

Muscle in the Fam – part 14

Who won?

The car ride home was sobering for Claire as she sat snuggled between her cousins Elena and Ethan. She needed some love and it was comforting to have them providing it after another physical and mental run in with her older brother and mom. Luckily, they were there to support her. Ethan happily held her beefy arm intertwined with his, while Elena was leaning heavily into her and clutching her other arm equally as tightly.

By the time they arrived home, everyone was in slightly better spirits. But as Ethan suggested they get into something more comfortable, Elena said, “No Way Eth. You’ve got to come downstairs with us...this is a total IG photoshoot moment.”

Both girls still looked absolutely insane in their dresses, high heels and makeup. Although Claire’s eyeliner had run a bit from the crying...so she did need a quick refresher.

Ethan certainly didn’t mind and walking downstairs behind Claire’s incredibly, muscle-bound calves...it was a sight beyond dreams. Not only were they already flexed to maximum, rock-hard diamond shaped size in her high heels. But going downstairs, as Ethan peered down from behind, they looked even bigger. Just the sight of her gorgeous calves gave him a woodie, and that’s before he switched his focus and began ogling her flexing, rounded, perfectly shaped glutes, barely hiding beneath her short, skin tight, gold dress.

As she took a few steps into the basement gym, Ethan was right behind her. She looked over at their reflection in the mirror and could see he was intently staring down at her back side. She stopped, slowly extended her right leg back, pointed her toes and flexed her calf to the max. He was of course still ogling that muscle and actually reached down and adjusted his hard-on. He hadn’t realized she could see exactly what he was doing.

“Like what you see?” Claire asked her cute cousin.

He quickly looked up, was just looking at the side of her head, and then realized she was glaring at his reflected image in the mirror. She had obviously caught him completely mesmerized by her leg muscles and started laughing immediately.

“Yes Claire! I like what I see!” He responded honestly.

“Feel them. Tell me how dense they are.” Claire responded back, wanting him to caress her hard-earned muscle.

Without hesitation, Ethan jumped on the opportunity to grab her gorgeous, diamond shaped calf. The two muscle bodies that made up its width were huge and very defined. They looked and felt incredibly powerful. A hard, sharp edge connected it to her lower leg and the muscle

was pretty much as solid as a rock. Ethan was in heaven since, undenounced to Claire...or so he thought...he was now completely enamored with female muscle. He couldn't get the thought of it out of his mind. Even when he was upstairs playing video games on his YouTube channel, he would constantly fuck up his game strategy while imagining her stunning, muscle covered body.

"It's absolutely insane Claire!" He responded to her question, still caressing its glorious surface.

"Thanks Eth. I hope you don't mind if it gets a bit bigger." Claire followed up. "Elena and I are determined to do well in the bodybuilding competition we're going to enter, so we've still got some more pounds of muscle to pack on!"

"That's awesome Claire. You guys already look amazing, but I have to admit. I'll have fun watching you pile on even more muscle." Ethan admitted out loud.

"Well, with all the support you're giving us, with the supplements and powders and amino acids and all, I know we will!"

Claire was so happy right now. She had found a crack in the door to his heart that Christmas before last, when she showed him her muscular thighs and he seemed rather interested. She had spent the better part of the last year and a half working out every day. Building pounds of muscle upon her body and showing it to him subtly at first. And then, more and more pronounced. And now, as she stood there, openly flexing her muscle-laden calf for him, she smiled widely. His heart was hers now and she was confident they'd be together for good. To hell what her mom or anyone else thought about these two cousins being together, getting married and becoming officially united. On just her 18th birthday, Claire was confident that she had her future path figured out, and couldn't wait to take that journey with Ethan.

As Ethan kneeled and lustfully ogled his cousin's impressive leg, Elena came rattling down the stairs with a little blush, eyeliner and lip gloss to freshen her cousin up before the photo-shoot. Elena knew Claire enjoyed flirting with her cute brother all the time, so she knew exactly what she was doing as she saw her older brother feeling her legs. But Elena had a competitive side to her. And she wanted a little of his attention too.

She handed the make-up kit to Claire and said, "Hey Eth, check these out!"

