

With her love held firmly in her somehow now much stronger arms, Kelly continued to kiss her older brother with the passion and emotion she had only dreamed of. He tightened his thick, muscular quads even more firmly around her waist with the strength that would have crushed her just a day earlier, but now, it felt nothing more than a light grip to her. Mark's large biceps and muscular forearms draped around Kelly's neck and she couldn't believe she was hoisting this muscle-bound jock so easily. They kissed for another 4 or 5 minutes straight, with nestling and sweet moans continually echoing out between them. Finally, they finished with a few more quick but loving pecks, kind of held their faces back from each other and began to laugh out loud.

"Kids! Kids!" grandma's voice rang out from the house. "Time for some fresh chocolate chip cookies!!!" Still in his younger sister's strong arms, Mark said with a grin, "Oh, I guess we better go in." Kelly was a little disappointed since she loved having her brother held tightly against her, but she relented the passion-filled moment and put Mark down. As he lowered his large quads and took his feet, he barely had to look down to his now 5'10" tall, fit and muscular little sis. She smiled widely, knowing she now had her crush, crushing on her too. She was wearing her small red bikini and Mark reached out to feel the little crevasse that was forming between her two small breasts. It was formed by the small amount of muscle she had also developed in her pecks and he found himself briefly infatuated with it. "Do you like that?" she asked as she purposely flexed her chest and made the pec muscles rock hard and they grew very slightly in size. "Ya." Mark answered honestly, as he had never seen muscles in a girl's chest before. "Interesting," she thought as it seemed Mark was quite infatuated with the muscles in her more athletically developed body.

They grabbed hands and walked up to the house to enjoy some of grandma's cookies. Mark went right into the kitchen to enjoy the snacks while Kelly ran upstairs to throw on a top and cover up her now growing muscles and avoid any questions from the grandparents. She grabbed one of the sweatshirts she had brought and pulled it over her head. It felt extremely small and her muscular arms filled out the sleeves to the max. At the same time, her shoulders were now much wider and she heard the seam rip as the extra small sweatshirt couldn't exactly fit over them. The bottom of the sweatshirt didn't come close to her waistline and exposed her ripped six pack and she was now convinced, the sweatshirt was not going to work. Not exactly knowing what to do to cover up her muscles, she got an idea. She walked through the Jack and Jill bathroom and over into Mark's room. She then rifled through his suitcase and found his high-school football hoodie. She quickly pulled it over her head and down. It would work perfectly. It was a little bit big and the bagginess would cover her up well and now just had to figure out how to hide her new height.

Kelly hid around the corner and waited till she heard grandma open the fridge, which faced away from the kitchen table. She then burst around the corner and jumped into the seat across from Mark. As she did, her brother had ogled her now long, gorgeous, muscular legs which led all the way up to the bottom of his football hoodie. "Oh," he said to his sis, "That looks good on you." "Thanks bro," she answered, "So soft and comfy, can I keep it?" she asked, knowing she was going to need it all trip as it was obvious that none of the tops she had brought would ever fit her again. "Of course pip," he answered with a

smile, giving her a loving wink as she reached out with her now longer arm and grabbed a cookie. Mark had one cookie and drank half his glass of milk. Meanwhile, Kelly's appetite seemed to be unending now and she ate the other 7 or 8 cookies grandma had left on the plate and drank her whole glass of milk. She then reached across, grabbed Mark's half drunk glass and gulped it down as well. Grandma watched in awe and said, "My goodness Kelly. Such a big appetite for such a small girl." She obviously hadn't noticed her granddaughters recent height and muscle gain...especially since Kel kind of slouched over in her seat and was wearing Mark's big hoodie. "I know grandma, but I'm hoping for a late growth spurt I guess." she answered and then grabbed the jug of milk and refilled her glass to the rim before gulping the entire amount in one swig.

