

## Muscles in the Fam – part 30

Liberation from the burden.

Claire finally got released after providing her statement of the events and then enduring a bit of a prolonged wait. She was elated to walk out of the precinct to see Ethan and Elena waiting anxiously for her. Unlike Elena, Claire's eyes were dry as a bone and a newfound contentment had come over her. She had been constantly burdened by the battle with her brother and trying to appease her mom by trying to get along with him.

This frustration by her brother being jealous about her grades, about her athleticism, about her height and good looks was exhausting. But she didn't have to worry about that anymore. She was done with him. From this moment forward she had no brother. Travis was gone and permanently out of her life. The hope and utter frustration in thinking he might mature and become a good brother, like Ethan was to Elena, was never going to happen and now she no longer had to worry about it.

Claire didn't have to think and lament about how she might convince her mom that he was bad and she was good. For all Claire cared, her mom could always take Travis's side now because she was done caring about him. If her mom still wanted to be part of her life, great...but otherwise, forget him!

Elena leapt into Claire's arms first. Tears streamed down her face again as she was devastated at the wrong Travis had done to her. But as she gushed and gushed upon her cousin, Claire remained stoic. Sure, she was happy to feel the warm, loving embrace of her best friend, but she didn't really need the overwhelming comfort.

"There, there girl. I'm OK. You don't have to be so emotional right now." Claire tried to console Elena.

"Oh I just can't stand that fucking jerk. I don't care what it takes, but I'm going to get back at the egotistical asshole if it's the last thing I do." Elena responded angrily while also trying to wipe the wet cheeks she now wore.

Claire just hugged her back with all of her strength and then released her grip on the muscular younger girl and set Elena back to her feet, wanting to feel the loving arms of Ethan too.

He quickly approached and the smile on her face was warm and genuine, but the calm and relaxed demeanor and look in her eyes was unexpected. Ethan thought he would need to be the force of reason and a solid foundation to help calm down his lover who he was sure would be hell-bent on revenge. But that wasn't the vibe he was receiving at all.

Their warm lips touched and he was thankful to have the taste of such an amazing and gorgeous girl. Her hair hung down upon his head as she squeezed him tightly with her large biceps and

powerful forearms. She pulled him against her torso so tightly that he could feel her pec muscles move and flex hard as rocks as she moved her head in a loving and passionate motion. Claire was enjoying the tasty treat that she had been waiting for since the minute she got arrested and his flavor was better than ever.

The more Claire was around her cute and athletic cousin, the more she realized just how much she loved him. Of course, he was here waiting to greet her when she got released. There was never a question and she assumed there never would be. She was going to reward his loyalty tonight and she couldn't wait to wrap her long, buff quads around his hot runner's body and let him feel and enjoy the huge muscles and unbelievable power they contained.

Ethan had been asking her to show him more and more of her strength and to put him in precarious positions. She was hesitant to do it at first, thinking her superior strength might eventually turn him off or scare him or make him feel inferior in some way. She was used to growing up with a brother like Travis where that is exactly what would happen. But Ethan was different. He was self-assured and confident. He reveled in her growth in both size and strength and he wanted her to express herself in every way when they made love.

Their tongues intertwined for several moments more. The connection was undeniable and the crush for Ethan that Claire had possessed and matured over the many years had become full blown, insatiable, undying love for this man that she was now lucky enough to have. And his curiosity in Claire's growing and obvious attraction to him had developed exponentially for him and there was now no doubt in the world that he wanted to spend every spare moment of the rest of his life with her.

"Hmph Hmm! Hmph Hmm!" they both heard from the side.

"Ok you two...we should probably get out of this damn police station don't you think?" Elena uttered as she had let the two lovebirds make out long enough.

They both kissed a moment longer and Ethan couldn't help but wrap his hands around Claire's gorgeously muscled biceps a bit more, before finally relaxing his grasp and disengaging from her wonderful lips. Claire did soften her grasp around Ethan's torso and with that release, he was able to take a small step backwards and the three were all now separated and ready to leave. Ethan stood in the middle, placed his arms upon each of their solid-as-a-statue like shoulders and walked out with them and off to the car.

Hard to believe the events that had transpired that day, Elena, Ethan and Claire drove home. But more than anything, Elena was beyond curious of the way they were going to get back at Trav. "What can we do to get back at him?" she had to ask.

"Don't worry about it E." Claire answered.

“What do you mean, *Don't worry about it?* He did this. He called the cops on his own sister. We can't let this go...I won't let this go. That prick has to pay for this betrayal!” Elena said back sharply.

