

6 - Shape Up on the Balance Ball. I Dub Thee My XX

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.)

[00:03] Blue

Here I am.

[00:06] Blue

I found a new subject for me at the market.

[00:11] Blue

Salute Emperor Izumi Sakura!

[00:13] Blue

Hup!

SIGN Shape Up on the Balance Ball!

I Dub Thee My XX

[00:15] ---

What are you waiting for?

[00:16] Blue

Hurry up and massage my shoulders.

[00:21] Blue

Ow, ow!

[00:22] Blue

Too hard!

[00:25] Blue

I'm going to tell Daddy.

[00:27] Blue

No? Don't want that? Then...

[00:33] Blue

This is a good ride.

[00:35] Blue

I shall make you my noble steed.

[00:37] Blue

What? I'm heavy?

[00:40] Blue

Then I shall shed some sweat and lighten up.

[00:43] Blue

First, we'll train on the balance ball.

[00:46] Blue

It'll work the inner muscles.

[00:50] Blue

Keep your knee bent on a right angle.

[00:51] Blue

Plant your feet firmly to the ground.

[00:54] Blue

Here I go.

[00:55] Blue

One...

[00:59] Blue

Two...

[01:01] Blue

What is that?!

[01:02] Blue

Thirteen...

[01:04] Blue

I wasn't playing tricks!

[01:07] Blue

I just made a mistake.

[01:15] Blue

Mind your balance so you
don't fall to either side.

[01:16] ---

Five...

[01:19] ---

Six...

[01:22] Blue

This is hitting...

[01:25] ---

my stomach muscles.

[01:27] Blue

What is the muscle called?

[01:29] Blue

Look it up for yourself.

[01:31] Blue

Nine...

[01:36] Blue

Ten...

[01:39] Blue

Finished!

[01:44] Blue

I'm tired.

[01:46] Blue

I'm done.

[01:48] Blue

I've worked hard enough.

[01:50] Blue

A little more, you say?

[01:52] Blue

Show the people of The Sakura Empire what to do?

[01:56] Blue

R-Right.

[01:57] Blue

I must show my subjects how
one must be as Emperor.

[02:01] Blue

We'll do wide squats next.

SIGN Adductors

[02:03] Blue

This will tighten up our thighs.

[02:05] Blue

Open your legs wide.

[02:06] Blue

Toes outward.

[02:08] Mini

Hold your arms in front of your chest.

[02:10] Blue

Here we go.

[02:11] Blue

One...

[02:12] Mini

Bend your legs to a right angle.

[02:13] Blue

Finished!

[02:17] Blue

One should be enough.

[02:20] Blue

What? You refuse to become my noble steed?

[02:25] Blue

One...

[02:27] Blue

Two...

[02:30] Blue

Three...

[02:33] Blue

Four...

[02:35] Blue

Five...

[02:37] Mini

Focus on your thigh muscles.

SIGN Adductor Minimus

SIGN Adductor Magnus

SIGN Adductor Longus

[02:38] ---

Six...

[02:40] Mini

It works great on these muscles.

[02:40] ---

Seven...

[02:42] Mini

How do you read it?

[02:43] ---

Eight...

[02:43] Mini

Never mind that, continue!

[02:46] Blue

This is getting tough.

[02:47] Blue

Alas, my beloved subjects are watching.

[02:51] Blue

Just a little more...

[02:56] A

Don't give up!

[02:57] Blue

Finished!

[03:04] Blue

I can't move.

[03:05] Blue

I don't have the energy to sit on your back.

[03:08] Blue

No...

[03:10] Blue

I must ride throughout

Bonheur Chateau on my noble steed.

[03:14] Blue

For the honor of the Sakura Empire.

[03:18] Blue

Wh-What?

[03:19] Blue

You'll reward me for working hard?

[03:22] Blue

V-Very well.

[03:25] Blue

Good, I shall make you my retainer.

[03:28] Blue

Rejoice!