

Muscle in the Fam – part 32

Man of the house?

With several more weeks passing by, Ethan was getting more and more excited about his progress. His mile times and splits were coming down like never before and he was starting to have more and more confidence he was going to kick ass on his marathon debut. His biggest problem would probably come down to pacing himself correctly and not coming out of the gate too hot. He would need to pay close attention to his mile markers and hit his pre-planned times right on the dot.

But that wasn't all. His focus on that, his dedication to his and the girl's nutrition and sleep had been paying off big time. But on top of that, his YouTube gaming channel had picked up steam and he was now broadcasting on that, twitch and a couple other social media channels. All in all, he was now raking in several thousand dollars a month and easily able to support the girls ridiculously expensive supplement and food needs.

He never would have dreamed a year earlier that he would be the financial and emotional support system to two growing, bulging, insanely muscular female bodybuilders...and even more so, that those massively muscled girls would be his cousin and little sister. But here he was, loving every second of it and longing to spend every spare moment staring at, admiring and massaging their gorgeously buffed up physiques.

And today should be no different. As he arrived home from his run, Ethan immediately made his way into the kitchen to prepare another batch of food for himself and the girls. He turned on the oven to bake the chicken, he put some vegetables on the grill and began to prepare the rice. It was an easy enough routine which he originally thought would be difficult, but once he got the hang of the timing, it was actually pretty easy.

At first he had tried to pre-cook several batches of food, so that he or the girls could just heat up the portions they required at the time they wanted to eat. But since they were in mid-summer and had no time restraints with school or other responsibilities, Claire had begged him to cook everything fresh and right before consumption. She was a bit of a princess in that she didn't like microwaved food and he was always striving to make her as happy with him as possible.

As usual, the smell of the food was a signal to the girls and he heard some rapid and heavy thuds from the basement stairs. Before he knew it, two thickly muscled arms were wrapping themselves around his tall, thin, fit, runners' body and easily hoisting his feet well off the ground. He was swung playfully from side to side and Ethan was already getting a hard on at the feeling of being squeezed by these meaty limbs.

She then put him down and as Ethan spun around, he was looking slightly downward at his gorgeous little sister. But Elena was little no more. With 15 ½" guns, and unproportioned large

15" forearms, she was getting huge. Her neck was damn near as thick as a tree trunk now and her traps towered high above her ridiculously bulbous and exploding outward shoulders.

Without hesitation, Ethan reached up his hands, took his little sister's muscular and athletic looking jawline into his palms and leaned into her. Their lips touched and they quickly began making out passionately in front of the grill. Her taste was delicious and her firm but pouty lips were like heaven on earth. The powerful hands of hers grabbed each other behind his back and she held him in close, letting her rock-hard abs and pecs meet firmly with his torso.

Her dreamy crush was so close but yet so far Elena often thought. But she loved being able to kiss him at length and knew it was only a matter of time until she would be able to lay her rock hard, muscle-bound female bodybuilder like body on top of his...enjoying all the pleasures that males and females are meant to enjoy.

"Hmmm Hmmm! Hmmm Hmmm!" a grunt was heard by both Ethan and Elena as they continued to feel each other lovingly as their lips and bodies were still held together firmly by the very hot and steamy siblings.

Claire made her point known. She always admired the closeness and love that Elena and Ethan shared, for obvious reasons. But she wanted her piece of Ethan too...and she needed to get her taste before they all dug into the lunch the cute cousin of hers had just made for them.

She was so tall now...and insanely muscled. Claire wore her long hair in two side pony-tails today, making her look five years younger and cuter than ever. It always turned Ethan on in extra ways so Claire had started wearing her hair like this more and more lately. She had a very light coating of pink lip stick on too, which didn't seem consistent for a 6'1" girl trying to build the physique of a professional bodybuilder...but it was super cute too and she knew it.

Elena slowly removed her playful tongue from her crushes mouth. They stared at each other and couldn't help but smile infectiously, their glowing and tender eyes stared at the others in the same, ever-loving way. Elena reached up, grabbed Ethan's hands and placed his palms on her protruding, muscle filled pecs. With his hands firmly upon them, she gave him just a bit more excitement as she began bouncing them up and down, over and over and over. Ethan rolled his eyes back in his head as the pulsating satisfaction shot through his tired, sweaty body. His cock was ready to burst, but luckily it didn't skim against her hips or muscular thighs...or he surely would have.

Claire knew what Elena was doing and since it was as close as she could currently get to bring her handsome cousin to completion, Claire laughed inside as she watched the two slowly and unwillingly separate from their kiss and embrace.

