

# Season 1

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# 1 - Push-up and crunches!

## Bring it on!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**SIGN** Asami

**[00:01] Asami**

Jeez, you're so late!

**[00:04] Asami**

I've been waiting this whole time.

**[00:05] Asami**

We decided we'd do this together, remember?

**[00:10] Asami**

What? Training, of course.

**SIGN** "Push-up and crunches! Bring it on!!"

**[00:12] Asami**

Look, look, my gymwear's cute, isn't it?

**[00:15] Asami**

I'm so pumped.

**[00:18] Asami**

Anyway, let's start.

**[00:20] Asami**

Let's start with push-ups.

**[00:22] Asami**

Here we go with the basics.

**[00:24] Asami**

We're going to work our chest muscles, too.

**SIGN** Pectoralis Major Muscle

**[00:26] Asami**

It's also good for getting your bra size up.

**[00:30] Asami**

We're totally going to become grown-ups.

**[00:32] Asami**

Okay, put your hands on the floor.

**[00:34] Asami**

Have your hands about this much apart.

**SIGN** Not too close together

**[00:36] Asami**

Put them where your elbows form right angles.

**[00:39] Asami**

Try it.

**[00:40] Asami**

Push your shoulder blades together.

**[00:42] Asami**

Keep your back straight!

**[00:44] Asami**

First, let's try a set of ten.

**[00:47] Asami**

One,

**[00:50] ---**

two,

**[00:52] ---**

three...

**[00:53] Asami**

Breathe out as you go up.

**[00:56] Asami**

Four...

**[00:57] Asami**

This is pretty tough.

**[00:59] Asami**

Five...

**[01:02] Asami**

Six...

**[01:04] Asami**

Seven...

**[01:06] Mini**

Keep it up!

**[01:08] Mini**

This is good for your arms, too.

**[01:09] Asami**

Will they get thinner?

**[01:12] Asami**

That just makes me even more pumped!

**[01:15] Asami**

Nine...

**[01:18] Asami**

Last one!

**[01:21] Asami**

Done.

**[01:23] Asami**

Let's keep up the pace.

**[01:26] Asami**

Make sure you take a break, you say?

**[01:28] Asami**

I guess, but...

**[01:30] Asami**

I want to have soft serve ice cream!

**[01:36] Asami**

Come on, don't give me that exasperated look.

**[01:39] Asami**

Hey, let's go to the convenience store later.

**[01:41] Asami**

I heard they have a new soft serve.

**[01:44] Asami**

It's supposed to be super good.

**[01:47] A**

Our new product: Ultra Super  
Miracle Special Soft Serve!

**[01:54] Asami**

That's why I'm working so hard.

**[01:58] Asami**

Come on, come on, you gotta  
burn off some fat, too.

**[02:03] Asami**

Next, ab exercise basics.

**[02:04] Asami**

Let's try crunches.

**[02:06] Asami**

Hands on your chest.

**[02:07] Asami**

Keep your calves parallel to the floor.

**SIGN** Rectus muscle

**[02:10] Mini**

This'll strengthen your  
outer stomach muscles.

**[02:14] Asami**

Goodbye love handles, hello curves!

**[02:18] Asami**

I'm so going to do this.

**[02:20] Asami**

First, breathe out as you slowly  
curl up your upper body.

**[02:26] Mini**

Inhale as you go back down.

**[02:28] Mini**

The trick is to make sure you

never let your head on the ground.

**[02:31] Asami**

Three...

**[02:34] Asami**

Four...

**[02:37] Asami**

This one's pretty tough, too.

**[02:39] Mini**

Hang in there!

**[02:41] Asami**

Six...

**[02:44] Asami**

Seven...

**[02:47] Asami**

Eight...

**[02:49] Asami**

I think I'm spent.

**[02:50] Asami**

What?

**[02:51] Asami**

Soft serve?

**[02:53] Asami**

Oh, yeah!

**[02:55] Asami**

Ultra Super Miracle Special Soft Serve!

**[03:02] Asami**

I'm not giving up.

**[03:03] Asami**

Nine...

**[03:06] Asami**

Ten!

**[03:08] Asami**

Finished!

**[03:09] Mini**

Yay!

**[03:14] Asami**

I worked hard.

**[03:17] Asami**

Now it's reward time!

**SIGN** Soft Cream

**SIGN** Sold out

Sorry!

**SIGN** Mango

Papaya

**SIGN** Pudding Fare

**[03:23] Asami**

No way!

**[03:24] Mini**

It's all right.

**[03:25] Mini**

Let's buck up and do some vitality exercises!

**[03:29] ---**

# 2 - More push-ups! For bigger bra size!!

Source: [Crunchyroll](#)

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Timer:

QC:

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**[00:01] Somegirl**

Don't just stand there.

**[00:04] Somegirl**

Come on, let's get a move on.

**[00:06] Somegirl**

What do you mean, "what"?

**[00:07] Somegirl**

Push-ups, of course.

***SIGN*** " More push-ups! For bigger bra size!! "

**[00:12] Somegirl**

Fine, then I'll count for you.

**[00:15] Somegirl**

Okay.

**[00:15] Somegirl**

One, two...

**[00:19] Somegirl**

Come on, keep your head up higher.

**[00:21] Somegirl**

Hey!

**[00:22] Somegirl**

What are you looking at?

**[00:23] Somegirl**

Not *that* high!

**[00:26] Somegirl**

Jeez.

**[00:27] Somegirl**

You're so pathetic.

**[00:29] Somegirl**

Here, watch carefully.

**[00:32] Somegirl**

Let's do push-up variations today.

**[00:35] Somegirl**

Hindu push-ups.

**[00:37] Somegirl**

Not push-up*bras*!

**[00:39] Somegirl**

Hindu push-ups!

**SIGN** Pecs

**SIGN** Deltoids

**[00:41] Somegirl**

Your pecs, deltoids, and upper arms get an even workout.

**SIGN** Upper arm

**[00:46] Somegirl**

Okay, now, try this pose.

**[00:49] Somegirl**

Hands at shoulder-width.

**[00:50] Somegirl**

You can keep your legs apart.

**[00:53] Mini**

It's harder with your legs closer together,

**[00:55] Mini**

but I'll go easy on you for now.

**[00:58] Somegirl**

Bring your face down almost to the floor.

**[01:01] Somegirl**

And then go straight up.

**[01:03] Somegirl**

One...

**[01:04] Somegirl**

Hey, did you really get that?

**[01:07] Somegirl**

So like this.

