

Muscles in the Family – part 29

The turning point.

The girls had been training twice a day and eating like horses over the past many weeks. They were trying to add every last pound of muscle they could before having to start dieting down a bit when they eventually got 12 weeks out from the November show. It was paying off and both Elena and Claire were gaining muscle like crazy. Even as big as they thought they were a month earlier when they were crushing the punching bag and killing golf balls with Ethan at Castle Land, and each had put on at least 15 pounds of solid muscle since then.

Elena rushed out of the car and into the Nutrition Shop. Although they purchased most of the supplements they needed at the Golds Gym, for some of the vegetable and egg extracts the girls had been taking, they needed to go to the Hard Gainers nutrition shop. It had come suggested by a few of the gym members Claire and Elena had met, but it also came with a bit of a bad reputation. They had found out through the grapevine that it was the place to go for those gym goers who had decided they needed some extra help with anabolic steroids.

Elena bee-bopped around the shop, loving every sup she passed as this had now become like a candy store to a child for her and Claire. As she became more and more comfortable with her growing, muscular body, she tended to wear less and less no matter what the weather or occasion. She spent so much time around Ethan that she always wanted to look her best for her unbelievably hot brother. She knew he loved her muscles more than anything and she was sure to constantly send him selfies of her looking buff and typically flexing.

Her height was still growing and now at 5'6" tall, she was no longer a shorty and was really hoping to grow a couple more inches over the next year and get tall like Ethan and Claire. But for now, she'd just settle for her long gorgeous hair and growing, muscular body. Never wanting to miss an opportunity to show off for Ethan, Elena placed her phone on product stand, aimed it at herself and struck a pose.

She grabbed a big bottle of Pre-Workout Pump powder and tipped it up like she was downing the whole container of it. As she struck that pose from the side, she flexed her traps and shoulders immensely while also flexing her right biceps as it held the container high above her luscious, moist lips.

Her biceps exploded in size. It measure over 15" now and was massive, with a separation in the upper head of the biceps that had a tall, rounded hump, full of power. Her forearm was ridiculously big as well and she was one of those genetic freaks that had a forearm almost as big as he biceps. It measured almost 14" and it was clear that she had a gift that made her perfect for bodybuilding. Her shoulder also burst outward in mass as she flexed it and it was obvious to even the untrained and unappreciative eye, that Elena was a full-fledged bodybuilder.

Her long, gorgeous hair ran down the length of her muscular back and tickled the top hump of her gigantic glutes. They were so well rounded and protruded out so far, you could probably use the top of her ass as a drink table! Elena was now almost 165 pounds of well-trained muscle and her strength was probably greater than 99% of the guys at school. Wearing just a small white workout bra and some very tight and tiny, light-blue workout shorts, Elena was always showing a lot of tanned, muscular skin.

Knowing that Claire was out in the car waiting for her, she took a couple more selfies and then had to send a short video of her quads. Ethan was a sucker for her herculean sized quads and she seemed to always get the most views from him on her SNAPS when she flexed and relaxed her massive leg muscles over and over again. That hot leg action tended to mesmerized Ethan and put him in a lustful, loving trance. Boom! Relax...Bam! Relax...Bang! Relax...Elena did several times before stopping the video and sending her brother the SNAP.

The photo shoot now over, Elena grabbed their veggie and egg sups and headed to the counter. She waited a couple of minutes but no one was around. She looked for a little bell on the counter but couldn't spot one. Wanting to hurry out of there, she noted the small door behind the counter that led to the back of the shop. Slowly, she kind of walked around the counter, poked her head through the small doorway and looked inside.

As Elena peered in, she saw the store employee handing a tall guy a baggie full of clear, liquid filled vials and another baggie full of syringes. The employee quickly noticed Elena and looked over with a surprised stare. The other guy, with his back towards her then quickly twisted his head around as well to see what the store employee was so surprised about.

"Hey!" He shouted with a violent sounding intent.

Elena quickly pulled her head back and started running for the front door of the store. But as she reached the door, she heard it automatically lock and sure enough, when she tried to push against it, the door was closed solid. Elena turned to face back into the store, realizing that the employee must have had a key fob or something that allowed him to lock the door via remote.

"What the fuck?" Travis yelled as he ran towards his younger cousin. "Now you're fucking spying on me huh?"

"I wasn't Travis...I swear...I was just here to pick up some sups for me and Claire." Elena shot back, startled and scared by her aggressive and pissed off older cousin Travis. Sure she was strong and muscular, but Travis was over six feet tall and obviously had been using steroids lately to help him grow in size and strength in an attempt to be better than his younger sister Claire.

