

Best Friend's Muscle Journey – Part 11

Workout partners!

As Hannah and Ramona walked into the gym, they were hit by the loud sounds of weights dropping and machines being used. The cardio area emitted that loud, electric motor whiz and treadmill goers were pounding step after quick step on the rubber, rolling mat beneath. The odor of sweat emanated throughout and the girls immediately transformed into intimidating, self-assured muscle heads!

Their once meager and questioning steps had been replaced with forceful, self-assured strides into the gym. With wide duffel bag straps draping their gargantuan, heavily muscled shoulders and traps, Hannah and Ramona passed the once mandatory cardio section. Past the beginner level machine section. They made their way directly to the once forbidden Olympic lifting area.

Only true bodybuilders and weightlifters ventured here and as they dropped their bags at an open station, the parties to the left and the right took note of the Alpha Females who had just arrived on the scene. Brian noticed that Hannah's water bottle had fallen as her bag dropped to close to it, and he quickly stood it upright and quickly wiped up the small amount of spilled liquid.

Brian was so cute Hannah thought. Sure, he was much smaller and weaker than her now, but she didn't care, she loved the look of his lean body in his high-school soccer uniform and even though they were now graduates, she knew she was going to ask him to wear it all the time anyway. She leaned in and gave him a quick pec, thanking him for being so attentive to her needs. And he was in heaven, Hannah's thick, strong muscles had somehow become insanely attractive to him recently and he never wanted to let them out of his sight.

Brian ogled every movement, every motion of Hannah's finely developed muscles. Just a simple twitch of her hand, causing her muscular forearms to flex sent shockwaves of visual pleasure through Brian! He couldn't wait to see her biceps, pecs, back muscles and quads flex as she moved through their upcoming deadlift workout.

The small jean shorts hugged Hannah's bulging glutes nicely and the rounded, rock-hard shape of her ass was almost causing the material to split as she began a quick warm-up set. As she bent over, Hannah's hamstrings exploded out of the back of her legs and formed a large Deep V-Shape as the major three muscle groups making up her hamstrings all flexed in unison. They then grouped into one, well rounded, curvaceous, luscious, large bulging muscle as she stood upright, holding the barbell in her hands.

She continued to easily rep out her 15-count warmup with 135 pounds on the bar and what would have been nearly impossible for her to lift one time just a few months ago, now felt light

as a feather. The workouts, diet and little yellow pill were turning her into a beast and Hannah wanted more and more and more of it.

Brian did too and he was quick to compliment Hannah as she finished her first warm-up set. He walked over with her water bottle and offered her a drink as she stepped back to allow Ramona to complete her warm up set. Brian then gave Hannah a side hug, greatly enjoying the feel of her warm, heavy, hard, moist, shiny black swimsuit covered torso in his grasp.

Hannah looked at their reflection in the gym mirror in front of them and had to smile. She was now with the crush from her junior high and high-school days and although he looked mostly the same, cute, lean, tan, athletic...she was now so heavily muscled she looked twice his size. Her muscular frame wouldn't even fit in his soccer jersey and her quads would probably burst the seams of his cute little shorts.

Hannah looked over at Ramona and asked, "225?"

"Yep. I'm down for another warm up set if you are." Ramona answered back.

"Cool." Hannah replied as she grabbed a 45 pound plate off the side of the rack in front of them. It was probably four feet off the ground and Brian was impressed by the sheer size of her flexing, rock-hard bicep as she seemed to easily grasp the plate with her forceful grip and bring it down to the bar in front of her.

He watched intently as she bent over to push the 45 pound plate next to the other. There is just nothing in this world more attractive than a muscle-bound, strong, thick set of glutes on a woman, supported by huge, developed, powerful thighs and broad, meaty calves. It is the epitome of sexual attractiveness and Brian was drooling at the sight of his lover and her authoritative frame.

She then turned to him and asked, "Hey Brian, do you mind putting a plate on the other side since Ramona's obviously more interested in texting someone right now instead of helping out?"