**[01:10] Somegirl**

Two...

**[01:14] Somegirl**

Three...

**[01:18] Somegirl**

Four...

**[01:23] Somegirl**

Five...

**[01:25] Somegirl**

This is becoming...

**[01:27] Somegirl**

not the least bit tiring.

**[01:31] Somegirl**

Six...

**[01:36] Somegirl**

Seven...

**[01:37] Mini**

Almost there! Don't give up!

**[01:40] Somegirl**

Eight...

**[01:45] Somegirl**

Nine...

**[01:52] Somegirl**

Ten!

**[01:55] Somegirl**

Jeez, why do I have to demonstrate for you?

**[02:00] Somegirl**

Come on.

**[02:01] Somegirl**

You're so hopeless without me.

**[02:04] Somegirl**

Now for reverse push-ups.

**[02:07] Somegirl**

This is your starting posture.

**[02:09] Mini**

Keep your knee at a right angle.

**[02:11] Mini**

It's great for your upper  
arm, as well as your chest.

**[02:14] Somegirl**

It is pretty tough, though.

**[02:17] Somegirl**

Hey, what are you looking at?

**[02:19] Somegirl**

Jeez, have no concentration.

**[02:22] Somegirl**

This swimsuit's cute, though, isn't it?

**[02:26] Somegirl**

Everyone's going to be looking at Eri.

**[02:32] Somegirl**

That's why I'm focusing on my chest muscles.

**[02:35] Somegirl**

Come on, let's get started.

**[02:38] Somegirl**

Are you ready?

**[02:40] Somegirl**

One...

**[02:42] Somegirl**

Two...

**[02:43] Somegirl**

Three...

**[02:46] Somegirl**

Four...

**[02:46] Mini**

Keep your posture straight.

**[02:48] Somegirl**

Five...

**[02:48] Mini**

The trick is to concentrate  
on your chest muscles.

**[02:50] Somegirl**

Six...

**[02:52] Somegirl**

This is working.

**[02:53] Somegirl**

Seven...

**[02:55] Somegirl**

Eight...

**[02:57] Somegirl**

Nine...

**[02:59] Somegirl**

This is hard.

**[03:01] Somegirl**

Shut up, you don't have  
to tell me not to give up.

**[03:05] Somegirl**

The glamour of the beach awaits me.

**[03:09] Somegirl**

Finished!

**[03:17] Somegirl**

I-I'm not going to thank you  
or feel grateful or anything.

**[03:26] Mini**

Let's finish up with vitality exercises.

# 3 - Back Squats! Go for the Japanese Beauty Look!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

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**[00:02] A**

Thanks for waiting.

**[00:05] A**

I've finally found some time.

**[00:09] A**

Yes, I was cooking.

**[00:11] A**

Grandpa tells me not to bother,

**[00:14] A**

but as a lady, I should  
at least be able to cook.

**[00:18] A**

Um, may I have you try my food later?

**[00:22] A**

I, Saotome Shizuno, feel like  
I've done a pretty good job.

**SIGN** "Back Squats! Go for the Japanese Beauty Look!!!"

**[00:30] A**

Great!

**[00:31] A**

I'm encouraged.

**[00:33] A**

Let's begin.

**[00:35] Mini**

First, squats.

**[00:37] Mini**

It's called the king of all exercises.

**[00:40] A**

It's the most basic training

exercise there is.

**[00:43] A**

It's effective on the thighs and buttocks.

**SIGN** Gluteus maximus

**SIGN** Quadriceps

**SIGN** Hamstrings

**[00:46] A**

I'm going for a small butt.

**[00:51] A**

Feet about shoulder-length about.

**[00:53] A**

Hands behind your head.

**[00:55] A**

Slowly lower your waist to about here.

**[00:58] Mini**

The trick is to keep your spine straight.

**[01:01] A**

One.

**[01:03] A**

Two.

**[01:06] A**

Three.

**[01:09] A**

What did I make, you ask?

**[01:13] A**

Japanese food.

**[01:14] A**

I'm hooked on it right now.

**[01:17] A**

For example, bonito flakes.

**[01:20] A**

Bonitos are rich with amino acids that

**[01:22] A**

reduce your appetite and help to burn fat.

**[01:26] Mini**

It's perfect if you're on a diet.

**SIGN** Histidine

**[01:29] A**

Finished.

**[01:32] A**

That's quite a workout, isn't it?

**[01:34] A**

Oh, right, bonitos are full of proteins that build muscle, too.

**[01:39] A**

Of course, I've prepared some.

**[01:41] A**

A soup with plenty of bonito flakes, and bonito sashimi.

**[01:47] A**

Let's work hard. It'll make our meal more delicious, too.

**[01:51] Mini**

Next, back extension.

**[01:53] Mini**

For your back muscles.

**[01:55] A**

Training here will fix your posture.

**SIGN** Erector Spinae Muscles

**[01:58] A**

I'm trying to become a refined-looking woman.

**[02:02] A**

Are you ready?

**[02:04] A**

Now, raise your chest and feet, and arch your body back.

**[02:08] A**

One.

**[02:11] A**

Two.

**[02:14] A**

Three.

**[02:14] Mini**

Don't rush it.

**[02:16] A**

Four.

**[02:16] Mini**

Never push yourself past your limit.

**[02:18] A**

Five.

**[02:21] A**

Six.

**[02:23] A**

Seven.

**[02:27] A**

Oh, you, Andalucia.

**[02:29] A**

But maybe this'll be a perfect challenge.

**[02:33] A**

Eight.

**[02:35] A**

Nine.

**[02:38] A**

Finished!

**[02:43] A**

Yes, I'm becoming hungry, too.

**[02:47] A**

Hunger is the best spice.

**[02:49] A**

Now, then.

**[02:51] A**

Oh, really, Andalucia.

**[02:53] A**

Don't worry, I have some for you, too.

**[02:58] A**

I hope it's to your liking.

**[03:01] A**

Huh? I made too much?

**[03:03] A**

You're right. I had too much fun.

**[03:06] A**

But it's not good not to eat just  
because you want to diet, right?

**[03:10] A**

Not for your mind, nor for your body.

**[03:14] A**

Of course.

**[03:15] A**

Let's train some more.

**[03:18] A**

Just this once, for training with me.

**[03:21] A**

Here, say "ahh."

**[03:25] A**

Is it good?

**[03:26] A**

Now that we had plenty to eat,  
it's time for vital exercises.