Elena slowly released her older brothers' hands and let him caress her gargantuan and heavily muscled pecs for a moment more. And she smiled deeply inside, knowing how much utter pleasure she was providing him. Ethan was in a heightened state of bliss and if she didn't start to slowly step back, he probably would have closed his eyes and stayed there forever...

But that moment was over and Claire got to take her turn indulging herself with him. She basically looked down ever so slightly as her height was now just a bit above his. Their cute noses touched and within seconds Ethan was now taking pleasure in the delight of Claire's perfect taste. Their tongues met quickly and the playfulness of Elena was gone and Ethan now dealt with the firm, direct, passion filled movements of Claire. She had started taking a much more forceful role in their relationship as she knew he loved it so much.

She wrapped one arm around his back and jammed his body up to and against hers. She was wearing no bra and her gorgeous, muscular chest and abs were only barely hidden under her track shirt of Ethan's that was cut so low in the front that the deep crevasse between her two chest muscles was clearly visible. In addition, the sides were cut to be almost wide open and the shirt was barely staying together by the thin amount of material at the base that circled just above her incredibly muscled ass.

Ethan slid his palms in the sides of her cut up shirt and began feeling the large mounds of muscle that covered her mid-section. The ab muscles protruded out and were well defined from each other, allowing his fingers to feel the mounds of muscle and the valleys that formed between them. He took enjoyment and erotic pleasure in feeling her gorgeous abs, but couldn't help but move his palms up and begin tingling and tickling her perky nipples. He knew she absolutely adored that sensation and he was sure to provide her that elation.

Her skin was so warm and tight. He could feel the flexing and relaxing muscles under it and the hardness of their surface was insane. The growth she had made in the last year and a half was exponential and almost unbelievable. But Ethan had been able to witness it first hand, enjoying not only the outside and her incredibly muscled frame, but also the inside and the pleasures and satisfactions she regularly provided him.

As always, both began to lose focus and awareness of their outside surroundings, and they didn't snap back to reality and disconnect their tightly held bodies from each other until Elena tapped Claire in her monstrously muscled shoulder and said, "Hey, quick, quick, quick!"

Just as the two lovebirds backed away by a fraction of an inch, Larry walked into the kitchen.

"Hi Dad." Ethan and Elena said to their father as he was coming in for some lunch too.

"Hey kids." He answered back, taking a quick double-take of his insanely muscled niece as she seemed to be wearing nothing at all to him.

Claire kind of leaned her head down slightly, looked over and kind of up at Larry with intent eyes and pouty lips. "Hi Uncle Larry." She said, quickly following Elena and Ethan's greeting to their dad.

Linda was probably aware that her son and Claire had mutual crushes on each other, but Larry didn't and the kids wanted to keep it that way.

“My goodness girls, you are sure putting on a lot of muscle.” He had to mention as it was an obvious elephant in the room moment and both girls stood just feet away.

They were pumped up from the hard workout and wearing very skimpy outfits to say the least. He knew they were training for an upcoming bodybuilding contest and supported them in their goals, unlike Claire’s mom and brother. But he was mostly away at work and by the time he got home, they were usually wearing sweats or at least a lot more than this.

“Thanks Dad!” Elena took his comment as a huge compliment.

She then walked up to him, held out her arm and hit a huge biceps pose. “Feel it dad. Isn’t it huge?” She said as she held the bulging muscle just a foot from his face.

Instinctively, and at his daughter’s request, Larry reached out his arm and placed his palm on her rounded, bulging muscle. She saw the absolute surprise in his eyes and he just couldn’t fathom how rock-hard and large his little girl’s muscles had become. And with a smile on her face and in a playful motion, she began extending her arm straight out and then bringing it back up into a fully flexed bicep pose again and again.

Her dad’s jaw dropped with the utter shock at what he was experiencing right now. He’d never felt a bicep that hard on his own arm and here was his daughter with a bicep bigger, harder and stronger than his had ever been in his life.

“Pretty awesome hey dad?” Elena said as she slowly took a step back and released him from his brief trance.

“Umm, ya Elena, I had no idea just how much bigger and stronger you were getting.” Larry admitted to her.

“Yep dad...not only that, but I can easily beat Ethan in arm wrestling now...and I could probably beat you too.” She replied in fun.

“I don’t know about that dear...but I’m pretty impressed with your muscle either way.” He answered back.

“C’mon dad.” Ethan added to the conversation, “Give it a try. I want to see if she’s strong enough to beat you now.”

“Ya Uncle Larry...Pleaaaaaaase, pleaaaaaaase give it a shot.” Claire jumped in.

