

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

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] 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-upbras!

[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.

Revision #1

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

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