



YOUR TIME STILL HASN'T GONE DOWN.

Sorry to break it to you...

MIZUNASHI-SENPAI... I KNOW IT'S YOUR TENTH TRY, BUT...

HUH!?



WELL!? DID I SHORTEN MY TIME!?

Hah

Hah

Best record!
I wanna hurry up and get it!!



WHY CAN'T I GET IT DOWN!?

WELL, THAT'S SIMPLE ...

GET FAT!

presented by
Suruga Kuroitsu



CLEARLY, IT STEMS FROM ALL THIS JUNK IN YOUR TRUNK.



JUST TAKE A LOOK AT YOUR OWN BODY.

WELL ...



JUNK!?! WHAT AN AWFUL THING TO SAY!?!

WHAT DO YOU THINK YOU'RE DOING, SENSEI!?!



ホッテ

IT'S CLEAR TO SEE THAT YOU'RE EVEN CHUNKIER THAN EVER.

EVEN YOUR SWIMSUIT'S DIGGING INTO YOUR SKIN BECAUSE IT'S SO TIGHT!

What else could it be!?!

YOU STILL DON'T NEED TO SAY IT THAT WAY.



わーん



I'M-



Why are you dragging me into this...

HUH!?

DON'T YOU AGREE, THOUGH?



Ah Serppu!

HOW COULD YOU BE SO HEARTLESS AS TO POINT OUT A YOUNG MAIDEN'S FAT!? YOU'RE JUST A BIG-BOOBED GRANNY AND A STUPID BRAT!

FW



SHE'S GOT A POINT, THOUGH...



HUH!?

YOU'RE THROWING ME TO THE SHARKS!?

YOU'RE GONNA HAVE TO PATCH THINGS UP WITH HER.



I wasn't able to beat my own hunger!

ESPECIALLY IN MY BUTT!

I'VE GOTTEN FAT! I'VE GOTTEN SO FAT!

I DIDN'T NEED TO SAY IT, BUT IT HURTS ALL THE MORE WHEN IT'S COMING FROM ME!

Sob



ARE YOU OKAY?

SENPAI?



SWIMMING'S ALL I'VE GOT... IF I FAIL AT THAT, THEN I'VE NOTHING LEFT!

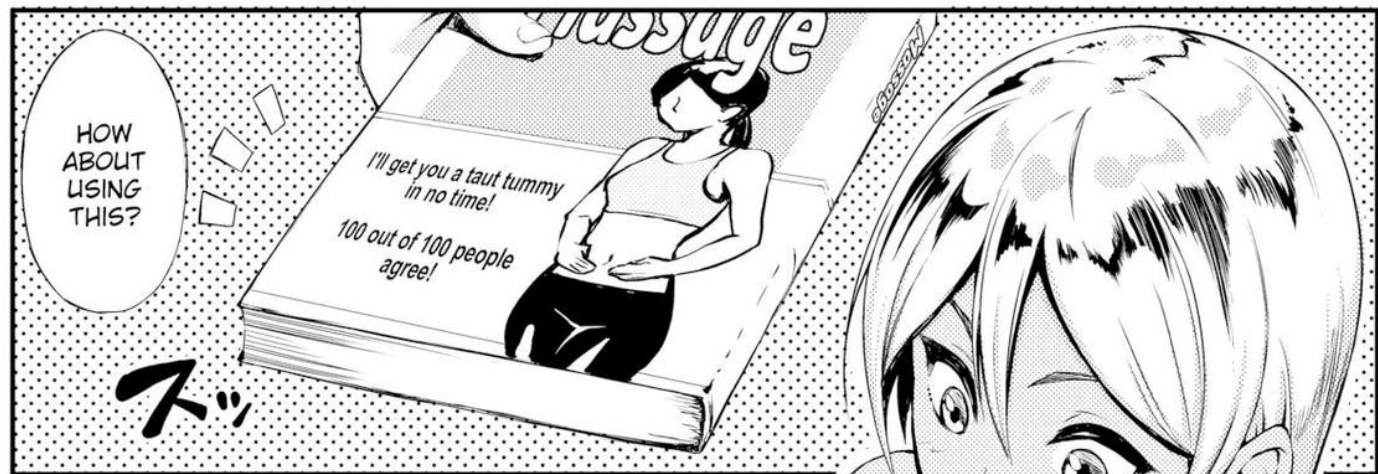
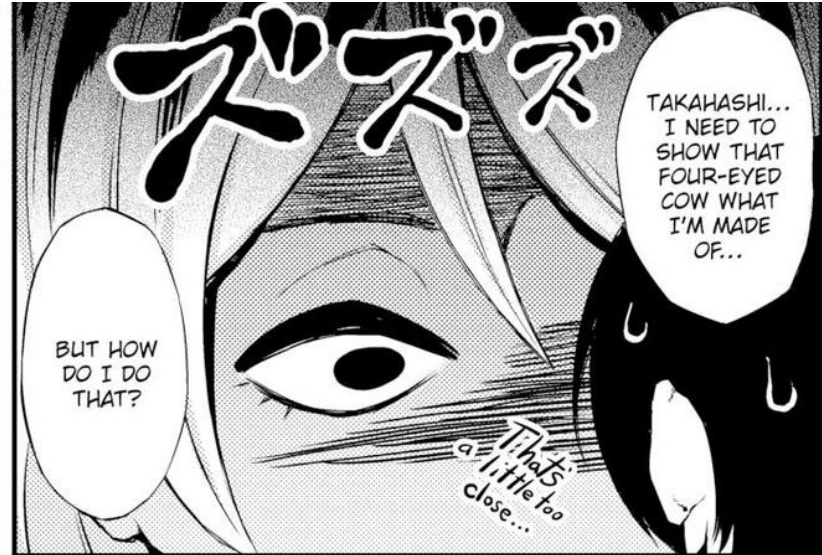
THAT'S NOT GOOD ENOUGH ...

