniment starts with a series of chords in the bass line and a melodic line in the treble. The vocal line is silent for these measures.

5 *mf* *p* *mf*

No pain, no gain, — If you want to be a cham- pion, No pain, no gain,

Musical score for the second system, measures 5-7. The vocal line enters with the lyrics "No pain, no gain, — If you want to be a cham- pion, No pain, no gain,". The piano accompaniment continues with chords and a melodic line. Dynamics include *mf*, *p*, and *mf*.

8 *mp* *mf*

— If you're aim - ing for the top, No pain, no gain, — Here's the on - ly way to

Musical score for the third system, measures 8-10. The vocal line continues with the lyrics "— If you're aim - ing for the top, No pain, no gain, — Here's the on - ly way to". The piano accompaniment continues with chords and a melodic line. Dynamics include *mp* and *mf*.

11 *f*

do it, — To be the ve - ry best you've got to train till you drop.

Musical score for the fourth system, measures 11-13. The vocal line concludes with the lyrics "do it, — To be the ve - ry best you've got to train till you drop." The piano accompaniment continues with chords and a melodic line. Dynamics include *f*.

14 *f*

No pain, no gain, —

17 *p* *mp* *p*

No pain, — no gain, — If you want to win a me-dal, No pain, — no gain,

20 *mp* *p* *mp*

— If you're reach-ing for the skies, No pain, no gain, — E-ven when it's cold and

23 *f*

rain - ing, — You've got to do the work to win the ul - ti-mate prize..