

I KNOW  
A BETTER  
WAY...  
♥

ARE YOU  
TAKING  
A JOG  
TOO?

ARE  
YOU ON  
A DIET?  
... WELL,  
I THINK  
IT'S KINDA  
ESSENTIAL  
BUT...



DON'T WORRY... THIS IS REALLY EFFECTIVE...





THAT'S THE PROOF OF ITS EFFECTIVENESS.

LOOK, YOU'RE SWEATING A LOT EVEN THOUGH YOU'RE JUST SITTING THERE~

YOU'RE GASPING FOR AIR, AREN'T YOU?

nha!

SPURT

SPURT

SPURT

ha

haa





rho!

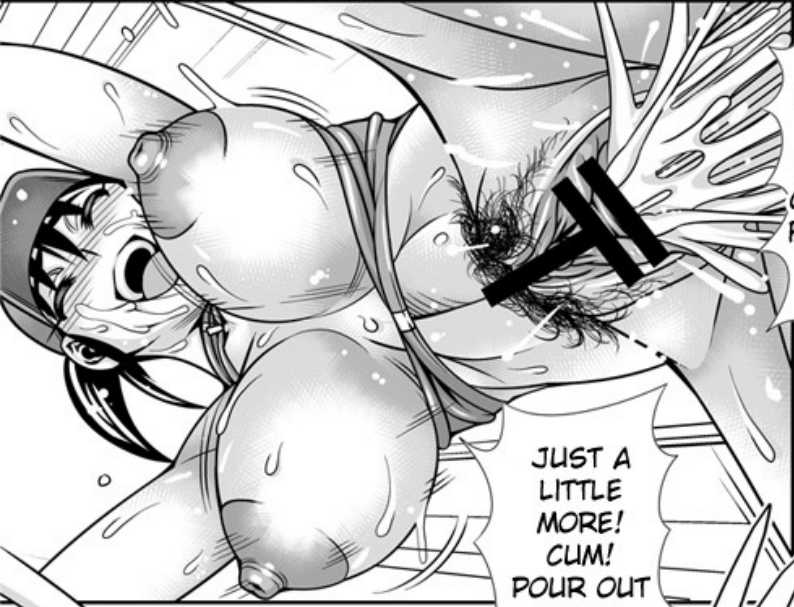
hoo

HA!  
MOVE  
LIKE  
YOUR  
LIFE  
DEPENDS  
ON IT!

ama-  
zing!

DO YOU  
LIKE IT?  
THIS...!  
EXER-  
CISE!

Large stylized sound effects (onomatopoeia) consisting of vertical and diagonal lines.



AH!  
YOU'RE  
GRA-  
DUALLY  
GETTING  
FASTER!

haa

rhe

JUST A  
LITTLE  
MORE!  
CUM!  
POUR OUT  
YOUR  
MIGHT!



Large stylized sound effects (onomatopoeia) consisting of vertical and diagonal lines.

Large stylized sound effects (onomatopoeia) consisting of vertical and diagonal lines.



AH!  
AHH!



ha

haa

YOU'LL GET FIT IF WE DO THIS EVERY-DAY... SO WHAT DO YOU THINK ...?



NOW... TEN MORE SETS...

for...

あーっ...