He looked around and pondered his response. All three kids were begging him to arm wrestle Elena...how could he refuse. “Ok, Ok kids, I’ll give it a shot. But with all that muscle, I’m going to actually try Elena.” He caved and agreed to the match.

She jumped for joy. Up till now, Elena had only really shown Claire and Ethan her strength. She loved how much Ethan appreciated how strong and muscular she was becoming...but now she could show off to her dad, whom she loved and respected dearly.

Elena quickly stood at one side of this round high-top table they had in the corner of their kitchen area. Elena and Claire circled round and Larry walked up and stood opposite his daughter. As she placed her elbow on the table and exposed her massively muscled forearm, biceps and shoulder to him, Larry had to take a big gulp as he knew he might be in for it.

Larry reached his arm out and grasped hands with his little girl. And he was again immediately taken back by the raw power and hardness in her hand. It was like grasping solid stone and could sense the strength she possessed. As her father, Larry knew she was putting on muscle as part of this little bodybuilding fad she and her cousin were engaged in...but he always felt that he would be stronger than her, regardless of her time lifting weights. His perception was certainly about to change.

“Three! Two! One!” Claire said to start the match.

“Oh Shit!” Larry exclaimed as he tensed his arm and flexed it as hard as possible to stop the force pushing him the wrong way.

But Elena’s muscles exploded in size and hardness. Her bicep shot up and out in a massive ball! A serious look crossed her face and her eyes looked fierce as she strained against his pressure. And it was working. Her dad’s arm was not forcing hers back...it was not causing a stalemate either. Elena was now continually moving her dad’s arm further and further down and within another couple of seconds...BOOM!

“Woouooooo!” Elena yelled as she held both her arms up in victory. The forearms flexed magnificently and the size of her elongated biceps and thick triceps almost made her head look small in comparison.

Larry looked across at his victorious daughter and although a bit embarrassed by the realization that his teen daughter was now significantly stronger than him...he was proud of her and actually happy for her well-earned accomplishment. Claire was happy for Elena too and even more thrilled that unlike her jealous family members back home, here, with Elena, Ethan and their family, they all celebrated each other’s triumphs.

Watching his sister out muscle their dad was a massive turn on for Ethan and he couldn’t help himself. He wrapped his arms around her gargantuan shoulders and gave her a massive hug and kiss on the lips. Larry had never seen Ethan show that much affection for his sister, but he knew they were close and didn’t think much more of it. But Ethan was almost uncontrollably attracted to Elena, her big victory and her meaty, strong, pumped up muscles. He had to use every ounce of effort not to show any more lust for her in front of their dad...but it was proving incredibly difficult as his hormones were raging for her at that moment!

Seeing the elation Ethan had for Elena after her quick victory, Claire had to get a piece of that.

“Uncle Larry, Uncle Larry.” Claire asked, “Can I arm wrestle you too?”

"I don't know Claire." He answered, "You look a bit bigger and a little stronger than Elena and she just beat me. I'm not sure it will be much of a match."

"I know, I know." Claire said back, "but I was thinking that, well...we could make it a bit more challenging you know...I mean...well, you could maybe use both arms against my one arm. It would be fun right???" She said with an innocent grin written all over her face.

"Ya, please dad." Elena threw out, "I would love to see that match."

Larry was still kind of pondering the match and so Claire quickly tried to push him into it by looking at Ethan and asking, "You'd like to see that too...wouldn't you Ethan?"

He looked at her, enjoyed another squeeze on Elena's meaty frame, looked at Larry and said, "Ya dad, c'mon...give it a try."

"Oh, OK." Larry relented and placed his arm up on the table and allowed Claire to sit across from him for the competition.

She reached out and placed her right limb up in arm wrestling position. Larry looked at his niece's arm in dismay, and maybe a bit of despair. Her biceps and forearms were clearly bigger than his daughters and huge, voluminous veins coursed across their surface. Making her arm look like what Larry would expect on a male bodybuilder...not a recent female high school graduate!

"Pretty big for a girl, huh?" Claire asked her uncle as she slowly kind of twisted her arm and forced the bicep to grow immensely in front of him.

He gulped, couldn't help but ogle the perfectly formed piece of flesh and said, "Yes Claire...it's pretty big for anyone I'd have to say!"

"Well, maybe anyone...except Ethan." Claire responded. "He seems to like it a lot and he's constantly asking me to flex it for him...and he's always wanting to feel it."