Filled with roid rage and trying to be as intimidating as possible, Travis bumped hard into Elena, slamming her back against the locked front door to the store and also causing the back of her head to hit against the glass. "Bullshit Elena! I know you and Claire are jealous of my gains and

have been watching me at the gym and following my every move. I know Claire will do anything to get one over on me and I know you two are thick as thieves.”

Visibly shaking, and feeling the pain of the impact against the door Elena said back, “What are you talking about Travis. We purposely go to the gym when you aren’t there.”

Mad that he had been caught red handed with a bag full of steroids, Travis swung his hand and hit Elena’s hands forcefully...causing her supplements to go flying half way across the store. “Don’t fucking tell anyone about these!” Travis ordered his younger and startled cousin.

Just wanting to escape the rage filled Travis, Elena said, “I won’t Travis...I won’t...I swear!”

She then looked at the store employee and said in her shaken and panicked voice, “Let me out...Let me out...Let me out!”

The employee kind of looked at Travis and gave him a stare that signaled they better let her out since she knew him and they couldn’t risk holding her there much longer against her will. It took a moment or two, but eventually he gave a head nod to the shop employee. Now, as the employee unlocked the door with his remote, Travis said again. “Not a fucking sole Elena...not a word.”

“Ok...Ok!” she said back as she now turned and swung open the door rushing back to the car.

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By the time she reached the car, Elena was red faced and streaming tears from the fear she just dealt with inside.

“What’s the matter E...what happened?” Claire demanded to know as her cousin closed the car door, crying loudly and breathing heavily.

“Nothing Claire...nothing, let’s just go!” Elena answered, trying not to tell her who she just ran into inside the shop.

“Absolutely not!” Claire told her younger cousin. She saw that her best friend in the world had just been wronged and scared and she wasn’t about to let that go unrectified.

“Now take a deep breath E. Just let me know what happened. I need to know right now E...you can trust me to do the right thing....so just take a moment and tell me what happened.” Claire instructed.

Elena remained silent, and kind of started wiping away the tears.

Claire leaned over and wrapped her large arms around Elena’s muscular shoulders. She couldn’t stand to see her cousin crying and desperately wanted to help comfort her. But at the same time, she was seething inside. She needed to know what happened to Elena and who did it. It took a bit longer, but finally, Elena calmed down enough to talk.

“Well...I, I just don’t want to say because he made me swear not to say anything.” Elena finally mustered the courage to say.

“Who? ...Who made you swear...tell me E...tell me...” Claire again demanded.

After a bit more hesitation...and some reservation, finally Elena said it. “It was...it was...Travis.”

With that, Claire leapt out of the car, slammed the door and rushed into the nutrition shop.

Wooosh!

She burst inside and sure enough, Travis was standing up at the counter laughing with the shop employee, acting like nothing had even happened after completely scaring and threatening his own cousin.

“What the Fuck Travis!” Claire screamed at her older brother as she rushed up towards him.

Without a thought as Claire approached to chew out her brother and find out what his fucking problem was he leaned in dropped a shoulder and pounded it into her chest. She flew to the ground from the impact and smacked hard against the shop floor. Even with all of her muscle mass and strength, not expecting to be physically assaulted left her vulnerable to the unexpected body blow from Travis.

She quickly jumped up, rage filling her eyes. The smirk on Travis’s face was like that of the devil and without even thinking she reacted. She closed her strong fist and threw it forward. Like she had done at the punching bag machine at Castle Land, Claire moved her weight forward, twisted her hips and rotated her upper torso simultaneously. She struck with incredible force and Travis’s head snapped back like it had been hit by a baseball bat.

The lights went out instantly for Travis and he dropped like a sack of potatoes to the ground completely knocked out. He dropped the bag he was holding and clear vials full of liquid began rolling across the floor. Claire looked at the store employee, expecting he might try to assault her now. But he looked at the 6’1” tall, muscular 175-pound Claire and actually took three steps back for self-preservation.

Red faced with rage and pissed, Claire looked at the clerk and asked, “What the fuck is this?”

“I don’t know? He didn’t get that here.” He lied back, knowing he could be in a lot of trouble for distributing an uncontrolled substance.

“Ya right!” Claire responded, knowing he was completely full of shit.

She looked back to the ground at Travis. He was still lying motionless on the ground after taking a punch from his sister and Claire had nothing more to say to him anyway. She kept the vial she had in her hand and waltzed out of the store, anxious to look up the liquid online to see what the fuck Travis was injecting.