“No E. I'm serious. He did me a favor.” Claire answered back. “My whole life has been a complete battle of trying to make him like me, or at least get along with me. A consistent battle with my mom regarding him and who was right or who was wrong. And a constant frustration in that no matter what the circumstances, she always took his side. But I'm done with him now. His act today sealed it and released me from that burden. I will never care what he does, says or thinks about me. Travis is essentially dead to me now and I feel more free than I've ever felt in my life. If my mom ever wants to be back in my life, she can be, but I will never let Travis control her against me, cause I'm so done with him and will be much better off for it. I'm content with having you two around me to love and support me.”

“Oh Claire, we love you too. More than ever! I'll always support you.” Elena responded honestly and she leaned up from the back seat, wrapped her arms around her thickly muscled cousin and pressed her head against the back of Claire's silky mane.

Claire kind of reached up to her chest and grasped hands with her loving cousin.

“But still.” Elena had to add. “We need to get back somehow. What he did to you was just unforgivable!”

“Well, I know a way Elena.” Claire sparked her cousin's curiosity.

“What, what...anything Claire...just ask and I'll do it.” Elena said back.

“Sure. The best way to get back at that asshole, is to come into that show, so big, so muscular, and so defined, that we make him look like an absolute beginner amongst seasoned pros. To do so well in the contest and be so sought after by whatever sponsors are there, that he will undoubtedly run away in embarrassment at how much better bodybuilders we are than him!” Claire told her two cousins.

“Well, I don't know Claire. I mean, we may place a bit higher obviously because of the fact we have a year and a half jump start on him...but we've been working pretty hard. How can we be so perfectly muscled and defined and bring pro-level physiques to the stage?” Elena responded.

“Because Elena, we've been working out like amateurs. Sure, we're at the gym twice a day...but we can perfect our supplement intakes, time our meal like clock-work, work out more intensely and sleep more intensely too. We can make all of that happen more professionally...we just may need help from someone willing to do most of our meal prep while we workout or sleep. Someone who will massage our growing muscles on a daily basis and get them ready for the next workout! We just need to find someone who can be our personal chef, masseuse and support team!” Claire pondered.

“Ha Ha Ha!” Ethan finally injected himself into the conversation. “Hmm...I wonder whoever you might mean?”

“Oh my God, Please Ethan! Please!!!” Elena begged her hot older brother.

“Ya Ethan...It would mean the world to us and we’ll make it more than worth your wild!” Claire also added.

“Oh Christ girls. Of course, I’ll do whatever it takes to help you meet and exceed your bodybuilding goals. You already know I can’t take my eyes off your unbelievable legs and biceps Claire. You already know I’m frickin’ in love with your insane pecs and ass Elena. If you need my help to make them bigger, make them stronger and put professional level physiques up on that stage...I’m In!”

“I love you, I love you, I love you!” Elena yelled as she began to shower his cheek with kisses while he drove.

“Me to Eth, me too.” Claire also added as she reached over and grabbed his thigh with her strong, heavy grip.

Ethan smiled inside the whole way home. His muscle obsession had done nothing but grow and grow and grow. The fact that the girls were now even more focused than they were before almost seemed impossible he would have thought. But obviously he didn’t know how much more intensely they could train. Only they knew if they had been putting every last ounce of effort into ever single rep, every single set.

He assumed that the highest level pro bodybuilders did nothing other than eat, drink and sleep bodybuilding. But Claire and Elena had often given themselves time for fun. Time for days at Castle Land. Enjoyable nights of dinner and a movie and fun times hanging around the house and playing games or swimming in the pool. Maybe eliminating all of that could result in next level gains. It would take tremendous effort and focus by the girls...but if they were up for giving the next seven months that kind of dedication, he wanted to help them every step of the way...and he was more than excited to be able to massage their growing muscles on a daily basis anyway!

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As they arrived home, Claire’s phone began to ring. It read “Mom” and Claire contemplated not answering it. But as the loud noise and vibrating continued, she gave in and gave a quick response, “Hi mom.”

“Honey. Are you Ok?” her mom asked, knowing the story from Travis and probably encouraging him to go thru with the whole thing anyway.

“Yes mom. I’ll be alright, thanks for asking. What’s up?” Claire answered.

“Well dear. I know you didn’t mean to do what you did. It’s certainly all those drugs Travis said you were taking and I know it’s not the real you who struck him earlier today. (Claire rolled her eyes as she listened to her mom rattle on...) Anyway, I had a long chat with your brother about today’s events, and I have good news. He’s willing to drop all charges if you agree to quit the gym.” Her mom let her know.

“Sure mom. Tell him to drop all the charges and I’ll quit Golds.” Claire answered her mom so quickly there was shock and surprise on the other end of the phone and her mom took a moment to respond.

“Wait. What? I mean, um, ok. That’s great. Sure...good choice Claire, I’ll tell him to drop them immediately. I’m so glad you’ve finally come around and I wanted to invite...”

