

3 - Spin, Spin, Mat Exercises! XX All the way

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 Lesson Room

[00:02] Glasses

Um...

[00:03] Glasses

Thanks for doing this for me today.

[00:07] Glasses

Y-Yes.

[00:08] Glasses

I think Shizuno-senpai
is still getting changed.

[00:12] Blue

Thanks for waiting.

[00:14] Glasses

Shizuno-senpai, your gym clothes...

[00:17] Blue

Yes, I prepared them specially for today,

[00:19] Blue

so I can experience the same thing as you.

[00:23] Glasses

Th-Thank you.

[00:25] Glasses

Shizuno-senpai, you're so pretty.

[00:28] Glasses

I'm kind of...

[00:29] Blue

You're adorable, too, Yuu-san.

[00:32] Blue

Your mat exercise test is tomorrow, right?

[00:36] Blue

We'll support you the best we can.

[00:40] Glasses

Okay.

[00:40] Glasses

Thank you very much.

SIGN Spin, Spin, Mat Exercises!

XX All the way

[00:44] Blue

Mat exercises are effective for improving your balance and motor control.

SIGN Semicircular

Canals

[00:51] Glasses

It makes you less prone to losing balance,

[00:53] Glasses

and it makes you better at protecting yourself in a pinch.

[00:56] Blue

Let's start with the basics: the somersault.

[00:59] Glasses

What? My glasses?

[01:01] Glasses

You're right, I should take them off.

[01:04] Glasses

Here, please.

[01:07] Glasses

Here I go.

[01:12] Blue

Why can't I do it?

[01:14] Blue

It's okay.

[01:15] Blue

First, try doing what I do.

[01:18] Blue

The trick is to start rolling

[01:21] Blue

with your bum high and your hands holding your body up.

[01:24] Blue

Tuck your chin in,

[01:26] Blue

and tumble first with your head on the mat, then your back and waist.

[01:32] Blue

Okay, Yuu-san, don't panic; stay calm.

[01:36] Glasses

I did it.

[01:38] Blue

Let's do about five more together.

[01:40] Glasses

Okay.

[01:41] Blue

Here we go.

[01:43] Glasses

One, two...

[01:46] Glasses

Three, four...

[01:49] Blue

Another trick is to focus on
looking at your belly button.

[01:50] Glasses

One more to go.

[01:52] Glasses

Five.

[01:54] Glasses

Finished!

[01:57] Glasses

Next, I'll do somersault splits.

[01:59] Glasses

Here I go.

[02:01] Glasses

Huh?

[02:02] Blue

It looks like your legs
don't quite go far enough.

[02:05] Blue

Let's loosen you up with some stretches.

[02:08] Blue

May we have your help?

[02:10] Glasses

Thank you.

[02:14] Blue

Slowly, taking deep breaths.

[02:16] Glasses

Okay.

[02:20] Blue

Try to gain momentum as you tumble.

[02:24] Blue

The moment you see the ceiling,

[02:27] Blue

spread your legs and push
the mat with your hands.

[02:29] Glasses

I did it!

[02:31] Blue

Well done.

[02:32] Blue

Let's do it five times together
so you get the hang of it.

[02:36] Glasses

Okay.

[02:38] Glasses

One...

[02:41] Glasses

I'm getting confident.

[02:44] Glasses

Two...

[02:48] Glasses

Shizuno-senpai, I want to change.

[02:52] Glasses

I don't want to be so hesitant all the time.

[02:54] Glasses

I think, here, with you and
the others, I can change.

[03:01] Blue

I'm sure you can do it, even if you take
it slowly like with these somersaults.

[03:06] Blue

I could really feel your perseverance today.

[03:10] Blue

Now, onward we go.

[03:13] Blue

Let's do this together.

[03:14] Glasses

Okay.

[03:16] Glasses

Last one.

[03:19] Glasses

Finished!

[03:25] Blue

We did it.

[03:26] Glasses

Yes...

[03:27] Glasses

Shizuno-senpai!

Revision #1

Created 2025-12-15 01:03:16 UTC by whimsee

Updated 2025-12-15 01:03:16 UTC by whimsee