HMM... SENPAI'S ALWAYS BEEN KINDA STOIC.



YOU SHOULDN'T LET SENSEI GET TO YOU LIKE THAT.

JUST CALM DOWN AND KEEP TRAINING HAR-





This is really embarrassing...

Ginny

SO...

WILL THIS REALLY TRIM ME DOWN?



Ginny

Ginny



Ginny

Ginny

No

No



Hah

Hah

See



IT SAYS HERE THAT BY HITTING THIS ACUPUNCTURE POINT, IT'LL GET YOUR METABOLISM GOING.





LET'S SEE...

OH GEEZ. THIS MIGHT FEEL... KINDA NICE...

N-NO... I'M FINE.

WHAT'S NEXT?

SENPAI, DOES IT HURT?



Ah!
WH-WHAT ARE YOU DOING !?

NOW I JUST GO LIKE THIS...



THEN STRETCH ...

AND SQUEEZE ...

Nnnnn

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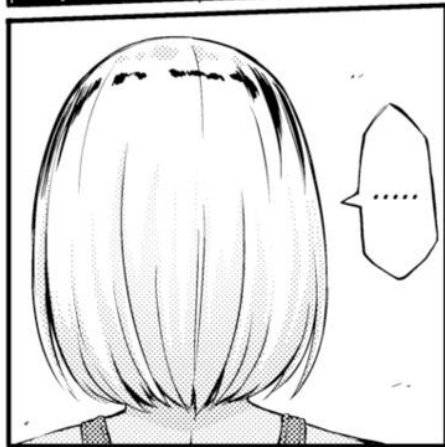
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Pucker
Pucker

Sweep



C-CONTINUE THE MASSAGE WHERE YOU LEFT OFF...

RIGHT NOW!

HURRY!

MasLage

I'll get you a taut tummy in no time!

100 out of 100 people agree!

NEXT, YOU NEED TO STIMULATE MY NIPPLES.

IT SAYS HERE THAT YOU NEED TO MASSAGE MY BOOBS ...

O-O-KAY!

YOU NEED TO FONDLE THEM GENTLY...





YOU REALLY ARE HOPELESS.

SENPAI, I'M SORRY!



THEN LET'S MOVE ON TO THE NEXT STEP.

HUH !?



ギン!

HERE!

KYAA





SAYS HERE THAT YOU NEED TO USE THAT TO LOOSEN UP MY VAGINA FROM THE INSIDE.

