

5 - Let's Exercise XX Stretch Out and Aim for Top Swimmer

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

Wow!

[00:03] Orange

I never imagined the pool would be so big.

[00:06] Orange

Hey, imagine making pudding in this pool.

[00:11] Orange

I bet you could never finish it.

[00:17] Orange

Impossible?

SIGN Let's Exercise!

XX Stretch Out and

Aim for Top Swimmer

[00:18] Orange

You don't know that.

[00:22] Blue

That's a splendid thought.

[00:24] Blue

That's my Asami-san.

[00:25] Orange

See?

[00:27] Orange

Shizuno-chan thinks so, too.

[00:29] Blue

You're training for your swimming competition at school today, right?

[00:34] Orange

Yup.

[00:35] Orange

I'm all pumped right now.

[00:37] Orange

Watch me win.

[00:40] Orange

Okay, watch my form.

[00:42] Blue

It's not safe to go into
the water right away.

[00:45] Blue

You have to do warm up exercises first.

[00:47] Orange

Oh, right.

[00:48] Orange

Hey, Shizuno-chan, are there any
stretches to make you swim faster?

[00:52] Blue

I'm not sure about that,

[00:54] Blue

but it'll loosen your muscles
and make it easier to move.

[00:58] Orange

Right? Right?

[00:59] Orange

All right, let's get to the stretches!

[01:03] Blue

First, here's a stretch that lets you do
front and back bends at the same time.

[01:07] Blue

This will stretch your body
out from waist to back.

[01:12] Orange

One, two, three, four...

[01:13] Mini

Talk to each other, and make sure you don't
put too much weight onto your partner.

[01:19] Orange

This is nice, it's stretching
my back and tummy.

[01:23] Blue

I'll be on top this time.

[01:25] Blue

One, two, three, four...

[01:30] Blue

five, six, seven...

[01:31] Orange

This is really hitting
the backs of my thighs.

[01:34] Blue

Me, too.

[01:36] Blue

This feels really nice.

[01:41] Orange

Want to try?

[01:43] Orange

I'll be on top, then.

[01:47] Orange

Heavy? Come on.

[01:49] Orange

I'm not pressing down that hard. Jeez!

[01:53] Blue

Next, hold each other's hands.

[01:56] Orange

This is kind of funny.

[01:58] Orange

It's like we're sitting on chairs.

[02:00] Mini Orange

Bend your knees at a right angle.

[02:02] Mini Blue

Hold on tight.

[02:05] Orange

It's really working on my back and arms.

[02:13] Blue

Oh, right, would you like to join?

[02:17] Blue

Focus on stretching your
back and arms out straight.

[02:21] Orange

Hey, why are you getting all red?

[02:24] Orange

You're having weird thoughts, aren't you?

[02:26] Blue

Asami-san.

[02:27] Orange

You're not? Are you sure?

[02:29] Orange

Jeez.

[02:30] Blue

Let's finish with leg raise stretches.

SIGN Gluteus Maximus Hamstrings

[02:33] Mini Blue

It's effective on your gluteus
maximus and hamstring muscles.

[02:39] Orange

This is really good.

[02:42] Orange

It's nice training with a partner.

[02:44] Orange

You get to stretch all kinds of places.

[02:47] Blue

That's not all, too.

[02:49] Blue

The relaxation you get from feeling another person's body warmth is important, too.

[02:54] Blue

Your muscles will stretch out even better.

[02:56] Orange

Which means...

[02:57] Orange

Maybe I can swim faster, too.

[02:58] Blue

Yes, I'm sure you can do it.

[03:01] Orange

All right.

[03:02] Orange

Let's loosen up and aim for top swimmer!

[03:08] Orange

Andalucia!

[03:11] Orange

Hey!

[03:12] Orange

Andalucia!

[03:16] Blue

Asami-san...

[03:19] Orange

Get back here!

[03:22] Blue

D-Dog paddles...

[03:25] Blue

That's my Asami-san.

[03:27] Orange

You're getting a spanking!

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