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

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