

6 - Kick & Twist! Here We Go!

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.)

[00:00] Four-eyes

I— I'm looking forward
to working with you today.

SIGN "Kick & Twist! Here We Go!"

[00:07] Four-eyes

Huh? I seem kind of down?

[00:09] Four-eyes

Well, actually, I haven't
been able to sleep lately.

[00:14] Four-eyes

I keep thinking things,

[00:17] Four-eyes

like hopefully it'll be sunny tomorrow.

[00:21] Four-eyes

S-Sorry.

[00:23] Four-eyes

That was weird.

[00:25] Four-eyes

You're right, I might sleep
better if I exercise.

[00:29] Four-eyes

Okay.

[00:30] Four-eyes

I'll work really hard.

[00:33] Four-eyes

Do they call it a back kick?

SIGN Gluteus

maximus

[00:35] Mini

It's great for your butt.

[00:38] Four-eyes

This might help me sleep better.

[00:41] Four-eyes

Extend your knee, like you're
going to kicking your heel out.

[00:45] Four-eyes

There.

[00:46] Mini

Keep your body straight; don't arch.

SIGN Straight

[00:50] Mini

Do this eight times for each leg.

[00:52] Four-eyes

One, two,

[00:57] Four-eyes

three, four,

[01:01] Four-eyes

five, six,

[01:06] Four-eyes

seven, eight...

[01:11] Four-eyes

I'll do my other leg now, too.

[01:14] Four-eyes

One, two,

[01:19] Four-eyes

three, four...

[01:25] Four-eyes

This is pretty tough.

[01:27] Four-eyes

But if I can sleep well...

[01:30] Mini

One more!

[01:32] Four-eyes

Finished!

[01:37] Four-eyes

Huh?

[01:38] Four-eyes

What else is on my mind?

[01:40] Four-eyes

Will you hear me out?

[01:42] Four-eyes

People keep saying I'm weird.

[01:46] Four-eyes

I thought I lost my glasses at school,

[01:50] Four-eyes

but they were on my forehead.

[01:53] Four-eyes

Huh?

[01:54] Four-eyes

That's what makes me different?

[01:56] Four-eyes

Um, no one's ever said that to me.

[02:01] Four-eyes

Let's go on to the next exercise.

[02:03] [SONG] Text

External
oblique
muscles

[02:04] Four-eyes

It's called the reverse trunk twist.

[02:05] [SONG] Text

Rectus abdominis

[02:06] [SONG] Text

Internal oblique muscle

[02:07] Mini

It'll tuck your tummy in.

[02:09] Mini

Don't overextend your knees.

[02:12] Mini

You'll hurt your back, so be careful.

[02:14] Four-eyes

Eight times on both legs again.

[02:17] Four-eyes

Here we go.

[02:20] Four-eyes

One,

[02:25] Four-eyes

two,

[02:30] Four-eyes

three...

[02:36] Four-eyes

Hey, thanks about earlier.

[02:42] Four-eyes

What makes me unique, huh?

[02:44] Four-eyes

I feel a little better now.

[02:48] Four-eyes

Okay, let's finish this off.

[02:55] Four-eyes

Seven,

[03:00] Four-eyes

eight...

[03:05] Four-eyes

Finished!

[03:10] Four-eyes

I think I can sleep soundly tonight.

[03:13] Four-eyes

Let's train together again.

[03:16] Four-eyes

Okay, good night.

[03:19] Four-eyes

Huh? My glasses?

[03:25] Four-eyes

Okay, for real this time, good night.

Revision #1

Created 2025-12-15 01:02:37 UTC by whimsee

Updated 2025-12-15 01:02:37 UTC by whimsee