**[03:29] ---**

# 4 - Descent of the False God! Guide Me, Darkness!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:01] Henjin**

You, one guided here by the stars,

**[00:03] Henjin**

Yes, I'm talking to you.

**SIGN** "Descent of the False God! Guide Me, Darkness!"

**[00:06] Henjin**

The time has come for us to seal our pact.

**[00:09] Henjin**

My name is Shion.

**[00:10] Henjin**

Fallen angel of the dark world of Denebrae.

**[00:15] Henjin**

I shall seduce this world  
into despair and chaos.

**[00:21] Henjin**

We will now execute the heathen Dance of the  
Void to open the gates to the netherworld.

**[00:27] Mini**

It's what this world calls "yoga."

**[00:29] Henjin**

It seems you call it the "Bow Pose."

**[00:33] Henjin**

Listen to the voices of the abyss,

**[00:35] Henjin**

and the gates shall open.

**[00:38] Mini**

Relax your shoulders, and slowly  
and patiently arch your body.

**[00:41] Mini**

That's what she said.

**[00:45] Henjin**

Hold onto your ankles and

**[00:48] Henjin**

inhale quietly and slowly.

**[00:51] Henjin**

This isn't easy.

**[00:54] Mini**

Exhale slowly as you go back down.

**[00:58] Henjin**

Th-This is harder than I thought.

**[01:01] Henjin**

Y-You didn't hear anything!

**[01:03] Henjin**

The False God's summoning nears.

**[01:05] Mini**

Slowly inhale one more time.

**[01:10] Henjin**

Behold, deep beyond the gate...

**[01:14] Henjin**

The abominable vortex of the void.

**[01:18] Henjin**

What? You can't see it?

**[01:20] Henjin**

You're supposed to say you can!

**[01:26] Henjin**

I-I'm not trying that hard.

**[01:30] Henjin**

The Dark Insight of my left eye  
is vibrating in dissonance.

**[01:34] Henjin**

Why does it ache?

**[01:36] Henjin**

My deep blue pupil!

**[01:40] Henjin**

Green?

**[01:42] Henjin**

L-Look away for a second!

**[01:46] Henjin**

Done.

**[01:47] Henjin**

It appears that we've accidentally  
summoned an Avatar of the Shadows.

**SIGN** Dance of the Wicked

**[01:53] Henjin**

We shall now perform the

Dance of the Wicked.

**[01:56] Henjin**

This forbidden dance will exorcise  
us of the Avatar of the Shadows.

**[01:59] Mini**

This world calls it the yoga "camel pose."

**[02:03] Henjin**

To think you've summoned an unknown entity.

**[02:07] Henjin**

You seem to be more powerful  
than I'd anticipated.

**[02:11] Henjin**

First, pierce your sharp blades  
into the black soil below.

**[02:15] Mini**

She says to point your toes downwards.

**[02:17] Henjin**

Give yourself to the great abyss.

**[02:20] Mini**

She said, "Slowly stretch  
your belly, chest and neck."

**[02:24] Henjin**

Huh, this one might be a bit easier.

**[02:26] Henjin**

I think I kind of like camels.

**[02:28] Henjin**

You didn't hear that, either!

**[02:30] Mini**

Inhale as you go back up.

**[02:34] Henjin**

Avatar of the Shadows...  
I still feel your presence.

**[02:38] Henjin**

Know that those who oppose  
me are doomed to oblivion!

**[02:42] Mini**

"One more time."

**[02:47] Henjin**

I am destined to sealing this  
world in eternal darkness.

**[02:56] Henjin**

Hear that?

**[02:58] Henjin**

The silent, beastly roar of the Avatar  
of the Shadows as it meets its end.

**[03:02] Henjin**

Hear it?

**[03:06] Henjin**

How unexpected that I, having intended to  
destroy this world, would become its savior.

**[03:12] Henjin**

But forget not

**[03:13] Henjin**

that there is a fallen  
angel of the darkness who

**[03:16] Henjin**

will soon seduce this world into the abyss.

**[03:21] Henjin**

Huh?

**[03:23] Henjin**

The breaker blew out!

**[03:24] Henjin**

That would have been so cool!

**[03:25] Mini**

The final dance of darkness.

**[03:27] Mini**

Make haste, and begin  
your vitality exercises!

# 5 - Let's Dancing! Sparkling with Sweat!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

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**[00:02] Brown**

We're going to practice today so we can do our vital exercises properly, right?

**[00:06] Black**

Let's do this together.

**[00:08] Yellow**

First, though, why don't we come up with a dance company name for ourselves?

**[00:13] Brown**

That sounds like a nice idea.

**[00:15] Black**

What kind of name shall we have?

**[00:17] Yellow**

I have one in mind.

**[00:20] Yellow**

Eri with Dancing Flowers.

**[00:22] Yellow**

What's with that face?

**[00:24] Yellow**

Do you have a problem?

**[00:25] Brown**

"Eri with," though?

**[00:27] Yellow**

I'm the leader, obviously.

**[00:31] Yellow**

Okay, let's start practice.

**[00:34] Yellow**

Be sure you get everything on video.

**SIGN** "Let's Dancing! Sparkling with Sweat!!"

**[00:39] Brown**

First we'll show you how the dance goes.

**[00:42] Brown**

Let's dancing!

**[00:51] Brown**

Let's stop there.

**[00:52] Black**

Let's dance together this time.

**[00:55] Yellow**

You'd better keep up.

**[00:58] Brown**

Ready?

**[00:59] Brown**

Three, and...

**[01:02] Yellow**

Put your arms out with lots of energy.

**[01:03] Brown**

One, two, three, four,  
five, six, seven, eight.

**[01:06] Yellow**

Move your leg up.

**[01:09] Yellow**

One, two, three, four,  
five, six, seven, eight.

**[01:11] Black**

Make sure your heart at the end is cute.

**[01:14] Brown**

Let's try the next part.

**[01:17] Yellow**

We'll show you how it's done again.

**[01:19] Black**

Let's start.

**[01:21] Black**

Three, four...

**[01:27] Brown**

Okay, stop.

**[01:29] Brown**

Let's try that part together  
at a slower tempo.

**[01:32] Brown**

Three, four...

**[01:34] Brown**

Walk on your heels.

**[01:34] Black**

One, two, three, four,  
five, six, seven, eight.

**[01:37] Brown**

Inner thighs, hooray!

**[01:39] Black**

One, two, three, four, five, six, seven...

**[01:42] Black**

Crouch and smile.

**[01:45] Brown**

That looks good.

**[01:47] Yellow**

Not bad, I guess.