"Thanks for the awesome cookies grandma." Kel said after swigging down the milk. "You're very welcome dear." grandma replied quickly. "What do you kids have planned for this afternoon?" she then asked. "I want to go on a hike in a bit but I think the kayaking must have worn me out a little because I'm feeling kind of tired right now. I think I'm going to go upstairs and take a quick cat nap." Mark looked over at his little sis and said, "Sounds like fun Kel, I'll be up for it after your quick rest, I'll just be down here with grandpa watching the game." Kel gave him a cute smile and wink and got up to head to her room. Kelly had forgotten to hide her new height from grandma, but she didn't pay close attention and was still oblivious to Kel's 5'10" frame. Mark was paying very close attention though and peered with laser focus at his little sisters long fit legs again as she made her way out of the room.

Kel got up to her room and the overwhelming sense of tiredness overcame her. She pulled off Mark's hoodie and just wearing her pink panties, she stared at her taller, fitter physique, she pondered just how awesome it was to be close to as strong or maybe even as strong as her older brother and loved how he seemed to be into her slightly muscular chest and long legs. As she sat on the end of her bed, ready to lie down, she noticed the blue stone in her necklace again lit up briefly and then faded back to normal. She was attune to it this time though and again noticed a tingling feeling briefly flow through her whole body. Kel then leaned back on the bed, barely able to keep an eye open and covered her naked body in the cool sheets.

What felt like 15 minutes ended up being a 2 hour sleep and Kel woke up feeling completely refreshed. She kind of rustled around a bit and then felt her arm. "Ohhh my!" she thought to herself. "That feels big." Still under the sheets, she decided to flex her biceps while the other hand held it firmly. The muscle bulged up massively and there was obviously a much bigger bicep there than she had gone to bed with. She threw off the sheet and quickly peered down at her newly developed arm. "Oh Fuck!" she said out loud. It was huge! Maybe even as big as Mark's...and he had gorgeous, large, muscle-bound arms. Could she be as big as her older brother now??? She got up, stood in front of the mirror and hit a double biceps pose. "Wow!!!" shot through her mind. Both biceps bulged into baseball sized mounds of muscle and she couldn't believe the reflection of the muscle-laden reflection staring back at her. She flexed and relaxed and flexed and relaxed her arms over and over again. Her pussy was getting moist just staring at herself and she was beyond ecstatic at her gorgeous physique. Her shoulders were

now capped with thick, rounded muscle and as she peered down, her quads were muscular like Mark's and even her calves were now thick with muscle.

As Kel was in a trance, staring at her insanely muscular physique, she heard her phone buzz and looked down to read the text. "Hey pip, you up and ready for that hike?" That snapped her out of the haze and she quickly realized she needed to somehow hide her insanely developed new muscle-bound body. She grabbed Mark's hoodie and pulled it back over her head. It was no longer baggy, like it had been just hours before and it actually felt tight as it hugged her large, muscular shoulders and arms. Realizing she had no pants that would fit her and leggings would do nothing to hide her large quads, Kel snuck into Mark's room again and grabbed a pair of his sweatpants. Her waist was a bit too thin for the sweats, but luckily they had a drawstring in them and she was able to tighten them up and keep them from falling off her waist. To her surprise though, the length was just perfect. She figured she would have to roll up the bottoms a little, but nope...they were the perfect length. To her surprise, her sneakers still fit perfectly, so she threw them on and made her way downstairs to meet up with her older brother.

Mark was waiting at the front door at the base of the stairs for their hike and Kel was immediately struck by the fact that he was wearing short shorts a backpack and no shirt while she was covered up in sweats. He laughed and said, "Pip, it's like 80 degrees outside, you're going to burn up in that." "No, I'm good for now Mark, and you know me...always cold and everything." He shook his head in disbelief but as she reached the ground floor he definitely noticed there was something different. He was now looking eye to eye with his little sister that was a foot shorter than him just two days ago. They still made googly eyes at each other and when she got close, he reached out to pull her in for a quick hug. But instead of her being pulled towards him, her stout body didn't budge and he actually pulled himself into her. As he did, he felt like he was grabbing a piece of granite and as they hugged, he sensed that she was absolutely rock hard. A feeling of awe went through him and he was dying to see what was underneath the sweats. Kel was astonished that she was now as tall as her once towering brother and ogled his ripped abs and chest as she grabbed his hand and easily pulled him outside.

