

11 - Tighten Up Your Upper Arms with Dumbbells! XX is waiting for you

Source: [Crunchyroll](#)

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(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] Brown

Thanks for waiting.

SIGN Tighten Up Your Upper Arms

with Dumbbells!

XX is waiting for you

[00:03] Brown

Let's do this.

[00:06] Mini

We're going to exercise with dumbbells today.

[00:09] Mini

You can also use a filled-up water bottle.

[00:12] Brown

First we're going to lift
one dumbbell at a time.

[00:17] Brown

One...

[00:19] Brown

Two...

[00:22] Brown

Three...

[00:24] Mini

Go as slow as you can.

[00:24] Brown

Four...

[00:25] Mini

It works better if you keep your
wrist bent inward just a little.

[00:27] Brown

Five...

[00:30] Brown

Goodbye arm flab.

[00:33] Brown

Let's work hard!

[00:35] Brown

Eight...

[00:38] Brown

Nine...

[00:40] Brown

Last one.

[00:42] Brown

Finished!

[00:45] Brown

The next exercise will tuck our waists in.

[00:48] Mini

Bend forward a little, and open the dumbbells outward, left and right.

[00:51] Brown

Here we go.

[00:53] Brown

One...

[00:56] Brown

Two...

[00:58] Mini

Don't raise them above your shoulders.

[00:58] Brown

Three...

[01:00] Mini

The trick is to put strength into it when you're going down, too.

[01:01] Brown

Four...

[01:03] Brown

Five...

[01:06] Brown

Six...

[01:09] Brown

Oh, yeah. There's a Christmas party tonight, right?

[01:15] Mini

There's a fancy feast waiting for us.

[01:17] Mini

Work for it!

[01:18] Brown

Last one...

[01:20] Brown

Finished!

[01:26] Brown

Wow, it's already time to prepare.

[01:30] Brown

The time goes by so fast.

[01:35] Blonde

Got a minute?

[01:38] Blonde

I'm going to buy snacks for the party later.

[01:42] Blonde

I'll let you come with me.

[01:44] Blonde

You better come.

[01:45] Blonde

There's something I want to tell you.

[01:47] Blonde

Wh-What?

[01:48] Blonde

What does it matter?

[01:51] Blue

Oh, there you are.

[01:54] Blue

Come to my office later.

[01:57] Blue

You will be given the honor of helping
me change my subjects' clothes.

[02:00] Blue

It's almost done.

[02:04] Blue

It's not a big deal.

[02:07] Blue

Anyway, I'll come get you when I'm done.

[02:10] Black

Yes, I'm going to put my back into it,

[02:13] Black

and make the best cake ever.

[02:17] Black

Hey, if you wouldn't mind,

[02:19] Black

could you please help me later?

[02:22] Black

There's something I want to tell you, too.

SIGN Lesson Room

[02:32] Purple

Why do you interrupt me?

[02:33] Purple

This night, I will be summoning
the highest spirits of evil—

[02:37] Purple

F-Fine, I'll do it.

[02:39] Purple

I mean...

[02:41] Purple

I shall imbue these foolish ornaments with darkness.

[02:46] Purple

You will help me later.

[02:49] Purple

It's important that we pray together, by ourselves.

[02:54] Beige

Let's see...

[02:56] Beige

A Christmas wreath, hats for the reindeer...

[02:59] Beige

Oh, we'll need crackers, too.

[03:02] Beige

Thank you.

SIGN Christmas Party List

SIGN Crackers

[03:05] Beige

Would you please come with me?

[03:09] Beige

Just the two of us, if that's okay?

[03:12] Beige

Really?

[03:13] Beige

Thank you.

[03:16] Beige

Sorry, I forgot my wallet.

[03:20] Beige

There you are.

[03:23] Beige

Hey, there's something I want to talk to you about.

[03:27] Beige

Can I talk to you after I'm done cleaning?

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