**[01:49] Black**

But...

**[01:50] Black**

The dance at the beginning...

**[01:54] Brown**

You're right, that part might be a bit difficult.

**[01:56] Yellow**

Here's a point of advice, then.

**[01:59] Yellow**

It can be a lot easier just  
focusing on getting your arm and

**[02:01] Yellow**

leg on the same side out at the same time.

**[02:03] Black**

Focus on getting them out at the same time...

**[02:07] Black**

Something like this?

**[02:08] Brown**

Yeah. That's a lot better.

**[02:11] Black**

Thank you, Eri-san.

**[02:13] Yellow**

Call me "leader."

**[02:17] Black**

Oh my, Andalucia.

**[02:18] Yellow**

Why's he so good at it?

**[02:20] Brown**

Wow.

**[02:21] Yellow**

We gotta keep up, too.

**[02:23] Brown**

All right, let's keep at it.

**[02:34] Brown**

Ready? Let's do it together this time.

**[02:36] Brown**

Ready, and...

**[02:38] Black**

One, two, three, four,  
five, six, seven, eight.

**[02:43] Yellow**

One, two, three, four,  
five, six, seven, eight.

**[02:49] Brown**

One, two, three, four,  
five, six, seven, eight.

**[02:55] All**

With a huge smile.

**[03:00] Brown**

We did it.

**[03:01] Black**

Yeah.

**[03:02] Black**

We did well.

**[03:04] Yellow**

Eri with Dancing Flowers is awesome.

**[03:07] Yellow**

As our leader, I'm proud.

**[03:10] ---**

Huh?

**[03:11] Yellow**

What do you mean the name sucks?

**[03:13] Brown**

Yeah, it's a cute company name.

**[03:16] Black**

We'll bloom like beautiful flowers.

**[03:20] Yellow**

See?

**[03:21] Yellow**

Everyone's on my side.

**[03:23] Brown**

Okay, since we're on a  
roll, let's try it again.

**[03:27] All**

Vital exercises!

# 6 - Kick & Twist! Here We Go!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:00] Four-eyes**

I— I'm looking forward  
to working with you today.

**SIGN** "Kick & Twist! Here We Go!"

**[00:07] Four-eyes**

Huh? I seem kind of down?

**[00:09] Four-eyes**

Well, actually, I haven't  
been able to sleep lately.

**[00:14] Four-eyes**

I keep thinking things,

**[00:17] Four-eyes**

like hopefully it'll be sunny tomorrow.

**[00:21] Four-eyes**

S-Sorry.

**[00:23] Four-eyes**

That was weird.

**[00:25] Four-eyes**

You're right, I might sleep  
better if I exercise.

**[00:29] Four-eyes**

Okay.

**[00:30] Four-eyes**

I'll work really hard.

**[00:33] Four-eyes**

Do they call it a back kick?

**SIGN** Gluteus

maximus

**[00:35] Mini**

It's great for your butt.

**[00:38] Four-eyes**

This might help me sleep better.

**[00:41] Four-eyes**

Extend your knee, like you're  
going to kicking your heel out.

**[00:45] Four-eyes**

There.

**[00:46] Mini**

Keep your body straight; don't arch.

**SIGN** Straight

**[00:50] Mini**

Do this eight times for each leg.

**[00:52] Four-eyes**

One, two,

**[00:57] Four-eyes**

three, four,

**[01:01] Four-eyes**

five, six,

**[01:06] Four-eyes**

seven, eight...

**[01:11] Four-eyes**

I'll do my other leg now, too.

**[01:14] Four-eyes**

One, two,

**[01:19] Four-eyes**

three, four...

**[01:25] Four-eyes**

This is pretty tough.

**[01:27] Four-eyes**

But if I can sleep well...

**[01:30] Mini**

One more!

**[01:32] Four-eyes**

Finished!

**[01:37] Four-eyes**

Huh?

**[01:38] Four-eyes**

What else is on my mind?

**[01:40] Four-eyes**

Will you hear me out?

**[01:42] Four-eyes**

People keep saying I'm weird.

**[01:46] Four-eyes**

I thought I lost my glasses at school,

**[01:50] Four-eyes**

but they were on my forehead.

**[01:53] Four-eyes**

Huh?

**[01:54] Four-eyes**

That's what makes me different?

**[01:56] Four-eyes**

Um, no one's ever said that to me.

**[02:01] Four-eyes**

Let's go on to the next exercise.

**[02:03] [SONG] Text**

External  
oblique  
muscles

**[02:04] Four-eyes**

It's called the reverse trunk twist.

**[02:05] [SONG] Text**

Rectus abdominis

**[02:06] [SONG] Text**

Internal oblique muscle

**[02:07] Mini**

It'll tuck your tummy in.

**[02:09] Mini**

Don't overextend your knees.

**[02:12] Mini**

You'll hurt your back, so be careful.

**[02:14] Four-eyes**

Eight times on both legs again.

**[02:17] Four-eyes**

Here we go.

**[02:20] Four-eyes**

One,

**[02:25] Four-eyes**

two,

**[02:30] Four-eyes**

three...

**[02:36] Four-eyes**

Hey, thanks about earlier.

**[02:42] Four-eyes**

What makes me unique, huh?

**[02:44] Four-eyes**

I feel a little better now.

**[02:48] Four-eyes**

Okay, let's finish this off.

**[02:55] Four-eyes**

Seven,

**[03:00] Four-eyes**

eight...

**[03:05] Four-eyes**

Finished!

**[03:10] Four-eyes**

I think I can sleep soundly tonight.

**[03:13] Four-eyes**

Let's train together again.

**[03:16] Four-eyes**

Okay, good night.

**[03:19] Four-eyes**

Huh? My glasses?

**[03:25] Four-eyes**

Okay, for real this time, good night.

# 7 - Tough Push-ups and Squats! Don't give up!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:00] Brown**

Welcome to Asami's room!

**[00:02] Yellow**

It's actually cleaner than I thought it'd be.

**[00:06] Yellow**

Right?

**SIGN** "Tough Push-ups and Squats! Don't give up!"

**[00:06] Brown**

Okay, here we go, let's train!

**[00:10] Yellow**

I'm not letting you get ahead of me, Asami-ccchi.

**[00:14] Brown**

Do you think of me as your rival?

**[00:17] Brown**

That kinda makes me happy.

**[00:19] Yellow**

Don't get the wrong idea.

**[00:20] Yellow**

Everyone's a rival to me.

**[00:23] Yellow**

You'll see, I'm really athletic.