With that, she extended her right leg and flexed it as hard as she could. Still kneeling, but now staring at his sister's muscular quad and calf just inches in front of his face, he instinctively reached out to grab a handful of her buff leg. Claire was kind of bummed that Elena just cut in on another little part of her seduction of Ethan, but it was just Elena, so she let her have a bit of fun too.

As Ethan continued to ogle and feel his little sisters' muscular quads, he couldn't help himself and said, "Jesus Christ E! Your legs are definitely getting bigger...and harder."

"And Stronger Too!" Elena responded quickly.

He laughed and continued to prod and inspect her massive muscles. They were considerably larger than they were just months before. And although he was checking them out earlier at the birthday dinner, he wasn't in the right place to start complimenting his sister on how hot she was becoming. Ethan was beyond confused as he had his cousin and sister pumping their bodies to the max, putting on pound after pound of rock-hard, large muscles and he they seemed to be competing for his attention!

"Hey!" Claire interrupted the sibling admiration. "How do I look?"

"Oh, looks good Claire. Great job on the eyeliner." Elena complimented her on her quick refresh on the makeup.

Ethan looked up and viewed his towering, muscle-bound cousin in her body tight gold dress and high heeled shoes. She looked even more majestic and fabulous from his current angle and his heart skipped a beat again. He finally let go of Elena's leg and now stood in front of the two girls, ready to be their official photographer.

Elena still looked absolutely amazing as well in her tight, black short body-dress. Muscles were popping out all over the place on the girls. From rock hard protruding abs, to ridiculously built shoulders and bulging, muscle-laden quads and calves. They were used to having proper lighting for their gym workout vids, so of course they lit that up. Here were these two, very in shape girls, wearing gorgeous cocktail dresses in a gym standing in front of a rack of dumbbells and a wide full-length mirror.

The ambiance was fantastic and the photos were going to come out great. They did some basic biceps flexes, some quad flexes and of course took a few of them flexing their backs. But it didn't seem earth shattering in any way. They were really wondering just what else they should do.

After a few minutes of discussion, Ethan came up with a suggestion. "Why don't we get some of you girls acting like you're just going through a normal biceps' workout, lifting dumbbells and curl bars. But of course, you'll be in these ridiculous dresses. It'll really be a new one I think."

The girls hadn't even considered actually working out in these beautiful dresses. In high heels, dresses and makeup, this really was going to be a memorable shoot. "I think that's a great idea Eth." Claire responded almost immediately.

She then grabbed two 25-pound dumbbells and began to curl. Ethan started taking some pics, but Claire was quick to respond and said, "Not yet Ethan, wait till we get to some real weight."

"Oh shit Claire." Elena answered, "So you want to do a REAL workout right now?"

"Absolutely E. That way we get the maximum muscle pump. And I was also thinking we'd get a little sweat going too." Claire answered.

Ethan was stoked. The girls already looked muscle-licious to him. The fact that they were going to get pumped up in front of him and get a nice, moist, glow going was an extra bonus! He knew it was just another realized dream these two were now providing him every day.

Elena was standing right next to Ethan and she also grabbed some 25-pound weights to start with. She quickly finished a set of fifteen and put the dumbbells down to wait a minute and then grab the 30's. As she did, Ethan reached down and grabbed the 25-pound dumbbells in his hands. "Damn they felt heavy." He thought, especially compared to how easily his little sister had just repped out fifteen in a flash.

He held the weights down by his sides and began his set. "Oh shit." Just two reps in he was already feeling the monstrosity of the weight, and the fact that they never touched a dumbbell his entire track career in high-school wasn't helping. He got to three, then four, but by five he was already struggling big time. He got the weight up about half way, let out a bit of a grunt and then leaned back to kind of swing-assisted the rep.

"Oh my God Eth...are you serious right now?" Elena had to ask.

"Um, shit! This is fucking heavy." He responded instantly.

Claire and Elena swiveled their heads quickly to look at each other and their eyes were both wide open in surprise.

"Wait a minute Ethan. Are you kidding me? You barely got five reps with those 25-pounders?" Claire asked.

