

# 9 - Skip Rope Warm Up! Not just your body, but XX...

Source: [Crunchyroll](#)

Translator:

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**[00:00] Black**

Thanks for waiting.

**[00:03] Black**

It's getting pretty cold these days.

**[00:06] Black**

This'll warm you up,

**[00:09] Black**

and more than anything, it makes  
for good aerobic exercise.

**[00:13] Black**

Of course, I have one ready for you.

**SIGN** Skip Rope Warm Up!

Not just your body, but XX...

**[00:15] Black**

Let's get started.

**[00:18] Black**

Is your rope the right length?

**[00:21] Mini**

Hold your rope and bend  
your elbows naturally.

**[00:24] Mini**

Try standing with one foot on the rope.

**[00:27] Mini**

It's best if the base of the  
rope comes at around your belly.

**[00:31] Black**

Perfect.

**[00:32] Black**

I thought that would be  
the right length for you.

**[00:37] Mini**

Hold the grip lightly and

tuck your upper arms in.

**[00:44] Black**

Keep your hands by your waist.

**[00:46] Black**

The trick is to make small turns with just your wrist.

**[00:49] Mini**

Don't land loudly.

**[00:52] Mini**

You'll damage your knee.

**[00:55] Black**

Oh, you.

**[00:59] Mini**

Try to jump lightly, like Andalucia is doing.

**[01:03] Black**

Skipping rope is a good way to tighten your butt and lower body overall.

**[01:08] Black**

You don't normally do too much vertical exercise.

**[01:11] Black**

The motions make it throughout your whole body,

**SIGN** Liver Stomach Intestines

**[01:14] Black**

stimulating your liver and gut, strengthening them.

**[01:19] Black**

Five more times.

**[01:22] Black**

Finished!

**[01:28] Black**

That was a good sweat.

**[01:31] Black**

Be sure to wipe yourself off well.

**[01:33] Black**

It's not good to let yourself get cold.

**SIGN** Criss-crossing

**[01:36] Black**

Next, let's try criss-crossing.

**[01:39] Black**

Here we go.

**[01:41] Mini**

Cross your arms the moment the rope passes over your head.

**[01:48] Black**

What? My life here?

**[01:51] Black**

Yes, every day is exciting.

**[01:53] Black**

It's so fun.

**[01:55] Black**

My grandfather used to tell me

**[01:57] Black**

to experience hardship while I'm young,  
even if I had to pay money for it.

**[02:02] Black**

Actually, my father is against it,

**[02:07] Black**

but it's what I decided.

**[02:09] Black**

I think, for now, I have to  
just focus on my training.

**[02:14] Black**

Besides, I feel encouraged to  
know that I'm surrounded by

**[02:18] Black**

a lot of people who have  
aspirations like I do.

**[02:22] Black**

Okay, three more times.

**[02:23] Black**

Two, one...

**[02:25] Black**

Finished!

**[02:31] Black**

Thank you for caring about me.

**[02:34] Black**

I feel invigorated now.

**[02:37] Black**

I'm warmed up not just in  
body, but in mind, too.

**[02:41] Black**

Oh, I know.

**[02:43] Black**

I'll make you some tea.

**[02:45] Black**

I've been hooked on it lately.

**[02:48] Black**

Hey! Andalucia!

**[02:55] Black**

Sheesh, Andalucia.

**[02:57] Black**

Um, would you mind helping me get untangled?

**[03:07] Black**

Are you okay?

**[03:09] Black**

Th-Thanks for saving me.

**[03:12] Black**

I'm so embarrassed.

**[03:21] Black**

Here you are.

**[03:23] Black**

I'd like to thank you again for today.

**[03:26] Black**

Here, say "ahh."

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