**[00:26] Brown**

Sure, I'll do my best, too.

**[00:28] Yellow**

Hey, what are you sizing us up for?

**[00:30] Yellow**

Jeez, you're such a brute.

**[00:34] Brown**

We're doing clapping push-ups today.

**[00:36] Yellow**

The idea is to clap your hands  
as you do push-ups, right?

**[00:40] Yellow**

Easy peasy.

**[00:42] Brown**

I don't know if I can do it right.

**[00:46] Yellow**

Oh, all right.

**[00:48] Yellow**

Here, I'll hold you up.

**[00:52] Brown**

Hey!

**[00:53] Yellow**

*They're pretty big.*

**[00:56] Yellow**

*I'm not jealous!*

**[00:58] Brown**

Jeez, hold me up properly, Eri-chan.

**[01:02] Yellow**

I know.

**[01:03] Brown**

Here we go again.

**[01:08] Brown**

I did it.

**[01:08] Brown**

Okay, I think I've gotten the hang of it.

**[01:11] Brown**

All right, let's do this.

**[01:14] Yellow**

Keep your arms more than  
shoulder width apart.

**[01:15] Brown**

Go for five.

**[01:17] Brown**

One...

**[01:19] Brown**

Two...

**[01:22] Brown**

Three...

**[01:24] Brown**

This is working on... my chest.

**[01:24] Brown**

Four...

**[01:29] Yellow**

I'm going up a bra size.

**[01:32] Yellow**

Finished!

**[01:38] Brown**

It's pretty tough.

**[01:40] Yellow**

We're just getting started.

**[01:44] Brown**

Next, we're doing a variation  
on squats called Hindu squats.

**[01:47] Brown**

*Not* diddly squat

**[01:50] Brown**

They're *Hindu* squats!

**[01:52] Brown**

Quit ragging on my lack of breasts!

**SIGN** Asami's Memories

**SIGN** Eri-chan, look, look.

**SIGN** This is me.

**SIGN** I think I was in my second year of middle school.

**[02:00] Yellow**

Second year?

**[02:01] Yellow**

That's my age.

**[02:06] Yellow**

Hey, tell me how to make your boobs bigger.

**[02:11] Brown**

Exercise every day,  
and don't be a fussy eater.

**[02:15] Yellow**

I don't like natto.

**[02:18] Brown**

I like natto.

**[02:21] Yellow**

I'm going to get to like it.

**[02:23] Yellow**

And I'm going to exercise properly.

**[02:26] Brown**

Now you're talking.

**[02:28] Yellow**

Nah.

**[02:29] Yellow**

I was always going to exercise properly.

**[02:31] Brown**

Let's go, then.

**[02:34] Yellow**

Spread your feet shoulder-width apart.

**[02:37] Brown**

Put your hands in front of your chest.

**[02:40] Brown**

One...

**[02:42] Brown**

Don't bend your legs too much.

**[02:43] Brown**

Two...

**[02:45] Yellow**

About ninety-degrees.

**[02:46] Brown**

Three...

**[02:47] Yellow**

When did you start getting  
bigger, Asami-cchi?

**[02:49] Brown**

Four...

**[02:51] Yellow**

Five...

**[02:54] Brown**

Around my third year of middle school?

**[02:54] Yellow**

Six...

**[02:56] Yellow**

That means...

**[02:57] Yellow**

Seven...

**[03:00] Yellow**

I still have time.

**[03:00] Yellow**

Eight...

**[03:03] Yellow**

Nine...

**[03:07] Yellow**

I'm not done yet!

**[03:11] Brown**

Do stretches after you're done training.

**[03:14] Brown**

You're so flexible, Eri-chan.

**[03:17] Yellow**

Of course I am.

**[03:19] Brown**

I bet you could go further.

**[03:22] Yellow**

Ow, ow!

**[03:26] Yellow**

Watch me, I'm going to  
have a nice body someday.

# 8 - More Dancing! Smile and Detox!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:00] Orange**

Hey, did you learn the vital exercise?

**[00:05] Purple**

You speak of the forbidden dance paying tribute to the dark lord, Asamiel.

**[00:11] Orange**

You mean me?

**[00:13] Purple**

Indeed.

**[00:14] Beige**

U-Um...

**[00:17] Beige**

Sorry I'm late.

**[00:19] Beige**

Umm, I... Um...

**SIGN** "More Dancing! Smile and Detox!!"

**[00:24] Beige**

Okay, I'll get changed right away.

**[00:27] Orange**

Okay, let's take it slow.

**[00:29] Orange**

Together.

**[00:30] Minis**

Here we go.

**[00:32] ---**

One, two, three, four...

**[00:32] Orange**

Right, left, right, left...

**[00:35] Orange**

Pump, pump, pump.

**[00:35] ---**

five, six, seven, eight.

**[00:37] Orange**

Left leg.

**[00:38] ---**

One, two, three, four...

**[00:38] Purple**

Praise be to the dark lord.

**[00:41] ---**

five, six, seven, eight.

**[00:44] ---**

One, two, three, four...

**[00:44] Beige**

Walk on your heels and pat your thighs.

**[00:47] ---**

five, six, seven, eight.

**[00:48] Purple**

Yay.

**[00:50] ---**

One, two, three, four...

**[00:50] Orange**

Rotate your arms, crouch and back.

**[00:52] ---**

five, six, seven, eight.

**[00:56] Orange**

Looks good.

**[00:58] Beige**

Um...

**[01:00] Beige**

Do we do this part bigger?

**[01:02] Orange**

Yup.

**[01:03] Orange**

You have to go pretty far  
when you drop your arms.

**[01:06] Orange**

And then go vwoosh!

**SIGN** vwoosh

**[01:08] Beige**

Vwoosh?

**[01:10] Purple**

Sound effects can't express it adequately.

**[01:12] Purple**

Listen.

**[01:14] Purple**

Do it as though the dark lord is  
emerging from the depths of the void.

**[01:17] Orange**

I think the dark lord makes  
it even more confusing.

**[01:20] Beige**

Like this?

**[01:22] Orange**

Yeah, that's a lot better.

**[01:24] Beige**

But I don't know if I'm doing  
everything else okay, either.

**[01:29] Purple**

Yumiliel,

**[01:31] Beige**

Yumiliel?

**[01:33] Orange**

She means "Yu-chan," in her weird language.

**[01:36] Purple**

It is your will that is central  
to this forbidden dance.

**[01:40] Purple**

Without it, you will cause the  
damned to descend upon us.