"Oh...ya...Sure Hannah, of course." He answered rapidly, stoked that she was having him help out.

Brian reached up, grabbed the plate with one hand and slid it off the support post. He knew it would probably seem really heavy to him, but since he had only spent time in the machine section of the gym, he wasn't prepared for the actual concentrated weight of a 45 pound plate.

WHAM!

The plate dropped faster than he could react and hit the floor with a loud THUD.

Hannah looked over quickly, relieved that it hadn't landed on his toes and broken his foot. He smiled in embarrassment and reached down to pick it up. But the plate was hard to get a grip

on and he was struggling to grasp the roundness of it with his weak hands. Hannah walked over, gripped the plate with her strong fingers and quickly lifted it off the ground, sliding it onto the bar. She gave Brian a wink and a pat on his ass and walked to the front of the bar to begin another set of deadlifts.

Every motion of her robust being was proving more and more alluring to Brian and he couldn't wait to have his body in her capable, potent grasp later that day.

But right before she lifted the 225 pound bar, she looked over to Brian with her starry, gorgeous, athletic gaze. "Hey Bri...come her and try a couple reps. You're in good shape, you should be able to handle this."

"Huh?" He uttered back, "Um, I don't know. I mean, we never really did deadlifts for soccer. Just running and drills basically."

"Oh, it's easy Brian. Besides, I'll coach your form and this isn't too heavy anyway. Come here." She said in a coach's tone.

Staring at the heavy weight, Brian walked over in his soccer uni, stood properly in front of the bar and waited for her instruction. Hannah placed her palm on his lower back, put the other under his chest and then instructed him to squat, keeping his back tight and chest out.

With his form in the correct position and his hands in an over and under grip upon the bar, Hannah said, "Lift."

With maximum effort, and a look of tremendous strain on his face Brian attempted the lift. With his arms and shoulders flexed, and his legs kind of trembling, the bar didn't even make it an inch off the ground. He tried and tried...but there was no way he was standing up with that much weight on the bar.

"Holy Shit that's Heavy!" Brian exclaimed.

"Hmm." Hannah said. Convinced he just wasn't trying hard enough.

"Let me position you again Brian. Something must be wrong." Hannah replied.

She knew she was stronger than Brian, but certainly thought a former high-school soccer stud would be able to lift a weight as light as this...at least for a few reps. Hannah again positioned Brian in front of the bar. But this time she mentioned for him to take in a deep breath, tighten his ripped abs, and then try the lift.

Brian gripped the bar forcefully, took in the breath, flexed his abs and began. Somehow she was right. Hannah's advice seemed to work and the bar was coming off the ground. First a couple inches, then a few more, and eventually he lifted it almost to knee height. But that unfortunately was it. Hannah yelled out encouragement and even Ramona now joined in. But

it wasn't enough. Brian's arms and legs began to shake, his grip weakened in a matter of a few seconds, the bar slipped from his hands and dropped back to the ground.

An immediate oxygen depletion made him light headed from the effort and Hannah watched as his eyes kind of rolled back in his head as he stood up. She saw what was about to happen and quickly grabbed his lean body in her arms as he passed out and lost all body control.

"Brian! Brian! Brian!" Hannah yelled as the unconscious boy hung lifeless in her grasp.

It seemed like an eternity, but a few seconds later, Hannah and Ramona could see signs of his eyes fluttering and a bit of life back in his legs. He kind of shook his head like he was waking up from a deep sleep and a few seconds later he was opening his eyes to the sight of the beautiful Hannah, her face just inches away.

"Wow you're beautiful." Brian said kind of half sleepy still.

"What?" Hannah asked. "Are you ok?"

"Ya...Ya...I mean. I think so Hannah...umm...what just happened?" He asked honestly as she kind of helped him stand on his own two feet.

