

2 - Meat's the Best After a Workout!

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.)

[00:11] mi

She's returning each one.

[00:14] mi

Izumi-san, this Hanesaki girl...

Do you think...

[00:17] ri

Yes, she's the one who beat Nagisa during last year's junior nationals.

[00:21] ri

In a shutout.

[00:22] mi

Oh, I knew it!

[00:24] tachi

A shutout?

[00:25] riko

She was still in middle school then.

[00:38] ara

If placement won't work, then I'll

[00:46] shi

8-3.

[00:50] shi

Her defense is amazing.

[00:54] ara

To the corners, to the body...

[00:56] ara

*No matter where I aim,
my smashes don't get through.*

[00:59] mi

Aragaki-san! Come on, get in there!

[01:02] mi

You gotta get Hanesaki-san in the club!

[01:05] mi

She'd be so good for the team!

[01:07] tachi

Yes. Her reflexes, her wrist flexibility...

[01:11] tachi

It's all exceptional.

[01:28] (Flashback) aya

Mom...

[01:35] nagi

Service over!

[01:36] nagi

4-8!

[01:38] ele

Ayano...

[01:41] ara

What's your problem?

[01:44] aya

I've had enough.

[01:47] ara

What do you mean, you've had enough?!

[01:51] mi

Are you not feeling well?

[01:54] mi

I'm Ms. Taromaru, the club advisor.

[01:56] mi

Will you join the badminton club?

[01:59] aya

No.

[02:01] aya

I told you, I don't want to!

[02:05] aya

Elena, let's go.

[02:09] el

I'll be the team manager!

[02:15] el

I mean, I wish it'd been
full of hot guys, but...

[02:19] el

What can you do?

[02:22] aya

Come on, Elena...

SIGN #2 "Meat's the Best After a Workout!"

[04:17] hay

So much practice...

[04:19] hay

You've worn them out.

[04:21] sen

But you keep them in perfect
condition, right, Hayama-senpai?

[04:24] hay

What's that supposed to mean?

[04:28] hay

So, how many is that now?

[04:32] shi

That's the fifth, I think?

[04:34] ri

Last one!

[04:38] ri

Great job.

[04:40] ri

You've even got me tired out.

[04:43] ara

One more set, please.

[04:47] ri

You should probably lay off...

[04:49] ara

I...

[04:53] ara

I need more practice.

[04:55] ara

I need to get better if I want to...

[04:58] tachi

Heya!

[05:01] all

Welcome!

[05:05] [SONG] sign

Today's schedule:

Running

Dashes

Footwork

Basic Shots

Smashes

[05:06] tachi

How far have you gotten?

[05:08] ara

We're about to start practice matches.

[05:11] tachi

Okay, on court A, let's have
the elder Isehara and Hayama.

[05:15] tachi

On court B... Aragaki and Hanesaki.

[05:19] tachi

Okay. And the rest of you...

[05:21] aya

I'll pass.

[05:23] aya

Since I only just joined...

[05:29] tachi

Why did you quit?

[05:32] tachi

Why did you quit playing badminton?

[05:38] tachi

You have naturally flexible wrists.

[05:41] tachi

You're left-handed, which
is an enormous advantage.

[05:44] tachi

You have real talent!

[05:46] tachi

We'll crush the Inter-High.

[05:48] tachi

We'll crush the nationals.

[05:51] tachi

We'll dominate the world tournament!

[05:53] tachi

And then...

[05:55] tachi

And then, the Olympics—

[05:58] ele

I told you not to touch her!

[06:01] aya

Elena!

[06:04] el

But you still need to play badminton.

[06:08] aya

How come?

[06:10] el

Because you're talented.

[06:14] aya

No, I'm not...

[06:15] aya

I don't even want to do it.

[06:17] ---

Ow...

[06:20] tachi

Izumi.

[06:21] ri

Yes?

[06:22] tachi

For today, you can play Aragaki.

[06:25] ara

This is so stupid.

[06:27] ara

Let's get started.

[06:29] ara

Okay.

[06:45] sora

21-15.

[06:47] sora

Match won by Isehara.

[07:14] ara

Yu!

[07:16] ara

Don't get distracted!

[07:17] yu

S-Sorry!

[07:19] ara

Wrong one!

[07:23] mi

I think losing to Hanesaki-san at the junior nationals really threw Aragaki-san off.

[07:43] ara

Everything I've done hasn't been in vain.

[07:46] ara

I have my smash.

[07:49] ara

I need to use my smash to...

[07:53] ri

I've got it!

[07:54] ri

I can...

[07:57] shi

21-19!

[07:59] shi

Match won by Aragaki-senpai!

[08:02] riko

Darn. I got so close to beating you, Nagisa...

[08:21] tachi

This is going to be tricky.

[08:25] yu

Sora-chan, why do you think that Ayano girl is so unenthusiastic?

[08:30] sora

I dunno... But she's really good at it, even if she's doesn't care.

