

9 - Stretchy Stretch! Poolside Charms!!

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] Blonde

You have an indoor pool at your house?

[00:02] Blonde

Your place is crazy, Shizu-nee.

[00:05] Black

Um...

[00:06] Black

Sorry to keep you waiting.

[00:10] Blonde

Shizu-nee.

[00:11] Blonde

You look good.

[00:13] Blonde

Stand a little taller.

[00:16] Blonde

How are you going to exercise if
you keep acting so embarrassed?

SIGN "Stretchy Stretch! Poolside Charms!!"

[00:19] Black

Y-You're right.

[00:22] Black

Does it look good on me?

[00:24] Black

Thank you.

[00:26] Blonde

Hey, what about me?

[00:29] Blonde

Just for you, I'll race you.

[00:31] Blonde

Huh?

[00:32] Blonde

Warm-up exercises?

[00:33] Black

They're right, Eri-san.

[00:35] Black

It's not safe to go into
the water unprepared.

[00:38] Blonde

I-I know that.

[00:40] Black

Since we're at it,

[00:41] Black

let's try some effective
stretches after our training.

[00:45] Mini black

First, let's stretch the
outer sides of the body.

[00:49] Black

Put your legs out together like this.

[00:52] Blonde

And our arms go like this, right?

[00:53] Black

Yes.

[00:54] Black

Now we tug slowly.

[00:59] Mini blonde

Don't let your inner knee buckle.

[01:02] Black

That'll stretch out your outsides
and upper arms really well.

[01:08] Black

Don't forget the other side.

[01:13] Blonde

I feel like I'm really getting stretched out.

[01:16] Black

Yes, this feels good.

[01:19] Blonde

Oh, yeah! I'll do it for you, too.

[01:23] Blonde

Be grateful.

[01:25] Blonde

There, stretch out well.

[01:28] Black

The trick to stretching is to breathe
slowly without ever stopping your breath.

[01:33] Blonde

Next, shoulder stretches.

[01:36] Black

Push your arms out all the way.

[01:38] Black

Press gently on the shoulder blades.

[01:41] Mini black

Be careful not to press too firmly.

[01:43] Mini blonde

This stretches out your back and waist along with your shoulders.

[01:47] Blonde

This feels good.

[01:49] Black

Yes, it really does.

[01:52] Black

Would you like to try?

[01:55] Black

Here we go.

[01:57] Black

Huh?

[01:58] Blonde

Come on, what good is it unless you face down?

[02:02] Blonde

Quit staring.

[02:05] Black

Does that feel good?

[02:07] Black

Are your shoulders well-stretched?

[02:11] Black

You can really feel it working when you put your arms out like this.

[02:14] Blonde

They're so impressive.

[02:17] Blonde

I'm going to be like Shizu-nee someday, just you watch!

[02:21] Black

You're charming and beautiful, too, Eri-san.

[02:24] Black

Not to mention adorable.

[02:25] Black

Just how do you maintain that body shape?

[02:30] Blonde

I'll let you in on my secret.

[02:33] Blonde

I go jogging every morning, actually.

SIGN Aerobic Exercises

[02:38] Black

You're a hard-worker, Eri-san.

[02:41] Blonde

Nah, it's nothing.

[02:44] Black

Maintaining beauty takes effort, right?

[02:48] Blonde

I wanted to break a sweat
at the pool today, too.

[02:52] Blonde

It's not to show you my swimsuit,
just so you know.

[02:57] Black

Okay, let's do our last stretches.

[03:01] Black

This'll stretch your lower
body out really well.

[03:04] Mini blonde

Hitch the leg you aren't having
pushed at the ankle, like this.

***SIGN* Gluteus**

maximus

[03:07] Mini black

This stretches out your
gluteus maximus and biceps.

***SIGN* Biceps**

[03:10] Blonde

Okay, my turn next.

[03:14] Black

Hm?

[03:15] Black

What is it, Andalucia?

[03:20] Blonde

Here I go, Shizu-nee.

[03:22] Black

Oh, you, Eri-san.

[03:24] Blonde

Why you little...

[03:26] Black

I'll get you back!

[03:27] ---

Take that!

Revision #1

Created 2025-12-15 01:02:38 UTC by whimsee

Updated 2025-12-15 01:02:38 UTC by whimsee