They started out on their hike and held hands as they started up the trail. They were both giddy to be with each other and not a word was said for the first few hundred yards. Starting to feel a little more comfortable, but also wanting to break the tension, as they kind of turned a corner and came to the base of a pretty steep uphill, Kel looked over at her older brother and said, "Hey...let's race to the top." Mark nodded with a smile and said, "Ready...set...Go!" With that, they took off in a dead sprint. Mark was the stud athlete and all-state QB so it figured to be an easy win. But Kel was with him stride for stride. Unlike the boat race earlier though, Kel had grown and put on more muscle, and what turned out to be a superior development had her leading the race by twenty t thirty feet by the time they reached half way. Unfortunately, just as she was starting to sense her victory, Kel heard a loud "oooof", and thud behind her. As she turned to see what the noise was, she saw Mark, rolling in the dirt. She quickly reversed course and ran back to him.

“Are you OK, are you ok?” she screamed as she approached him. Mark couldn’t speak yet, since he had knocked the wind out of himself with the fall, but he kind of shook his head yes as he tried to gather back his breath. Instinctively, Kel pulled off the sweatshirt and began lightly dusting off the dirt and mud that now covered Mark’s muscles. Mark looked up at her to nod thanks when his eyes popped out of his head and his jaw dropped to the floor. Kelly immediately realized that she wasn’t even wearing a sports bra underneath and she now stood a foot away from Mark, her naked upper body totally exposed. He was now gazing directly at her perky, gorgeous breasts that were perfectly positioned on her bodybuilder-like muscular pecs. She quickly pulled the sweatshirt off from cleaning up his muscular body and held it closely to her chest, covering her naked breasts. Her arms now crossed in front of her like a shy schoolgirl, Mark slowly stood up, reached out and began feeling her noticeably massive, muscle-bound arms. As he did, Kel looked at him with questioning eyes, hoping she was not so big and muscle-bound that she would scare him away. “Oh my God!” he said in awe, “You’re fucking huge!”

She didn’t respond but just stood still and watched as he caressed her continuously. As she started to relax a little bit, he pulled down on her arms to get another look at her breasts and muscular chest. She was strong enough to keep him from doing that, but she sensed the moment and allowed him to move her large arms out of the way. As he did, again he was shocked at the gorgeous sight before him. “My God Kel.” He said softly, “You’re, you’re, you’re...perfect.” She nervously laughed but could not think of a better compliment he could have possibly given. “Really?” she asked to be sure. “Really!” Mark responded in kind. “You, ummm, you don’t think I’m too muscular?” she asked him curiously. “No, not at all Pip...I mean, I didn’t even know I liked muscles on a girl, but, with you....with you, they’re absolutely awesome...intoxicating I think.” With that, Kel reached out her powerful arms, grabbed Mark and pulled his hard, dirty body next to hers. Their faces were now at the same height and they reached in and began to kiss madly. As their warm, wet, lips moved and their tongues played a lustful game, Kelly madly caressed Mark’s muscular arms and shoulders while he grabbed and caressed hers. Her wildest dream of even getting Mark’s attention had turned in to full blown lust and as they kissed, Kel accidentally lifted her older brother off his feet with her strength.

The kissing and his younger sister’s show of strength had Mark rock hard and his erect penis was bumping into Kel’s midsection. She had him in full control and easily walked Mark back behind some bushes for cover. Now off the trail and with some privacy, Kel put her older brother down and dropped to her knees. She slowly pulled his shorts down and finally witnessed a cock for the first time in her life. It seemed more beautiful than she had possibly imagined and where two weeks ago, she was licking the rim of his lemonade glass, she was now sticking out her tongue and licking the rosy tip of his cock. She plunged her head down on her brother’s member and began to take its length down her throat. It was wide and long and she was in love with it at first sight. As she began to pleasure Mark masterfully, he was still in shock as he peered down at his sister’s muscle-bound, large, thickly capped shoulders and wide, tall traps. In his mind, he was staring at the hottest chick on the planet and he knew he was lucky as hell to be with her.