Ethan stood there in shock. One; for her throwing him under the buss like that in front of his dad...and Two; for kind of admitting to Larry that Ethan had a crush on her. His face was turning bright red, but Claire knew what she was doing. There was going to come a time very soon where they needed to let everyone know they were seeing each other...and this little bit of information was planting a seed for that eventual acceptance by Uncle Larry.

"Ya, well...you're kind of constantly showing off your muscles Claire...so ya...I kinda like 'em I guess..." Ethan admitted...without totally admitting he was absolutely addicted to ogling and caressing her muscular physique at every single opportunity.

But she saw the embarrassment she had caused her crush and wore a sly smirk...knowing she had been able to tease him in front of his dad like that.

Larry seemed to shake off the playful kids comments and refocused on locking grips with Claire. He brought up his arm, and couldn't help but notice the massive size difference between his arm and hers. Claire's arm bristled with finely tuned, pumped up muscle, while his was just a normal sized arm that looked skinny and plain and weak in comparison.

They locked grips and Claire gave his hand a mighty squeeze.

"Owwwww!" Larry screamed as Claire had crushed his hand and fingers into crumpled up paper in a millisecond with her unreal strength.

She let go and had known to release the forceful grip right before breaking every bone in his hand. But she knew she had caused a brief moment of excruciating pain for him and couldn't help herself from showing him her power right before letting go. He leaned back and started shaking the pain out of his hand while he brought his other palm up and began massaging the injured digits.

"I'm sorry Uncle Larry, I thought you were ready for the match to begin. I'll wait till you give me the signal next time so I know that you're prepared for it." Claire said quickly and with a bit of concern.

He needed a time-out though and said, "Ok Claire. No big deal...just give me a minute here."

While their dad recovered, Ethan couldn't help himself from continuing to squeeze his muscle-bound sister from behind. His chest was leaning against her meaty back and his hands were currently grabbing and caressing her gorgeous, victorious biceps. It would be obvious to anyone that he was into her, but with their dad kind of distracted, Ethan was able to get more physical with her than people would think appropriate.

Claire looked at the two little loving siblings and couldn't wait to get Ethan alone later that day...but first...Uncle Larry.

She placed her thickly muscled arm back on the table and waited. Larry eventually got the proper feeling back into his fingers and grasped Claire's solid hand with his. He tensed his arm and got a serious look on his face.

Claire cocked her head to the side, got a questioning look on her face and asked, "Aren't you forgetting something?"

"Oh, c'mon Claire. Two hands against your one. That just wouldn't be fair. I just couldn't do that." He responded.

"Hmm. Well, suit yourself then." Claire answered back and waited to begin the match.

"Three, Two, One, Go!" Elena shouted to get them started.

Larry pushed and pushed and pushed. He leaned, he twisted, he tried to help himself by grabbing the edge of the table with his free hand to give himself a little more leverage. But it

didn't work. He not only couldn't force Claire's arm down...he couldn't even budge it, while she just sat there, her arm held straight up at the starting position, unmovable like the rock of Gibraltar.

She let him try harder and harder and harder. But he couldn't move her. Sweat even started forming on his brow from the extra effort he was throwing into the match.

Claire raised her free hand up, looked at Larry and began blowing gently upon her fingernails, like she was beyond relaxed and easily repelling his most stern attempts to move her arm. "Oh c'mon Uncle Larry. Please just use your other arm too so this can be an actual challenge for me."

It was a bit rude but at the same time acceptable gamesmanship. Larry finally relented to her request, said, "Ok, you asked for it." And he brought his other arm into the battle.

With both his hands and arms and weight engaged with her one arm, Claire got her wish. Without hesitation, she slid their elbows sideways, all the way to the edge of the table. She then thrust her arm downward. In this position, it brought both of Uncle Larry's arms down and his weight immediately followed as he his entire body fell to the ground in defeat at the side of the table.

"Jesus Christ you're strong!" Larry exclaimed from the floor, having been easily tossed there by his young niece.

She hopped to her feet, leaned down and lifted him off the ground. She wrapped her huge arms around him and gave him a tight but loving hug, wanting to let him know she was thankful for him allowing her to show off her unbelievable strength, but also letting him feel her power one more time.

After showing Uncle Larry and everyone else she was the clear Alpha in the room, she waltzed over, grabbed Ethan's cheeks with her right hand, leaned down slightly and met his lips with hers. With his arms still wrapped around his sister, Ethan was being forced into this powerful kiss with Claire and it was obvious that she was an unstoppable force and had to be respected.

"C'mon cutie." she then said to Ethan as she grabbed his hand and led him upstairs, letting Elena and Larry see that she had grabbed her prey and was going to go have her way with him...as the victor clearly deserved...