Filled with a massive sense of accomplishment, having knocked out her ass hole brother with one punch, Claire hopped in the car and handed the vial to Elena.

Elena had quit sobbing and was just nervous what might happen to Claire when she went back inside the store. She was relieved that Claire had come out unscathed and asked, "What happened?"

"Oh nothing really." Claire answered back, "I just knocked that muther fucker out and grabbed some of his drugs!"

"WHAT!!!" Elena exclaimed back at her cousin.

"Yep. Turns out my ass hole brother can't take a punch." Claire said back, "Now let's go work out at the home gym today. I don't want to risk him showing up at Golds with a bunch of friends for some revenge."

Elena was entranced with her bad ass cousin and grabbed hold of Claire's arm, and rested her head happily upon her shoulder for the entire drive back. Claire was filled with warmth knowing she could easily defend herself and her cousin when needed. Even a roided up prick like Travis was apparently no match for her punch and the sense of pride went all the way to her core!

They got home and walked into the house. Ethan was upstairs trying to pull in some YouTube and TikTok money thru his video game channel. The girl's food and supplement needs were becoming really expensive by now and Ethan was definitely having to spend a lot of time making money to support them. It was worth every second though and Ethan was beyond excited to watch them putting on pounds and pounds of muscle over the summer.

He put his game on pause and rushed down to greet his girls. Ethan knew they went to the gym and figured he had a couple hours to make some money before they returned. He had already done his 14 mile run for the day, but hadn't showered yet and was wishing he had, so that the girls didn't have to smell him from a mile away.

CREEK, CREEK, CREEK, CREEK, CREEK

Ethan rushed down into the basement gym and feasted his eyes on his hot, muscle bound sister and cousin. They looked phenomenal in the small workout attire. Long thick legs, big, rounded, powerful asses and muscular torsos. Never mind the huge biceps and shoulders both girls were now sporting.

Ethan embraced his sister first to welcome her home. He didn't have to reach down as far and she didn't have to stand as tall on her tippy toes as she used to in order to meet her lips with his. They shared a deep, loving kiss as always but this time, after the events with Travis, Elena was even more smitten to be with her older brother and enjoyed gently biting his lower lip during their kiss...cause she knew he really liked it.

In addition he had been shedding pounds in prep for his marathon, Elena had actually passed him in weight. His tall, thin, 150-pound frame was a solid 15 pounds lighter than hers and was far less strong. Her forearms had now grown bigger than his biceps and her calves were damn near the size of his thighs. She loved now being physically bigger than him in weight and far superior to Ethan in strength. Ethan liked it too, so it was definitely a win, win!

Hugging his sister was like grabbing a piece of granite and he couldn't help but open his palms and caress and feel the rock hard bulges in her back. Not only had those grown larger and harder over the past month or two, but she was becoming increasingly wide as well. He felt the thickness and hardness of her lats and her wing like structures she was developing would help her greatly in her upcoming bodybuilding competition. She also loved grasping her tall, lean brother and his lips tasted delicious as always...even though he was a bit parched and sweaty from his recent long run.

Ethan then turned to greet the awaiting Claire. She had a fiery but loving look in her eyes and as she embraced her love, she actually kind of broke down a bit and shed a couple of tears. He held her as tightly as possible and tried to provide comfort for his love. It was always a pleasurable experience to grasp a hold of such a perfectly trained, muscle-bound girl, and he was enjoying this embrace as well. But obviously he had to know what was wrong and as their cheeks were next to each other, and she squeezed him ever so tightly he asked, "What's the matter babe...what's the matter?"

Now the tears really started flowing. The emotions started to come to the surface and as she realized her relationship with her own brother had truly come to an end, she was saddened by the whole thing. In a crying and broken voice, she explained how he had threatened Elena and when she had approached him to confront him about it, he blasted her to the ground. In a fit of rage and uncontrolled emotions, she had punched him as hard as she could...and to her surprise had knocked him out with that single punch.

On top of that, she grabbed a vial of liquid he had in a bag and she was sure it was some sort of steroid...which probably led to his physical and intimidating behavior. He was basically an unfriendly dick anyway...and the roids definitely put him over the edge!

Ethan began caressing her head and hair slowly as she buried her face deeper into his shoulder and let it all out. As much as she despised Travis in general, she always held out hope that they could eventually have a much better relationship. Not like Ethan and Elena, but at least a mutual respect and understanding for one another.

Elena joined in on the hug and soon wrapped her muscular arms around her two soul mates as they bonded even more tightly than they ever had.