[08:35] sora

It must be nice to be talented.

[08:37] yu

You and your brother are talented, too...

[08:41] sora

We're really not.

[08:43] sora

Well, bye.

[08:45] yu

See you tomorrow!

[08:50] tomo

Yu!

[08:59] yu

Down the hatch!

[09:02] tomo

Look at you, packing it in...

[09:05] yu

I always get hungry around this time!

[09:08] yu

Meat's the best after a workout!

[09:17] yuka

So, how's it going?

[09:20] yuka

Is she still on a rampage?

[09:23] ---

[09:25] megu

You must be having a pretty awful time, either way.

[09:28] yu

I wouldn't say that.

[09:29] yu

But her own slump seems to be... getting worse?

[09:34] megu

Serves her right.

[09:36] tomo

It's what she deserves for taking her anger out on you guys.

[09:43] yu

I can have it?

[09:45] yuka

It's not as if I've had a workout today.

[09:47] yuka

Let's go.

[09:50] megu

Bye-bye!

[09:51] tomo

See you, Yu.

[09:53] shi

See you around...

[10:15] aya

Ow!

[10:18] tachi

Come on, back on your feet.

[10:23] ha

The unstoppable force Aragaki and
the immovable object Hanesaki.

[10:27] ha

They should complement each
other perfectly, but...

[10:30] ---

Here it comes.

[10:31] tachi

They're just both so different...

[10:44] yu

Nice, Ayano-chan!

[10:46] aya

I can match her!

[10:49] aya

Here it comes!

[10:50] aya

I need to get this one... I need to!

[10:53] aya

Ow!

[10:55] ri

Are you okay?

[10:56] ara

What the hell is your problem?!

[10:58] ara

I was going to smash it!

Why'd you get in my way?!

[11:02] aya

You're the one who crashed into me.

[11:04] ara

What?!

[11:05] tachi

Izumi, step in.

[11:09] tachi

No, Aragaki.

[11:10] tachi

You're the one switching out.

[11:12] ara

Why should I?

[11:13] tachi

You're not looking around.

[11:15] tachi

And you're too fixated on your smashes.

[11:19] tachi

Step out and watch.

[11:38] ri

Take it!

[11:44] tachi

You see that, Aragaki?

[11:47] tachi

What you're lacking is the judgment
that Izumi showed just now.

[11:53] ara

Yeah, sounds about right.

[11:55] ara

In other words, I need to make
your favorite look good.

[11:59] ara

Right, Tachibana-san?

[12:01] ara

The only thing people without
talent are good for...

[12:04] ara

...is making people with talent look good.

[12:13] (Flashback) ref

21-10. Match won by Aragaki.

[12:21] (Flashback) gir

Wow! You even beat Takashi!

[12:24] (Flashback) gir

That jump smash was so cool!

[12:28] (Flashback) boy

That beanpole...

[12:30] (Flashback) boy

Don't worry about it, Takashi.

[12:32] (Flashback) boy

She's basically a guy anyway.

[12:34] (Flashback) girl

They're just jealous.

[12:35] (Flashback) girl

Yeah. Don't let it bug you.

[12:40] (Flashback) girl

But Nagisa-chan doesn't
really play fair, does she?

[12:43] (Flashback) girl

Yeah, she's so tall.

Of course she's gonna win.

[12:48] ara

*No matter how good I get, they just say,
"She wins because she's tall."*

[12:54] ara

Even though I... I practice so much...

[13:02] aya

I'm heading out.

[13:04] ri

Thanks for coming!

[13:16] ri

You shouldn't take it so hard.

[13:19] ri

It was just luck that my doubles
match with Ayano-chan went well.

[13:23] ri

I mean, you're so much better than I am.

[13:29] ara

You took it easy on me, didn't you?

[13:32] ara

During our practice match.

[13:37] ara

I don't see you denying it.

[13:41] ri

Go on ahead. I'll return the key.

[13:44] yu

Okay. Thanks a lot.

[13:49] yu

See you tomorrow!

[14:01] yu

Crud, it's become an addiction.

[14:10] yu

After a workout, you just gotta have meat.

[14:18] yu

I hope I can learn to do a great smash
like you some day, Senpai.

[14:26] yu

You're just out of your groove right now.

[14:29] yu

You're tall, and you're
way stronger than I am.

[14:34] yu

Once you're back in the groove,
Ayano-chan won't stand a chance!

[14:39] (Flashback) girl

But Nagisa-chan doesn't
really play fair, does she?

[14:42] (Flashback) girl

Yeah, she's so tall...

Of course she's gonna win!

[14:46] yu

Aragaki-senpai, you're just so
much more talented than I—

[14:49] ara

Shut up!

[14:51] ara

I don't rely on talent.

[14:54] ara

I...

[15:01] ara

Yuka...

[15:02] yu

Taking your anger out on the underclassmen is an awful thing to do.

[15:07] yu

What are you even complaining about?

[15:10] yu

Quit whining already, and get back to work.