"Umm, well Brian, you were doing deadlifts and you kind of passed out." Hannah answered sweetly, brushing his silky smooth, longish hair out of his eyes and face.

He looked down at the bar, two plates on each side for a total of 225 pounds and said, "Oh, cool...did I lift it?"

"No sport!" Ramona answered before Hannah had a chance to lie to him. "Not even close." She finished as she slapped him on his perky ass.

Hannah gave Ramona a sideways look, sending the message that yes, she was probably going to lie to him and say he did great.

"No need to boost egos around here H." Ramona said in response. "Ole Brian here is happy to have us big strong women around here to protect him anyway...not like he needs to be the muscle head in the relationship...right?" she finished and she gave Brian a wink of her own.

He kind of smiled back and it was obvious that he was smitten and highly attracted to their Alpha, sturdy, large, muscle-covered physiques.

"Is that true?" Hannah asked as she moved her face close to his, their noses almost touching. "Is it ok to have a girlfriend with much, much, much bigger muscles and a lot more strength?"

He nodded his head up and down in the affirmative and said, "Umm ha." Almost quietly.

With that, Hannah moved in to seal the admission and let her warm, moist lips meet his. She pushed in hard with her mouth and tongue, moved his hand and placed his palm on her sturdy

and impressive ass. He reveled in her presence and was immediately getting hard with her glutes in his hands and her lips upon his face.

“Ok, Ok little lovebirds. Are we here to work out or what H?” Ramona asked, knowing it was Hannah’s turn to lift.

Hannah slowly lifted her mouth from Brian’s and took a small step back, getting into serious, lifting mode again after the brief, romantic interruption. She stared at Brian lovingly for just a moment longer, than a hard look covered her face and she walked over to the bar.

Brian had completely failed to lift this weight. But to Hannah...this was not going to present a problem. She and Ramona had been working out twice a day now for months. They had been gaining muscle overnight and pounds and pounds of it every week. They were becoming one with the Olympic platform and their strength was on display in a more and more impressive fashion by the work out.

Hannah took her deadlift position over the bar. She lower her hands and grabbed it tightly. The triceps muscles exploded from the back of her arms as she extended them to full length and briefly flexed before she began. Back muscles bulged and her traps became huge. With a deep breath, Hannah hardened her buff abs and began.

Boom. Hannah stood up in a flash, making the weight look light as a feather. She then lowered the bar down, let ever so slightly tap the platform for a millisecond... then Boom. She stood to full height once more. Then, also in a slow and methodical motion, she lowered the weight to the floor and Boom up again in a burst!

Hannah then repeated the motion over and over and over again. Bang! Bang! Bang! Bang! Bang! She started letting the plates hit the wood a little harder, sending shockwaves through Brain’s bones and getting the desired, intimidation effect. He stood in awe of her incredible power and had even lost count of how many times she almost effortlessly lifted the heavy weight...a load that he couldn’t lift a single time.

But more than that, he was ogling the absolute stunning beauty of the huge muscles she possessed in motion. Her quads were billowing out and up as they were filling with blood and growing larger with every rep. Her ass was pushing the stitching of her jean shorts to the limit as the muscle beneath was begging to be free. The way her hamstrings hung like pounds and pounds of glorious flesh beneath and flexed and tied in so beautifully was a majestic sight he could have only imagined existed...let alone belonged to his girl.

“Damn Girl! Going for a record amount today?” Ramona questioned, as even she was impressed with the ferocity that Hannah was lifting with.

The 225 had been lifted at least twenty times and as Hannah lifted to make it twenty-one...

Riiiiiiip !!!

“Oh Shit!” Ramona exclaimed as the jean material and stitching could no longer contain Hannah’s amazing, growing, muscle-laden glutes.

But Hannah didn’t care. She let the material continue to fail as she hit rep after rep after rep. She was on a mission to get exponentially stronger...exponentially more muscular...she wasn’t going to let a little clothing mishap slow her progress.

Bang! Bang! Bang! Bang! Bang!