**[01:48] Purple**

But for now, I don't sense such a presence.

**[01:51] Purple**

Have more faith in yourself.

**[01:54] Beige**

Shion-senpai.

**[01:56] Orange**

Okay, let's keep going.

**[01:59] Minis**

Ready, and...

**[02:01] ---**

One, two, three, four...

**[02:01] Orange**

Right, left, right, left.

**[02:04] ---**

five, six, seven, eight.

**[02:04] Orange**

One, two, three, four.

**[02:06] ---**

One, two, three, four...

**[02:06] Purple**

Pierce through the darkness.

**[02:09] Purple**

The wicked cross.

**[02:09] ---**

five, six, seven, eight.

**[02:12] ---**

One, two, three, four...

**[02:12] Beige**

Cute and adorable, forward, forward.

**[02:15] ---**

five, six, seven, eight.

**[02:18] ---**

One, two, three, four...

**[02:18] Orange**

Strike an awesome pose.

**[02:23] Orange**

We did it.

**[02:25] Beige**

We did.

**[02:27] Purple**

The last part was a bit tenuous.

**[02:30] Purple**

Was it left arm first?

**[02:32] Beige**

Shion-senpai, it's right, left, right, left.

**[02:38] Purple**

Right first, huh?

**[02:39] Purple**

Thanks, Yu-chan.

**[02:41] Purple**

I mean...

**[02:43] Purple**

To think you'd enlighten me...

**[02:46] Purple**

You've come far.

**[02:48] Beige**

Thank you.

**[02:52] Orange**

Yeah, that's the smile.

**[02:54] Orange**

I know, let's go have soft serve after this.

**[02:58] Orange**

There's a new one at the  
convenience store nearby.

**[03:01] Orange**

It's good, right?

**[03:03] Purple**

Wh-Why do you ask me?

**[03:07] Orange**

Well, you work there.

**SIGN** Tachibana Akiko

**[03:09] Orange**

I've been meaning to ask...

**[03:12] Orange**

Your name's Akiko-chan, isn't it?

**[03:14] Purple**

N-No, I am Tachibana Shion.

**[03:17] Purple**

Fallen angel of the dark world of Denebrae.

**[03:18] Orange**

Do shop staff get unlimited ice cream?

**[03:21] Purple**

Of course not!

**[03:23] Purple**

I am Shion.

**[03:25] Orange**

O-Okay, Shion-chan.

**[03:27] Purple**

Good, well spoken.

# 9 - Stretchy Stretch!

## Poolside Charms!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:00] Blonde**

You have an indoor pool at your house?

**[00:02] Blonde**

Your place is crazy, Shizu-nee.

**[00:05] Black**

Um...

**[00:06] Black**

Sorry to keep you waiting.

**[00:10] Blonde**

Shizu-nee.

**[00:11] Blonde**

You look good.

**[00:13] Blonde**

Stand a little taller.

**[00:16] Blonde**

How are you going to exercise if you keep acting so embarrassed?

**SIGN** "Stretchy Stretch! Poolside Charms!!"

**[00:19] Black**

Y-You're right.

**[00:22] Black**

Does it look good on me?

**[00:24] Black**

Thank you.

**[00:26] Blonde**

Hey, what about me?

**[00:29] Blonde**

Just for you, I'll race you.

**[00:31] Blonde**

Huh?

**[00:32] Blonde**

Warm-up exercises?

**[00:33] Black**

They're right, Eri-san.

**[00:35] Black**

It's not safe to go into  
the water unprepared.

**[00:38] Blonde**

I-I know that.

**[00:40] Black**

Since we're at it,

**[00:41] Black**

let's try some effective  
stretches after our training.

**[00:45] Mini black**

First, let's stretch the  
outer sides of the body.

**[00:49] Black**

Put your legs out together like this.

**[00:52] Blonde**

And our arms go like this, right?

**[00:53] Black**

Yes.

**[00:54] Black**

Now we tug slowly.

**[00:59] Mini blonde**

Don't let your inner knee buckle.

**[01:02] Black**

That'll stretch out your outsides  
and upper arms really well.

**[01:08] Black**

Don't forget the other side.

**[01:13] Blonde**

I feel like I'm really getting stretched out.

**[01:16] Black**

Yes, this feels good.

**[01:19] Blonde**

Oh, yeah! I'll do it for you, too.

**[01:23] Blonde**

Be grateful.

**[01:25] Blonde**

There, stretch out well.

**[01:28] Black**

The trick to stretching is to breathe  
slowly without ever stopping your breath.

**[01:33] Blonde**

Next, shoulder stretches.

**[01:36] Black**

Push your arms out all the way.

**[01:38] Black**

Press gently on the shoulder blades.

**[01:41] Mini black**

Be careful not to press too firmly.

**[01:43] Mini blonde**

This stretches out your back and waist along with your shoulders.

**[01:47] Blonde**

This feels good.

**[01:49] Black**

Yes, it really does.

**[01:52] Black**

Would you like to try?

**[01:55] Black**

Here we go.

**[01:57] Black**

Huh?

**[01:58] Blonde**

Come on, what good is it unless you face down?

**[02:02] Blonde**

Quit staring.

**[02:05] Black**

Does that feel good?

**[02:07] Black**

Are your shoulders well-stretched?

**[02:11] Black**

You can really feel it working when you put your arms out like this.

**[02:14] Blonde**

They're so impressive.

**[02:17] Blonde**

I'm going to be like Shizu-nee someday, just you watch!

**[02:21] Black**

You're charming and beautiful, too, Eri-san.

**[02:24] Black**

Not to mention adorable.

**[02:25] Black**

Just how do you maintain that body shape?

**[02:30] Blonde**

I'll let you in on my secret.

**[02:33] Blonde**

I go jogging every morning, actually.

**SIGN** Aerobic Exercises

**[02:38] Black**

You're a hard-worker, Eri-san.

**[02:41] Blonde**

Nah, it's nothing.

**[02:44] Black**

Maintaining beauty takes effort, right?

**[02:48] Blonde**

I wanted to break a sweat  
at the pool today, too.

**[02:52] Blonde**

It's not to show you my swimsuit,  
just so you know.

**[02:57] Black**

Okay, let's do our last stretches.

**[03:01] Black**

This'll stretch your lower  
body out really well.

**[03:04] Mini blonde**

Hitch the leg you aren't having  
pushed at the ankle, like this.

**SIGN** Gluteus  
maximus

**[03:07] Mini black**

This stretches out your  
gluteus maximus and biceps.