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Ding Dong! Ding Dong!

The doorbell rang and Elena decided to be the cool one and run up to see who it is while letting Ethan and Claire spend a few more moments together.

She was gone for just a minute before she came back downstairs and said, "Claire, Claire...you better get up here. There's two cops here saying someone reported being assaulted by you earlier today."

Claire and Ethan kind of brought their heads back, looked each other in the eyes and said, "What the fuck???"

Claire threw on a baggy hoodie to hide her huge muscles from the cops...for whatever reason and Ethan held her hand and escorted her upstairs.

"Yes." Claire said as she approached the door with Ethan and came face to face with the cops.

"We do want to let you know that you have been accused of assaulting your brother at the Hard Gainers Nutrition Shop on Main Street. As of right now, he is wanting to press charges and the store employee was able to show us a brief clip of you punching your brother and subsequently knocking him to the floor. He also alleges that you stole some of his supplements and that he may wish to press charges regarding that theft as well. Would you like to make a statement?"

"Yes, I would officer." Claire went on, "I only hit him because he slammed me to the floor first. And I didn't steal supplements from him. A glass vial rolled out of his bag and I simply brought it home to see if he was taking steroids. I'm happy to give it back to you, but that's the only reason I took it." Claire defended herself.

"Can you provide that vial." The questioning officer then asked.

"Sure thing!" Claire responded while she reached into a small pocket in the side of her workout shorts and handed it to one of the officers.

As the closest officer reached out for the vial, he noticed blood on Claire's right hand. The instance had happened so fast, and emotions were running so high, Claire had never even noticed that a splattering of blood from Travis's busted nose ended up on her hand.

Having an admission of guilt on both the assault and the theft, and seeing evidence of the victims blood on her hand, the officers acted quickly, turned Claire around and slapped handcuffs on her.

He immediately said, "You have the right to remain silent. Anything you say can and will be used against you in a court of law. You have the right to an attorney. If you cannot afford a lawyer, one will be provided for you. Do you understand the rights I have just read to you?"

"What are you talking about? He hit me first...he's the one you should be arresting...what are you doing?" Claire screamed as they began leading her down the drive and to their squad car.

Elena began losing her mind and screaming in agreement with Claire. She was begging them not to arrest her but it was obviously too late. They placed Claire in the back of the car and threatened to arrest Elena as well if she didn't calm down.

Ethan was trying to calmly talk some sense into the cops, but they weren't listening to him either.

"What can we do? How can we get her out?" Ethan asked over and over again.

Aside from being aggressive and way too eager to arrest a girl who just had a small fight with her brother, they told Ethan she'd have to be booked and processed before she would be released and it would surely take several hours.

Ethan and Elena were livid and as the cops drove away with Claire, Elena was screaming and balling tears of anger and frustration.

"What a complete dick head!" Elena lamented as she sobbed while she and her brother walked back into the house. "How could he call the cops on her? He's the one who rushed me and bumped me into the shop door. Then he hit her first too. I'm going to go right over there and file charges against him!"

Ethan was emotional as well...but he knew someone had to keep a cool head. He threw on a track suit, hopped in his car and he and Elena made their way to the station to wait for Claire to get released or maybe even post bail if needed.

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At the station, Ethan and Elena sat on a bench in the waiting room. They relaxed arm in arm, Elena comforted by the warm embrace and love from her amazing brother. Ethan enjoyed the closeness too of his muscle-bound little sister as her heavy shoulder and thick thighs melted into his as they longed for the moment they'd see Claire again.

Inside her holding room, Claire tried to relax, but anger and a bit of rage kept seething over as she tried to come to grips with what was happening. How could he get his own sister arrested? How could he blatantly bend the truth? Surely her story would come out and charges would have to be dropped.

Either way, it was lighting a fire in her, the likes she had never known. She was going to lift harder, lift heavier and live, breath and die bodybuilding. She was going to prove without a shadow of a doubt to him how much better she could be. That steroid taking, cheating, lying dickhead was going to have to live in absolute envy of the top level physique she was going to create!

Claire looked down at her massive, separated, bulging quads. She flexed them for herself...for her own enjoyment... And couldn't wait to make them even bigger, even stronger, even more separated and defined...she was going to be unstoppable!!!

But first...she couldn't wait to get out of this damn place and feel the warm, loving hands and lips of Ethan. She realized at this moment how utterly amazing he was and how she wanted to spend the rest of her life with him there by her side, loving her, comforting her and supporting her high aspirations and bodybuilding goals!