“Thirty!” Hannah said loudly as she let the weight crash to the platform while turning towards Brian and Ramona.

Hannah knew Brian had become addicted to her muscles, her strength, her superiority and her Alpha pheromones! Knowing this turned Hannah on too and she was basking in the aurora she was creating. She looked down at her torn jean shorts. Hannah grabbed the material with her capable, firm hands and began ripping them even more. A little on the left, a little on the right. Her forearms flexed massively for Brian and he lusted for the muscular beast tearing her own shorts to shreds.

Once done, the lower portion of her shiny black swimsuit was clearly visible underneath and she was the absolute picture of Bad-Ass perfection. Brian couldn’t help himself and he took two large strides forward and grasped the pumped up muscle-monster he’d fallen for. He felt the heaving chest and back as Hannah breathed deeply, recovering from the strenuous effort she had just put out.

Hannah again looked in the mirror at the two. Even larger now, her muscles at maximum size, she held out a left arm and hit a biceps flex. The ball of muscle became huge, rounded and solid in an instant and she got moist just looking at the presence she expressed! Even Ramona was uncontrollably drawn to Hannah now and she too leaned in and grasped around Hannah, enjoying her ridiculous physique and sucking in the effervescence of Hannah!

With lustful thoughts on their minds, they knew it would be hard, but the girls decided to complete the day’s lower body workout. They eventually got up to over 400 pounds on the bar and completed several reps with that before moving on to squats.

By now it was absolutely stupid how big and meaty Hannah’s quads were looking. With all of her pump supplement in effect, it seemed like her legs were bigger than Brian’s waist. And as they were going to do the squats, Hannah had a better idea. She walked over to Brian, squatted down, reached out her arms and took his body across her back.

With his body sideways and his head looking forward, Hannah met her eyes with his in the mirror and a smile crossed her face. Now staring at each other, Hannah started her set. His 150ish pound weight was nothing to her though, and she knew this would simply be a high rep set.

She squatted and squatted for more reps than Brian could have dreamed for. She was so strong, so mighty, how had he become so lucky? She loved the look of his lean physique up on her shoulders and loved the feeling of being able to lift and control her lover so effortlessly. It made her feel warm and tingly inside. She was definitely going to have to do more of this with him she knew!

He loved it too and the feeling of her arms as he grabbed on to them for security gave him chills. Could her arms eventually be bigger than his legs? Could he possibly be even half as strong as her or was that already in the past? Would she be three, four, five...ten times as superior in strength? God he hoped so. It made him as turned on as humanly possible and Brian was imagining caressing and kissing her gorgeous muscles all night long.

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After Hannah and even Ramona finally finished using Brian as a human barbell for fun, the girls eventually finished their workout. Their muscles were massively pumped up to the point that their skin felt as tight as it had ever felt in their lives. The newly, blood enriched size was bursting through their clothes and they walked to the girls room for a quick clean up.

Hannah figured Brian would wait patiently for them, but Ramona had other ideas. She draped a towel over his head and waltzed him right into the ladies locker room with them. She then quickly shuffled him into the shower at the far end and pushed him behind the frosted glass, concealing his identity from any nosey gym girls.

Hannah could not get undressed fast enough and she was hotter than hot for another session with Brian. She kicked off her workout shoes, threw her tattered jean shorts on the ground, pulled off her shiny black, one-piece swimsuit and bolted for the far shower.

Brian had already undressed as well and the warm water was already steaming up the large shower enclosure. Now the physique differences really became evident. The long, hard workout had made Hannah's legs explode in size and as she grasped Brian for a loving, passion filled kiss, her expanded thighs were pushing hard against his more feeble legs.

He was kissing a muscle-covered, herculean girl and his erection was quickly growing to full length. It bumped into her lower abs and Hannah wanted to have him inside her immediately. In a position that only the strongest of the strong could pull off, Hannah turned away from Brian, leaned her upper body down and extended her muscular arms, laying her palms on the ground. Then, in a quick motion, she kipped her legs up and out, grasping Brian's body between them, wrapping him up like her pray.