CLICK

Claire didn’t even wait to hear her mom’s invitation. It was obvious to Claire now that this whole “charges”, thing was their convoluted plan to get their way and have her quit lifting weights. The two were thick as thieves and Claire knew that she had to cut them both off immediately for her own mental well-being.

“But Claire...how are we supposed to be the Pro level bodybuilders without going to the gym?” Elena lamented quickly.

“We’ll do it old school style Elena. We’ve got a ton of equipment in the basement already and it might not be as fancy...but we can get it done! And now that I think of it, we don’t have to waste time driving to and from Golds. On top of that, we don’t ever have to amend our workout schedule to avoid Travis like we’ve been doing in the past.” Claire explained.

“All in all...this is probably the motivation and situation we’ve needed all along. C’mon E...let’s go kick some ass!” she finished as they arrived back home and rushed inside.

Ethan sat in the car a few moments more. He was in seventh heaven right now. Claire now depended on him more than ever before and she trusted him to the absolute max. She was going to be home all day every day from now till at least the bodybuilding competition and he was motivated by her attitude and strong will...he was just falling for this girl more and more by the second.

The girls were scurrying around for their workout outfits by the time Ethan started making his way upstairs. It was like every second between now and the bodybuilding show was of utmost importance and even getting ready took on a new level of intensity.

Elena shot out of the room first and didn’t seem to have time for her usual games. She burst into the hallway and wrapped her huge meat-hooks around her older brother and immediately locked lips with him and jammed her tongue down his throat. He felt the sensational power she contained as she pushed him back forcefully against the wall and he was helpless to move as

this powerful beast manhandled him. The warm skin of her bulging arms felt amazing against his thin limbs.

Of course he was becoming addicted to this kind of play and having his sister prove to him how much stronger she was all the time. He tried to wrestle his arms out from between his sides and her biceps but it was no use. She just gripped a little harder and kind of chuckled under her breath at his feeble attempt to escape her grasp as she continued kissing him deeply.

She then quickly released him, gave him a wink and sauntered towards the stairs leading down. He couldn't help but stare at her widening shoulders and back muscles. They seemed so massive for someone that age...or any age really. But he loved the V-shape she was developing and the fact that her torso now grew so majestically into her protruding glutes made it even better. She must have sensed his ogling stare, turned, slapped her massively muscled ass forcefully and said "I'm already looking forward to that massage later E."

He smiled...knowing he had been caught but didn't care. Elena celebrated the fact that her brother and crush often stared at her growing muscles and body. She wished she could be Claire and experience the ultimate satisfaction from him. But for now, she knew she had to just put on as much muscle as possible, to become as strong as possible, and to continue to flaunt her meaty physique and assets for him as much as she could and at every opportunity. The fact that he was going to be giving her a daily massage was going to be an extra benefit from Claire's new aggressive training regimen for them and she was thrilled that Ethan was so eager to take part in it all!

Within a few seconds Claire came rushing out of the bedroom. And Ethan was ready and waiting for a big kiss from her and hopefully a nice squeeze. But Claire had other plans. Wearing one of his cut up track shirts...which left almost nothing to the imagination and completely exposed her muscular oblique's from the side and even some major side pec action, she got face to face very quickly. He peered down at the upper half of her muscular chest that was also clearly visible in this cut up shirt before then looking upward, noticing her thickly muscled and vein covered neck...and then finally to his love and her wanting eyes.

She was just the picture of perfection to him now and any improvement in muscle size was essentially icing on the cake! Icing that he very much wanted to enjoy.

Claire grabbed Ethan's hand and quickly led him the few paces down the hall to his room. She shut the door behind them and said..."I gotta make this quick babe."

As she slowly got down on her knees, she grabbed the waistband on his track pants and slid them down to his ankles. His cock was already rock hard from his encounter with Elena and he was getting harder by the second. He looked down in to the peering pupils of his beautiful cousin. She stared up at him with the puppy dog eyes that made his heart melt.

"I just want you to know." She started as she began to slowly stroke his penis with her strong hands. "I just want you to know how much I owe you...for everything Ethan. Without you, I

wouldn't be here, I wouldn't have gotten started and I wouldn't have the motivation to push so hard through all my personal and family troubles. You're my rock Ethan...and I just want you to know that every step of this journey I'm on is with you...because of you..."

"I...I...umm...you're welcome Claire." Ethan said...actually not knowing how to respond. "I mean...umm I love you and ya...I'll support you forever...whatever you need..." he barely got out before Claire opened wide and moved her moist lips over his now throbbing cock!

With that, he leaned back against the wall and looked down upon his gorgeous cousin. The silky hair that covered her head was pulled back into a pony tail. It kept it out of the way and Ethan was guessing that she already had this planned. He then moved his hands down and couldn't help but place his palms upon her thundering shoulders. They looked even wider, even more rounded and even more like herculean shoulder pads of muscle from this view.