グイッ

Hahh

Hahh

Twitch Twitch

Drip

COME ON! HURRY!

ゴッゴッ
ゴッゴッ
ゴッゴッ



PLEASE EXCUSE ...

ME!

O-O-KAY!

ゴッゴッ

ゴッゴッ

ゴッゴッ

ゴッゴッ

ゴッゴッ
ゴッゴッ
ゴッゴッ



OH MY GOSH...

Ah

THIS FEELS WAY TOO GOOD...

Ah

F

F

Ah

F

F

F

I CAN'T EVEN THINK STRAIGHT ANYMORE!

F

F

Ah

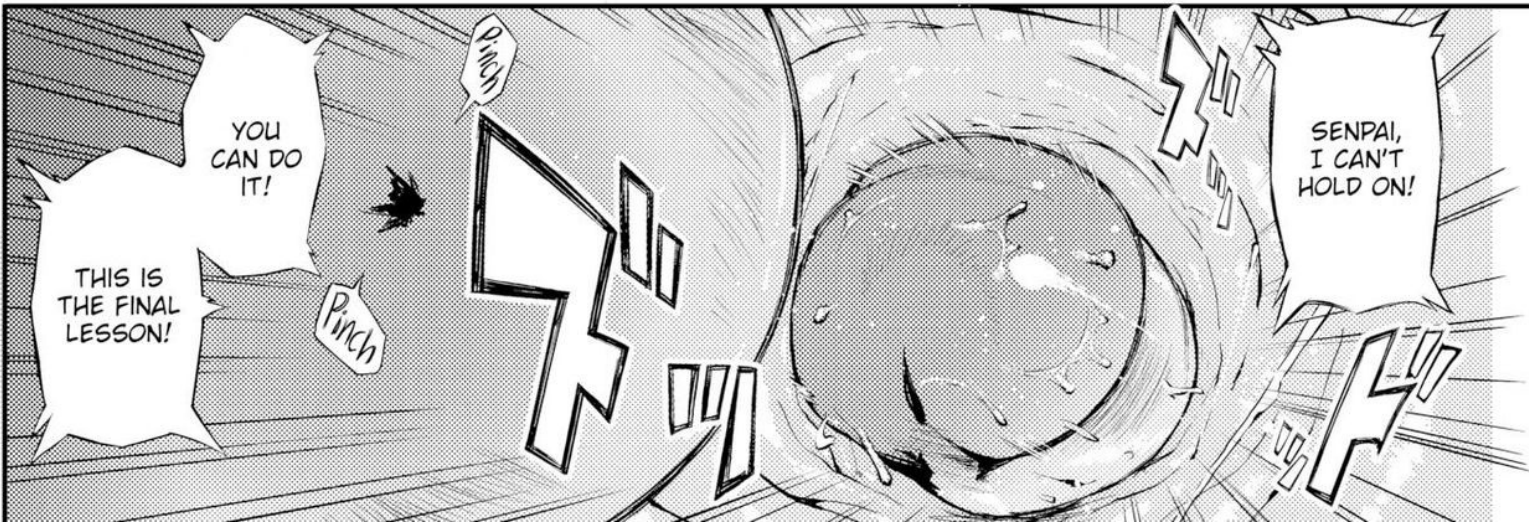
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I AGREE!
IT FEELS LIKE I'M
GETTING
SLIMMER
BY THE
MINUTE!

SENPAI...
THIS REALLY
FEELS LIKE
IT OUGHT
TO WORK!

Large stylized sound effects at the bottom of the page, including 'ハッ' (ha) and 'フッ' (fu).





OH, THIS?

BY THE WAY, WHY DID YOU HAVE THAT BOOK IN THE FIRST PLACE?



HMM?

HANDED IT TO ME...

パ...ラ...



AFTER YOU WENT RUNNING OFF, SENSEI ...



SHE PLOTTED THIS!?

Oh Oh Oh!

DON'T TELL ME...

Dumb fool!!

Sensei sure got us good...

This is so mortifying!!



WAIT! THIS ISN'T A BOOK ABOUT MESSAGES!

YOU'LL USE IT FOR LIFE!

IT'S A SEX INSTRUCTION BOOK!

By: Shuriken