

# **HIIT**

*high-intensity interval training*



**SECRETDAWIMMA**

Story  
by  
**SECRETDAWIMMA**



# DISCLAIMER

All characters and other entities appearing in this work are fictitious.

Any resemblance to real persons or other real-life entities is purely coincidental.

All characters appearing in this work are of legal age.

Please do not share this comic.



Name: Gemma Bernardi  
Age: 21  
Height: 2,03m (6'8")  
Weight: 148Kgs (326lbs)  
Bust Circumference: 138cm (54in)  
Hip Circumference: 151cm (59in)  
Penis Size: 96cm (38in)



Brian  
Age: 24  
Height: 1,65m (5'4")  
Weight: 60Kgs (132lbs)  
Penis Size: 15cm (6in)







*\*urghh\**  
...  
*\*urghh\**

*That's it man!  
Two more!!*

*18...  
19...*

*Great!  
Done for know,  
take a breath.*



*Yo man,  
check it out!  
That dude over there  
with the paper  
weights!*

*HA HA HA!!*



Is there a problem here?!!  
Why don't you let me in on the joke?



G-Gemma?!!





Who were you laughing at?

N-no... Is not that, we just...

It was just a small joke, we didn't mean anything by it....



Hello Gemma! How are you doing?

Hi big guy! Good to see you!

And you two, if you didn't mean anything, how about you apologize?

Oh, ok... Uhm, sorry man, it was just a stupid joke...

Yeah, sorry, just a stupid joke...

It's alright, just don't do it again!

Sure...





Brian, come with me, I want to show you something!

Sure!

That's it? She usually bully us a lot harder!

Yeah, that boyfriend of hers changed things a little...



I think she's going soft!



HA HA HAHA



You know what, why don't you hold this for me while I talk to my "boyfriend"? Here, let me take your "paper weight" out of the way!!

Hahaha.





AAAAHHH  
HELP ME!!

DUDE,  
I'M TRYING!!

Now where  
were we?  
Ah yes, I want to  
show you something  
in the locker  
room!

It's another  
"Intensive  
training" you  
have for  
me?

Haha, no,  
I mean maybe  
later.  
But I really want  
to show you  
something!



So, what do you think of my new leotard?

It's very sexy... I... Your curves really stand out.

I know right! I'm thinking of using this to work out, do you think everyone will lose their minds looking at my body?







I...  
I'm thinking...  
I...

Just say  
it already!  
You don't have to be  
shy around me, you  
know that!

I was thinking  
that maybe, you  
could use your  
muscles  
on me...

What??  
What do you  
mean by that?

Maybe you could use,  
your muscles to smush me,  
dominate me, I want to be  
involved in your muscles...  
please...

Oh...



Does that  
means...  
You like the  
idea?

Y-yes.

My dick  
slipped out just  
thinking about it.  
Dominated him with  
my muscles sounds  
so hot.



Are you sure about this?  
I could literally kill you  
with my body, with no  
effort at all.

I can  
take it, please!  
I survived our first  
time didn't I?

Well, yes but,  
I am not so sure.

Look at my  
biceps, it's bigger  
than your head!

Yeeass...  
It's so hard too...

I am going  
to squeeze then.  
Hang in there.

This...


is...

amazing!

The things  
we do for love...

\*SQUEEZE\*



A muscular woman with vibrant pink hair, wearing a red bikini, is hugging a man from behind. The man is shirtless and wearing black shorts. They are in a gym setting with a grey floor and white walls. The woman's muscles are highly defined, and she has a confident expression. The man is looking back at her with a slight smile.

A bearhug now?  
I'm going to crush  
your back and your  
tiny arms  
like this!

No!  
You won't, trust  
me, I can take it,  
use your powerful  
muscles on me  
please.

Ok...

I can control  
my strength really well,  
but since you are so weak,  
I can still break your bones  
by mistake, so let me know  
when it's getting too  
much for you ok?!!





*\*SQUEE!\**

*\*hugh\**



Are you ok?

Yess...

You are turning red, are you sure you're ok?

I am... sure, please con...  
tinue...



*\*SQUEE!\**

*\*SQUEE!\**

**CRACK!**

You know, your body feels like hugging a big loaf of bread!

Are you really working out?



That cracking noise, are you still ok?

...

Brian??

I... am... good.

What do I do? He's so nice to me, I need to do this for him, but I'm worried...





You know, I was not believing in you. But now, you are enduring this very well!

It's kinda sexy... A man that can resist my strength like that, for so long. It gives me all these ideas...

I can't talk anymore... She's crushing my lungs, my whole body with her powerful arms. I am going to pass out, but it's so good...

Of things we can do together...

BRIAN!! You are about to pass out!!

\*SQUEEZE\*  
\*SQUEEZE\*  
CRACK

CRACK



I told you to tell me when it was too much!!  
How could you? What if I hurt you for real?!!

I am ok... Gemma... It's alright, thank you for this, it was amazing!

DAMN it...