She continued to bob her head up and down on Mark's love rod and as the pace started to pick up, her brother began thrusting his hips into her in perfect unison with her rhythm. She began stroking the shaft with one hand while continually licking and cupping his tip and ridge with her lips. The sensations shooting through Mark's body were constantly heating up and as the tingling overcame him, Mark rolled his eyes back in his head and tilted his head back and enjoyed the joyful ride his muscular younger sister was providing him. Her warm, moist mouth was doing its job and as her pace quickened and she started sucking and stroking faster and faster and faster, Mark couldn't hold back any more. With a final perfectly timed stroke and tip pop, Kel brought her brother to the apex of erotic satisfaction and he exploded his milky cum into her. He pumped and pumped and pumped shot after shot of his love juice out and she swallowed it lovingly, knowing she wanted to taste and drink his semen now and forever. Her infatuation and love for him had grown to an obsession and now that she had him, she never wanted to let him go. She knew that with each gulp of his juice she drank, she was becoming more and more bonded with him and he to her.

As the shots from his tip slowed to a halt, Kel performed a little tongue on tip and shaft clean up service and then stood upright to face Mark. Their noses touched and Kel leaned in to give her brother another loving kiss. The remnants of his juice still spread throughout her mouth, they kissed passionately for many more minutes as the heat from their encounter finally started to dissipate. Now fully satisfied, Mark looked in his sister's eyes, smiled and said softly, "I think I love you!" Kel smiled back, and said firmly, "I know I love you!" And leaned in for another quick peck. Mark was now more enamored with his sister's muscle-bound physique than ever and looked it over again, amazed at how hot he found these bulging muscles on his little sister. He just kind of shook his head in amazement and smiled.

"Ok big bro." Kel said, "Shall we finish this hike or what?" He agreed, pulled something out of his backpack and said, "Ya, here, why don't you wear the shirt I brought instead of putting that warm sweater back on." "Good idea, thanks." She replied as she reached out and pulled it over her head. As expected, her large biceps and bulging boulders for shoulders filled the t-shirt to maximum capacity. "Well Pip." He said as he stared at the impressive, muscular sight in front of him, "I guess we're going to have to get you a new...much bigger wardrobe soon. Hell, you barely even fit in my shirts now." Kel laughed, grabbed Mark's hand and began to lead him back to the trail to continue the hike. "Oh Fuck!" Mark screamed out with his second step. "What, what, what was that for?" Kel asked quickly. "My ankle." He answered in pain, "I must have sprained it during my fall." He hadn't realized it yet, but he hadn't actually taken a full stride since he fell as Kelly had actually picked him up off his feet and walked them off the trail to have their fun.

"Can you walk back to the house?" Kel asked as he attempted to put a little more weight on his foot. "I think so." He answered and began to kind of walk gingerly on it back a few paces. She was obviously concerned for her love and after watching him struggle with 6 or 7 steps Kel got in front of him, turned away from him and said, "Ok, just hop on." "Are you sure Pip?" Mark asked, "It's kind of a long way back." "Well, I'm pretty frickin' strong now if you haven't noticed bro...so I think I got this." He kind of shook his head, said OK and wrapped his arms around Kel's shoulders, then kind of leapt and wrapped his

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legs around her torso. With that, Kelly put her buff arms out to the sides and wrapped her strong hands around his legs. Now fully secure on her back, Kel began their hike back to the house. It felt amazing to have her older brother reliant upon her now superior strength to get them back and she loved having him depend on her. It made her feel needed and powerful. As she brought them all the way back, without even feeling tired, she loved the euphoria of so easily handling his weight and projecting her power to him. In the back of her mind, Kel kind of secretly wished he would always need to rely on her. She would always be there for him, so she saw it as a win, win...