

# 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] ---**

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Revision #1

Created 2025-12-15 01:01:59 UTC by whimsee

Updated 2025-12-15 01:01:59 UTC by whimsee