*Listen Brian,  
I've been alone  
for some time now.  
I mean, I had people in my  
life, but just for fun, and  
now you are here and  
sticking with me.*

*Last time you  
didn't get a chance to  
use your "manliness" on me.  
But since you are so nice to  
me, I will let you use my  
pussy this time!*

*Really?!!  
That's great!  
T-thanks!!*

*Haha, he looks so  
happy, I'm playing nice,  
but actually I am really  
horny and I can't let him  
know that he makes me  
feel this way.*

*I love my  
male part  
but my lady part  
also needs  
attention!*



I see that you have a nice male hard on already, nice Brian! Now let me catch up with you.

Her cock is soft and already as big as my forearm... I remember how big it gets. I can't believe I didn't die that time...

**\*POFT\***

She'll make me watch her penis grow longer than my torso...

**\*GROW\***

**\*GROW\***

**\*GROW\***





Now my big stud,  
Fuck me like the man  
I know you are!

I need to slip  
his cock inside me  
by myself, I'm afraid  
that I might break  
the little thing with  
my weight.

I'm starting to  
think this position  
was a bad idea, she will  
crush me to death!!  
She's huge...





Hum, Brian!  
Look what you did, you  
came inside, your watery cum  
is dripping from my pussy,  
let me take my balls out of the way  
so you can have a look!  
Did you enjoy that?!  
You'll make me crazy like  
this Brian, look how  
hard I am...

She's with  
that mad  
face again...

I think I need  
to teach you  
a lesson.





What do you mean  
by teaching me  
a lesson?

You said that you  
wanted to feel my  
muscles, to be  
smushed by them!  
What do you think of  
this muscle?

I like it...  
I like it very  
much...

Want to be  
smushed by it?  
I should punish you by  
smushing your face with  
it, what do you think?  
Are you man enough  
to handle it?!

I-I am...

AARRGH

S-so sudden...  
Is like being hit  
with a steel bat...

\*SWISH\*

\*PACT\*



Ah Brian...  
You make me so horny,  
only you can do this to me!  
I can't hold it anymore, I have  
to cum inside your mouth...  
aaaaahhh!!



AAAAHHHHH!!









*As my boyfriend, you need to enjoy my female part as well, but we always get carried away and I end up fucking you really hard!*

*You mean you get carried away...*

*Anyway... I'm gonna hold it to myself this time and let you use my body as you want!*

*But first we need to clean you, aaand... Empty your stomach!!*

**AARRGGH!**

*Shishish! This will only take a minute, I filled you pretty well...*



Now, let me get  
your motor running!  
This big guy right here will  
be ready to play soon!

But it's funny  
how short you are,  
haha, I'm sitting on  
the ground and your  
dick barely reach  
my chin!

Good, so now  
you are going to  
bully me?!

Ooooh,  
you poor thing!  
I'm just stating  
a fact, and...  
I feel more blood rushing  
to your cock right now,  
do you get excited  
being compared  
to me?

I hum...

Let's just  
leave at that...  
For now.  
I will take care  
of you now.

Oh god  
she's really into it!  
I never imagined an  
amazon like her  
could give head  
like this...





*That was amazing!  
How did you learn to do that?*

*Haha, what?  
Just because I am big and manly, with huge muscles and a monster cock I don't know how to be a lady and treat a man?*

*Oh, sorry, I didn't mean to...*

*That's ok, it's actually good to know that I can surprise you like that.*

*But let's focus on this hard cock of yours!*



Hey Brian...

Have you seen  
this part of mine?  
I want you to tell me  
what you think of  
my ass...

It's...  
It's huge...

Huge?!  
Hahahaha, is  
that all men want?  
Huge things?  
Because I'm pretty  
big everywhere.

I know, I just  
love your body.  
You are so beautiful,  
so strong and  
powerful, and yet  
so feminine...

Wow, hold  
your horses there  
buddy, I got you running,  
but I want you to use  
that stamina on me.  
Come and get it what  
you deserve!

She wants me  
to hold, but it's easy  
for her to say, she's not  
the one seeing this!  
She has a huge round ass,  
but at the same time there's  
this cock tail hanging  
down her feet...





... ..  
Ah yes Brian,  
shove that male  
dick in my  
pussy....

I never had an  
ass like this one  
before... It's so soft,  
Feels so good wrapping  
around and hitting my  
pelvis like this...

My tiny,  
moist, fragile  
and cute pussy...  
Use it as you  
want...

Her pussy is  
squeezing on my dick...  
Aaaahh,  
this is incredible...



\*aahhg\*  
Yes...  
YEESSS!!

Harder  
Brian, Fuck me  
harder...

**HARDER!!!**

\*aagh\*

**\*NLOC\***  
**\*NLOC\***

This is harder  
than I thought...  
She's so strong that  
she's barely moving, it's  
like fucking a wall,  
a huge, soft and  
tight wall...



I can't hold it anymore...

I think I'm...  
\*aaaahh\*

Brian?!  
Don't stop now  
Brian, don't...  
Did you..?