In addition, the traps that were built up on top of them seemed like they were three inches tall and about that thick. Oh how she had put on so much meaty muscle since that first little quad flex show she had given him two Christmas's ago. He would have never believed that she could become this muscular, this massive and this powerful in such a short time. He also would have never believed that he would have so eagerly broken up with his longtime girlfriend to chase a relationship with his muscle-laden cousin!

His hands looked so small upon the slabs of muscle growths to each side of Claire's thick neck. And Ethan was not only enamored by how muscle-bound they were becoming...he pictured them getting even bigger! He knew his shoulders were but a small fraction of hers and it made his cock almost explode out of its skin at the thought of that. Claire was also plunging her head up and down upon it continually so that helped too.

With his continual exploring and massaging of his cousin's rock-hard upper body, Ethan leaned his head back and felt the firm, rapidly flickering motion of her tongue upon the bottom of his dick. There is that magical spot that is essentially the male g-spot and Claire knew right where his was. She tightened her wet, supple lips upon his rod. The additional sensation started to send pulses of pleasure through his love rod and body! Claire was so good at sucking his cock, she knew she could make him explode at any moment of time.

Ethan enjoyed her amazing blow-jobs and Claire was doing everything she could to give him maximum gratification quickly. And to add to the experience, Claire again had to let him feel her forcefulness. She reached her hands down and firmly grasped his tight, fit runner's legs in her substantial, strong grip. Ethan felt the tremendous pressure of her arm strength as she squeezed his legs together as tightly as they had ever been compressed in his life.

It was on the verge of painful, but the overwhelming joy and elation he was feeling from Claire's tight, wet mouth stroking him rigorously outweighed any of that. And as he felt the two different sensations going on at the same time...he now felt a third.

Claire had gotten herself into a squat position during the erotic session and with Ethan's back against the wall, he started to feel the wall moving behind him. But of course, the wall wasn't lowering. In an insane show of unbelievable strength, Claire was simultaneously giving him a blow job while also sliding him up the wall and lifting his feet several inches off the ground.

He couldn't believe how fucking strong this woman was but she had just lifted his entire body up and his head was now almost hitting the ceiling! His bodybuilding cousin now stood fully upright in front and beneath him. Her heavy chest kind of leaned hard into his thighs and the force of her protruding chest and body kept him nicely pinned in position. All the while, Claire never missed a stroke.

Her tongue and lips were now working in overdrive and her neck was forcefully thrusting her head and mouth down upon his cock over and over and over again. The sensations from her playful mouth, the force against his legs and the thought that she had so easily lifted his entire body sent Ethan into an uncontrollable state. With the pressure in his tip mounting, and the tingling sensations becoming greater and greater, Ethan could last no longer.

With jolts of pleasure pulsating through him, Ethan finally relents and let the event happen. In a millisecond, he blasted a massive burst of his cum into his female bodybuilder cousin's mouth. Her jaw and throat muscles worked overtime and flexed with each successive swallow.

Claire wanted every drop and she continued to push her mouth forward onto his thick rod as she continued to lean her massive, muscular chest into him...keeping him firmly affixed to the wall, his feet still several feet off the ground. She was becoming more and more accustomed to showing him her true strength and she loved that he found it so attractive and a huge turn-on. Claire was as attracted to his own self confidence as she was his cute face and athletic body.

She worked his cock to completion and was sure to squeeze her lips hard on the up stroke of her blow job to help move the last amounts of his white love juice out the tip and into her waiting warm mouth. It was delicious to her and the many years of wanting him so badly had turned into a fairy tale reality.

But Claire eventually felt Ethan's body go completely relaxed and he let out a long, deep, contented and satisfied sigh!

With that, Claire slowly released the pressure her hands and chest were applying to Ethan's fit, thin runners' legs. She then lowered him to the ground and back on his feet. The two were eye to eye and the spark between them was absolutely undeniable. Ethan wrapped his thin arms around Claire's thickly muscled torso, squeezed her as tightly as he could and moved his lips to hers, experiencing the Zen-like hypnotic, erotically satisfied feelings that Claire had provided him coursing through his veins.

Ethan never even imagined he could be so physically and mentally fulfilled at the same time and the pleasures only seemed to be growing. And Claire knew she was providing Ethan this



ultimate level of gratification. It made her feel just as good to be able to provide her cousin this ultimate level of heightened elation and she planned on providing it for him daily.

They finished with a long, loving kiss, before Claire finally gave him a powerful, muscle-laden, full body hug and then winked as she sauntered out of Ethan's room and down to the basement to meet Elena for a seriously intense workout!