**SIGN** Biceps

**[03:10] Blonde**

Okay, my turn next.

**[03:14] Black**

Hm?

**[03:15] Black**

What is it, Andalucia?

**[03:20] Blonde**

Here I go, Shizu-nee.

**[03:22] Black**

Oh, you, Eri-san.

**[03:24] Blonde**

Why you little...

**[03:26] Black**

I'll get you back!

**[03:27] ---**

Take that!

# 10 - Let's Go to the Sports Gym! Fun Exercises!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:01] Beige**

So many machines.

**[00:03] Brown**

Right?

**[00:04] Brown**

There are all kinds of machines here.

**SIGN** "Let's Go to the Sports Gym! Fun Exercises!"

**[00:06] Brown**

It's fun.

**[00:07] Beige**

But I don't know if I can do it.

**[00:11] Brown**

Don't worry, leave it to me.

**[00:14] Brown**

Let's take on it together.

**[00:16] Mini brown**

This is called the butterfly machine.

**[00:19] Mini beige**

It's effective for building  
the chest muscles.

**[00:22] Mini brown**

Go for a weight that you  
can pull about ten times.

**[00:26] Mini brown**

Keep your arms parallel to the ground.

**[00:29] Mini brown**

Back straight.

**[00:31] Brown**

Now, exhale.

**[00:33] ---**

Right.

**[00:37] Brown**

Go back slowly as you inhale.

**[00:42] Brown**

Be aware of your chest muscles.

**[00:44] Brown**

It's important to be conscious  
of what you're working out.

**[00:48] Beige**

You know a lot, Asami-senpai.

**[00:50] Brown**

Yeah, the trainer here, Andy-san,  
teaches me everything.

**SIGN** Andy

**[00:57] Brown**

Home stretch!

**[00:59] Mini brown**

Go!

**[01:03] Brown**

Finished!

**[01:05] Brown**

Good job hanging in there, Yu-chan.

**[01:08] Beige**

Thank you.

**[01:10] Mini beige**

This is called a Synchro machine.

**[01:13] Mini brown**

It makes for good aerobic exercise.

**[01:15] Beige**

There are all kinds of people  
here at the gym, huh?

**[01:18] Brown**

Yeah.

**[01:19] Brown**

Everyone wants to have fun,  
work out, and be happy.

**[01:26] Brown**

That's why it's fun coming to the gym.

**[01:31] Brown**

Hello.

**[01:32] Browner**

Hello.

**[01:33] Brown**

Good luck training.

**[01:36] Beige**

*That's amazing.*

**[01:37] Beige**

*Everyone smiles when  
Asami-senpai talks to them.*

**[01:41] Brown**

What's wrong?

**[01:43] Beige**

Um...

**[01:45] Beige**

I've had a lot on my mind lately.

**[01:49] Beige**

Like, what should I do to make more friends?

**[01:54] Beige**

How do I stop being shy around strangers?

**[01:58] Brown**

Yu-chan.

**[02:02] Beige**

But I realized those are  
pretty small worries.

**[02:05] Beige**

Besides, now I know that I want  
to be like you, Asami-senpai.

**[02:10] Brown**

Really?

**[02:11] Beige**

Teach me how to use some more machines.

**[02:16] Mini brown**

This is a leg press.

**[02:18] Mini beige**

It works out your quads, your glutes,  
and your hamstrings.

**[02:23] Brown**

Lie back firmly on the backrest.

**[02:26] Brown**

The tips of your feet go straight up.

**[02:28] Brown**

And exhale.

**[02:30] Mini brown**

Stop where your legs are slightly bent.

**[02:33] Mini brown**

That keeps your muscles  
in a state of tension.

**[02:37] Mini beige**

Inhale as you go back.

**[02:42] Beige**

Hey, Asami-senpai,

**[02:46] Beige**

Do you have anything that's  
troubling you, too?

**[02:49] Brown**

Sure, I do.

**[02:50] Brown**

Like, what's for dinner?

**[02:53] Brown**

Or what if I take the wrong train home?

**[02:58] Brown**

Hey, I saw you laugh.

**[03:06] Mini brown**

These are adduction

**SIGN** Adduction

**SIGN** Abduction

**[03:08] Mini beige**

and abduction machines.

**[03:10] Brown**

Time for a butt lift.

**[03:12] Beige**

Okay.

**[03:14] Beige**

That was a lot of fun today, Asami-senpai.

**[03:18] Brown**

Me, too.

**[03:20] Brown**

Let's come here together again.

**[03:23] ---**

Yes!

**[03:28] Beige**

Asami-senpai!

**[03:29] ---**

# 11 - Easy Tai Chi! Core Strength Training!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:01] Purple**

We shall hereby perform the dance  
to summon the Pontifex of the Void.

**[00:05] Blonde**

There you go with your hyperbole again.

**SIGN** "Easy Tai Chi! Core Strength Training!"

**SIGN** Ye shall become my shadows.

**[00:14] Blonde**

Come on, you're doing it, too.

**[00:17] Mini purple**

Slowly, breathing with your belly.

**[00:20] Purple**

Despair and chaos to the world.

**[00:23] Beige**

Despair and chaos?

**[00:26] Blonde**

She probably means we're going  
to make the world love us.

**[00:30] Blonde**

That's fine, I guess.

**[00:33] Blonde**

Right, Shiorin?

**[00:34] Purple**

No, I am of the dark world...

**[00:37] Blonde**

Fallen angel of Denebrae, right?

**[00:40] Purple**

You remembered!

**[00:42] Purple**

I mean—

**[00:44] Purple**

Let's continue.

**[00:45] Mini purple**

Focus on keeping your body balanced.

**[00:48] Blonde**

Hey, isn't this kind of like Tai Chi?

**[00:52] Beige**

I thought you said we were  
going to practice dancing.

**[00:55] Blonde**

That was the plan.

**[00:57] Beige**

But this is hard.

**[01:01] Blonde**

This might be good core training.

**[01:05] Beige**

It is.

**[01:07] Beige**

Hark as the energy flows  
through the darkness.

**[01:12] Mini purple**

Stop to catch your breath.

**[01:16] Blonde**

I'm starting to break a sweat, too.

**[01:18] Blonde**

This is getting good.

**[01:19] Beige**

Eri-chan,

**[01:21] Beige**

what made you decide to go this path?

**[01:25] Blonde**

Do you want to know?

**[01:26] ---**

I do.

**[01:28] Blonde**

It's been my dream ever since I was little,

**[01:31] Blonde**

to make people happy with  
my dancing and singing.