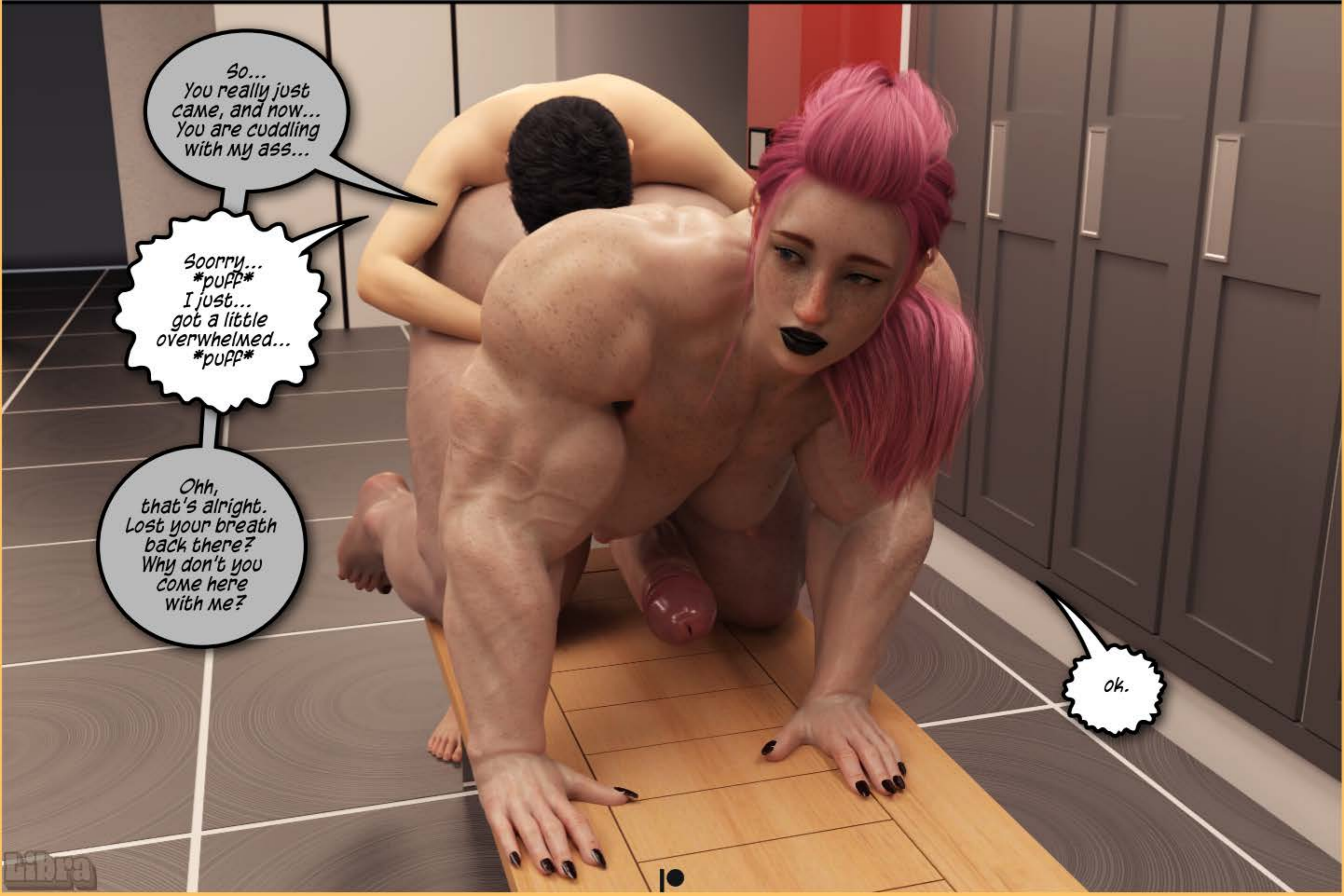


So...  
You really just  
came, and now...  
You are cuddling  
with my ass...

Sorry...  
\*puff\*  
I just...  
got a little  
overwhelmed...  
\*puff\*

Ohh,  
that's alright.  
Lost your breath  
back there?  
Why don't you  
come here  
with me?

Ok.





Brian darling,  
that was great!  
But...  
maybe I can teach  
a thing or two about  
how to use  
a cock...

Nothing  
wrong with yours!  
I just have more...  
experience, and I  
can give you  
some tips.

Alright.  
Sorry about  
cumming too  
early...

That's alright,  
I'll teach you how to  
hold it a little longer,  
and train your stamina  
as well.

Gemma, I can  
feel your cock on  
my ass, you are  
hard as a rock...  
You want some  
help?

Don't worry  
about that,  
this was  
about you.

But...

Just cuddle  
with me right here,  
I'm feeling  
great!!

I will unload my  
balls on those guy's  
lockers later, they are  
in for a surprise,  
haha.



What do you mean  
by teaching me  
a lesson?

You said that you  
wanted to feel my  
muscles, to be  
smushed by them!  
What do you think of  
this muscle?

I like it...  
I like it very  
much...

Want to be  
smushed by it?  
I should punish you by  
smushing your face with  
it, what do you think?  
Are you man enough  
to handle it?!

I-I am...

AARRGH

S-so sudden...  
Is like being hit  
with a steel bat...

\*SMASH\*

\*PACT\*





H.I.I.

Libra