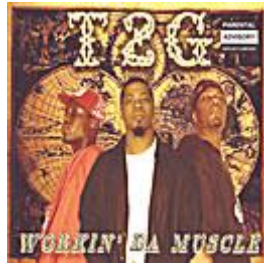


Mp3 T2g - Workin' Da Muscle



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Hip/Hop, Rap 10 MP3 Songs HIP HOP/RAP: Rap, HIP HOP/RAP: Hip Hop Details: TRAINED 2 GO ENTERTAINMENT (T2G) was originated in 2003 by Cedric Johnson(A.N.A.M.O.Z.), Takario Benson(NINE-O), and Dexter Jenkins(SHAKE-P).It all began when A.N.A.M.O.Z. moved to Virginia Beach To hook-up with NINE-O with a business proposition to start their own independent label. Not long after that NINE-O introduced SHAKE-P to A.N.A.M.O.Z. and they started freestyling on a daily basis. After that they decided to start laying down mix-tape tracks, and studying the business.After that they decided to start producing their own tracks and investing in equipment. Working on their production skills, studying the business, and improving their lyrical abilities became an everyday routine. An associate was studying their work ethics and began to say that they were "Trained 2 Go" because of the time and dedication they were putting into their craft and that's how they came up with the label/group name. A year later they formed a production team which consists of all the Trained 2 Go members. Then they started working on their first project called "Working Da Muscle" in early 2004 and finished in late 2004. Then they started putting together their second album "Double or Nothing," along with each of the members solo album. Now three years later they have established the label TRAINED 2 GO ENTERTAINMENT and signed the group TRAINED 2 GO GORILLAZ(T2G) Currently releasing their first single "SOMEBODY GONE DIE",produced by SHAKE-P, paving their way through the underground and arising to the top of the industry, they're simply on the road to success, as long as they put GOD first,and stay focused.

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