**[01:35] Blonde**

I was about to give up,  
but a little while ago,

**SIGN** Karaoke Competition

**[01:39] Blonde**

there was a karaoke competition

at the neighborhood association.

**[01:43] Blonde**

I couldn't forget the smiles  
on everyone's faces.

**[01:47] Blonde**

So I made up my mind that  
I would go after my dream.

**[01:52] Beige**

Eri-chan.

**[01:54] Beige**

You're amazing.

**[01:56] Purple**

Now, the Dance of Resurrection  
isn't yet complete.

**[02:00] Mini purple**

Here's the last part.

**[02:01] Mini purple**

Breathe in slowly.

**[02:06] Blonde**

Hey,

**[02:07] Blonde**

you want to make your dreams  
come true, too, don't you, Yuyu?

**[02:11] Beige**

But I don't have the kind of  
determination that you do.

**[02:15] Beige**

I just kind of ended up here.

**[02:18] Beige**

That's bad, right?

**[02:21] Blonde**

I don't think so.

**[02:23] Blonde**

Besides, you would have quit  
by now if you didn't like it.

**[02:27] Blonde**

You're here, so it must  
mean you're enjoying it.

**[02:30] Beige**

But...

**[02:32] Blonde**

I don't know if I should say this,  
but seeing your smile is relaxing.

**[02:38] Blonde**

I guess I can let you have  
the "comforting girl" title.

**[02:44] Blonde**

Not to sound like Shiorin, but you could make this world fall in love with you.

**[02:49] Beige**

Eri-chan.

**[02:51] Blonde**

I still get the "cute girl" title, though.

**[02:53] Blonde**

Now that that's settled,  
let's focus on the Resurrection Dance.

**[02:56] Beige**

Okay.

**[02:59] Beige**

This is pretty rough.

**[03:01] Blonde**

I've got this.

**[03:03] Beige**

Don't give up.

**[03:09] Purple**

Hear that? The Pontifex has been revived.

**[03:12] Blonde**

Good job, us!

**[03:13] Beige**

Yeah!

**[03:14] Purple**

Do you hear?!

**[03:16] Blonde**

Yes.

**[03:17] Brown**

We're here.

**[03:19] Black**

Hi, everyone, you're already here.

**[03:23] Blonde**

We were doing secret training.

**[03:26] Brown**

Secret training?

**[03:27] Brown**

Like what? Tell me.

**[03:29] Blonde**

A secret's a secret.

**[03:30] Blonde**

Right, Yuyu, Shiorin?

**[03:32] Beige**

Yes.

**[03:34] Blonde**

You better not tell them, either.

**[03:36] Black**

Now I'm even more curious.

**[03:38] Brown**

Yeah, tell us, Eri-chan.

**[03:40] Blonde**

No.

**[03:41] Brown**

That's not fair.

**[03:42] Blonde**

She's right, Eri-san.

**[03:45] Brown**

Thank you for keeping up with us.

**[03:48] Brown**

I hope you continue to root for us.

**[03:51] Brown**

Ready, everyone?

**[03:53] Brown**

Here we go.

# 12 - Vital Exercises! Smile more!!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:01] Orange**

Ladies and gentlemen, are you staying active?

**[00:05] Orange**

You guys not getting enough exercise  
and you girls who want to look better,

**[00:08] ---**

let's dance together and be happy!

**SIGN** "Vital Exercises! Smile more!!"

**[00:10] Orange**

Here we go, the vital exercises!

**[00:14] Song**

*First the rectus muscles*

**[00:16] Song**

*Let's really tuck in those waists*

**[00:21] Song**

*Next your pecs*

**[00:23] Song**

*Your bra-size upgrade starts here*

**[00:28] Song**

*Feel the lactic acid as you get a workout*

**[00:34] Song**

*Fantasize about having a nice body*

**[00:40] Song**

*Go for it*

**[00:41] Song**

*Then your upper arms*

**[00:43] Song**

*Let's get rid of the flab*

**[00:48] Song**

*And then your gluteus maximus*

**[00:50] Song**

*Say goodbye to your sloppy hips*

**[00:55] Song**

*You're at your limit and  
you can't do any more*

**[01:02] Song**

*Push through it, and at  
the end of your effort...*

**[01:06] Song**

*Together, now...*

**[01:07] Song**

*One, two...*

**[01:08] Song**

*I bet everyone's dreaming, "In my heart,*

**[01:15] Song**

*I want to get rid of the  
gloom together with you"*

**[01:22] Song**

*Break a sweat, it's a beauty detox, exercise*

**[01:29] Song**

*Go for smooth skin and smile*

**[01:36] Orange**

*Are you keeping up, everyone?*

**[01:39] Orange**

*The exercises are just getting started.*

**[01:41] Orange**

*Here we go, second half!*

**[01:46] Song**

*Work your erector muscles for good posture*

**[01:53] Song**

*And then your femoral muscles,  
to shape-up your thighs*

**[02:00] Song**

*Youth is best spent fast*

**[02:07] Song**

*If you have a dream in your heart...*

**[02:11] Song**

*One more time*

**[02:12] Song**

*One, two...*

**[02:13] Song**

*I bet everyone has wishes, dreaming days*

**[02:20] Song**

*Let's let our feelings take over*

**[02:27] Song**

*Let your breath run out,  
it's a beauty deluxe exercise*

**[02:34] Song**

*Silky hair, good vibes, huge smiles*

**[02:42] Orange**

Okay, now we're going to give out themes  
for each other to do interpretive dance to.

**[02:47] Orange**

First, Eri-chan, a rockhopper  
penguin in its rebellious phase.

**[02:55] Blonde**

N-Next, Shizu-nee, a panda who finds  
out her husband's been cheating on her.

**[03:02] Black**

Next, Shion-san, an okapi  
who longs for the big city.

**[03:09] Purple**

Next, Yu-chan, intense seaweed.

**[03:16] Beige**

Next, Asami-senpai.

**[03:17] Beige**

Fried Mexican salamanders.

**[03:23] Orange**

Last time!

**[03:24] Orange**

Let's all go out with one final bang!

**[03:26] Orange**

Ready? One, two...

**[03:28] Orange**

*I bet everyone's dreaming, "In my heart,*

**[03:36] Orange**

*I want to get rid of the  
gloom together with you"*

**[03:43] Orange**

*Break a sweat, it's a beauty detox, exercise*

**[03:50] ---**

*Go for smooth skin and smile*