But he was now behind her, his cock jamming into her glutes as he stared down at the mountainous back of hers, covered by mounds of protruding muscle. So he was standing, while her upper body pointed away and down from him as her legs wrapped his waist, thus supporting her lower half, while her extended arms to the ground supported her upper body. It was a wheelbarrow type look and Hannah said quickly, "Let's go Brian...give it to me."

Even the strong Hannah couldn't support this position all day and Brian quickly reached down and placed his rod inside her. The tip slipped past her tight pussy lips and the hotness inside her was like a furnace. Apparently the internal body heat from the workout had not yet been extinguished and his dick was actually on fire as he fucked her.

Brian pushed and pulled hard, trying to move inside such a strong pussy was difficult and it felt like she had muscle control even down there and was able to grasp his rod and control his pulsating movements. As she did that, Hannah also found she could kind of relax her thighs around his torso and then squeeze her monstrous quad muscles tightly, jamming him deeper inside her.

As she discovered this method of authority, she basically began using Brian's body and cock as he own sex toy. In fact, after a minute or two, Brian no longer could thrust or retract his hips at all. They were completely overpowered by Hannah's strong quad thrusts and he was being jammed in and out of her repeatedly.

Flex, relax, flex, relax, flex, relax, Hannah did again and again as she forced Brian's rod deep within her before moving him back and almost out of her at will. Brian simply placed his palms on her gloriously muscled glutes and enjoyed the ride as her super tight lips and vagina squeezed tightly upon his love pole.

His palms slid over her soaking wet backside and he ogled the totally flexed shoulder blade muscles as Hannah somehow was supporting her entire upper body with her arms during the whole process. He could only dream of how many pushups this gorgeous girl could do...but figured it had to be in the hundreds!!!

In and out, in and out Hannah forced him. And as she did, a Zen like feeling overcame him and he was able to squint his eyes with pleasure while feeling the ultimate sensations of satisfaction upon his cock. The warm, hot, wet, grasping feeling upon his tip and shaft was beyond description. This girl was an absolute magician with his shaft and tip and no imagination in the world could have come up with a proper way to communicate this sensation.

She played with him for several more, pleasure filled minutes and now, even Hannah was starting to have bolts of joy blast through her body. It excited her greatly and she began thrusting Brian harder and harder. His groin was blasting into her heavily muscled ass and his cock was plunging deeper and deeper inside her. Harder...faster...deeper, he went over and over again. And finally, when he wasn't even sure he could stand up much longer...the tingling throughout his entire body became too great for him to hold back. With a final squeeze from Hannah's gargantuan quads and tight pussy, he exploded.

Hannah felt the warm, salty liquid roar inside of her and she too released her hot juices. They mixed with his and Brian's elongated rod and her clit were being drown in a messy mixture that the two lovers had created. She pulled him in and pushed him out over and over in a slow, rhythmic motion as the two exhausted their supply and eventually came to a stop.

Tired from the workout and the amazing sex, Hannah released her meaty thighs from Brian's thin torso and sat on the ground at the base of the shower...letting the hot water drench her tired and muscular physique. Brian moved down beside her, wrapping his arm around her towering traps and rounded, wide shoulders, resting his head against hers as she leaned her head back against the tile wall, enjoying his touch.

The hot water created a nice, steamy haze for the two to relax in. But just moments later, they felt the cool whisp of air as the shower enclosure door was opened. Both looked up quickly to see the tall, towering, muscular, buck naked Ramona.

She looked gloriously muscled and her body was certainly packing mass on par with Hannah, if not a little more so.

"Hey guys, I hope you're not too tired...because I'm here to party with both of you now...so pony up and get ready for some fun...cause Ramona's here to make you happy!!!" she finished with a smile as she stepped inside the steamy space and slowly closed the door behind....