[15:13] ara

I don't want to hear that from a quitter.

[15:17] tomo

Y-Yuka...

[15:22] yu

Not good. This is so not good...

[15:26] yu

I envied you.

[15:30] ara

Look, I keep saying, I'm not talented—

[15:32] yu

I don't care about that.

[15:35] yu

What I envied...

[15:38] yu

...was your wholehearted love of badminton.

[15:51] tachi

Let's end with laps and stretches.

[15:53] all

Okay!

[15:58] tachi

Aragaki.

[16:00] tachi

Get on the court.

[16:02] tachi

Let's have a match, first to 21.

[16:06] ara

Why should I play someone like you—

[16:08] tachi

Afraid?

[16:10] tachi

You don't want to play someone who can beat you.

[16:14] ara

You think I can't beat you?

[16:16] tachi

I don't really know.

[16:19] tachi

That's what we'll find out.

[16:22] ara

Don't underestimate me because I'm a girl.

[16:27] ara

It stretched out more than I expected...

[16:34] ara

This guy's damn good...

[16:38] tachi

7-Love.

[16:40] tachi

Oh, right... I heard you
got shut out last autumn.

[16:45] tachi

By a girl in middle school.

[16:47] ara

Shut up and serve already!

[16:52] ara

Will it come short?

[16:54] ara

Or long?

[16:57] ara

A long serve!

[16:59] ara

A smash!

[17:00] ara

*The best return would be
a cross-court drive...*

[17:04] ara

It went to the middle...

[17:06] ara

But I made him return it underhanded.

[17:08] ara

I can attack from here!

[17:09] tachi

She failed to hit it cross-court...

[17:11] tachi

*...because she was worried about hitting
the net, and that slowed her judgment.*

[17:15] tachi

That's a weak angle, too.

[17:19] tachi

She's too concerned with control.

[17:21] tachi

She's not following through all the way.

[17:24] tachi

*I'm starting to see where
her slump's coming from...*

[17:28] ara

He returned it again.

[17:30] ara

I need to place my shots.

[17:31] ara

Think about angles...

[17:33] ara

Why won't my smashes make it through?!

[17:41] ara

Damn!

[17:44] ara

He's intentionally...

[18:04] tachi

I'm tall, too, so I get it.

[18:07] tachi

*You think a jump smash from a high
vantage point is your greatest weapon.*

[18:13] tachi

*You've thought that ever
since you were a kid.*

[18:16] tachi

*I bet everyone around you said,
"She's only good because she's tall," right?*

[18:22] tachi

But being tall makes you heavy,

[18:26] tachi

*so you need to work out
your legs all the more,*

[18:28] tachi

or you won't make contact.

[18:36] tachi

*The reason you win is because
you work hard, right?*

[18:43] tachi

It's okay if you hit the net.

[18:45] tachi

It's okay if your placement isn't perfect.

[18:48] tachi

Your smashes are really damn hard to return!

[18:52] tachi

It's okay to put faith in your smash.

[18:58] tachi

You love the hell out of
badminton, don't you?

[19:03] tachi

Come on. Let's keep going.

[19:08] ara

What was I so unsure about?

[19:12] ara

I've trained more than anyone.

[19:14] ara

If they don't know that, I do!

[19:28] tachi

Nice smash.

[19:49] ara

Everyone... I'm sorry!

[19:51] ara

A captain shouldn't be
thinking only about herself.

[19:55] ara

I really am sorry.

[19:58] ri

The Inter-High prelims are coming up, right?

[20:01] ri

I love this club, and I want to play
badminton with you as long as I can.

[20:08] ri

This'll be our last summer together!

[20:10] ri

Wouldn't it be awesome if we won?

[20:17] ere

Ah, the beauty of youth!

[20:23] ara

Let's see this through. No regrets!

[20:26] ---

Yeah.

[20:35] ele

Go on!

[20:46] ara

Let's go!

[20:48] ara

Kitakomachi... fight!

[20:50] all

Yeah!

[20:54] ara

Hanesaki.

[20:56] ara

I am going to beat you.

[21:05] nagi

I just can't stop myself.

[21:08] tomo

Yu!

[21:14] tomo

Hey, there. Practice went late today, huh?

[21:17] yu

Yeah, things got a little crazy...

[21:20] yu

What are you guys...

[21:22] tomo

Look, we weren't just out playing around!

[21:26] tomo

We were at cram school!

[21:29] yu

That's a first!

[21:31] tomo

You thought we were just slackers, huh?

[21:38] yu

To be honest, there's nothing
I can devote myself to right now...

[21:42] yu

But...

[21:49] yu

Meat tastes best right after
a mental workout, right?

[21:54] yu

Yeah.

[21:55] yu

Nice!

[22:18] kao

I love myself!

[22:26] kao

If I want to win, it's now or never!

Revision #1

Created 2026-06-23 01:19:38 UTC by whimsee

Updated 2026-06-23 01:19:38 UTC by whimsee