Embarrassed, but having to be brutally honest, he replied, "Ya, I mean, it's not like I'm working out every day like you two bodybuilders. I run...remember?"

"Hold on a sec..." Elena said and then she walked up and grabbed one of the 25-pounders from her older brother.

She started curling it with ease right in front of him, her growing biceps muscle flexing pretty massively with each rep. As she was easily busting through another 15 reps she looked at him with surprise, but also showing no strain on her face from the weight, "C'mon Ethan, this damn dumbbell is light as a feather."

"Well don't be mean." Claire blurted out, defending her crush.

Elena shrugged her shoulders and said, "Sorry Eth, just, I don't know, just thought you were a bit stronger that's all."

"No worries E." Ethan responded to his obviously stronger little sister. "Now that running season is over, I'll be down here in the gym with you guys getting buff!"

"OK...OK." Elena answered, "That'll be fun!" ...and she gave her brother a cute little wink.

With that little test of ridicule and embarrassment out of the way, the girls progressed to some heavier weights. Both were now on the 30-pound dumbbells and they actually made them look pretty easy as well. Ethan didn't care about Claire's earlier instruction...to him, both girls were hotter than fuck right now, with their long flowing hair, gorgeous, tight fitting dresses and bulging muscles...he decided to take photos anyway.

Claire now picked up the 35-pound dumbbell and as she methodically lifted the weight, Ethan was pleased that she at least showed a little bit of strain and effort. Even so, she still ripped out a set of ten with near flawless form. No body swing, no leaning, no arm shake. To Ethan's slight delight, Elena at least showed a bit more strain and effort at trying to perfectly curl the 35-pounder.

But by now, the girls were actually starting to glow. As Claire began her set with the 40-pounders, her bulging shoulders were glistening with the slight moisture that was building up on her taut, tanned skin. Little striations in the pumpkin shaped muscle were dancing and moving around with each rep. He was really getting his monies worth and the pics he was taking of her standing so statuesque and goddess-like were going to be very memorable.

His gorgeous cousin finished her set of ten, let the weights hang down at her sides by her waist and she tilted her head and smiled widely for Ethan's next pic. Her biceps and triceps were exploding out of her arms already and he was absolutely astounded at their pumped up size. He had to reach out and grab an arm. As he did, Ethan felt the sheer mass and power in the biceps his cousin had now built. "Jesus Christ!" he blurted out at the sheer magnitude of the blood filled limb. Claire smiled even wider, knowing her growing muscles were pulling him in more and more tightly to her with every pound she put on.

The girls weren't trying to totally max out their lifts for this photo-shoot as they realized they definitely didn't want major amounts of sweat dripping down and ruining their makeup. So they held their lifts to the 40-pound dumbbells and then moved on to the curl bar. For a first set, Elena grabbed the 50-pounder and began. As expected, it was extremely light to her and she busted through the fifteen reps in no time.

For this part of the shoot, Ethan stood behind the girls and asked them to lift their bars at the same time. He was staring at the insanely muscular calves and hamstrings of his muscular sister and cousin. They stuck out massively and were thick and well rounded. He was videoing this time and was able to see little flexes in their glutes as well. The magnificent ass muscles his sister had developed were maybe even bigger than Claire's and the dress wrapped around the concave sides of the muscle was so skin-tight it looked like it was painted on.

Next he started to pan up their backs. Both girls had moved their long hair to the front, so he was getting all he could out of the shoot. Elena's V-shape from her waist to her shoulders was next-level and the bulging, moving, flexing and relaxing muscles in her back danced around in perfect harmony with each rep.

To her right, Claire was also looking quite alluring. Her gold dress had spaghetti straps so the back material of the dress hung way lower than Elena's. This completely exposed the long, thick, protruding slabs of powerful muscle to each side of her spine. They ran from just above her gorgeous ass and into her towering, thick, ridiculously developed traps. Her V-taper was also exquisite and his palms would not even come close to enveloping them if he reached out and grabbed them. Claire's shoulders were also stupidly bulbous and so full of muscle she looked like she had built-in shoulder pads.

With their muscle-laden bodies glistening magically in the soft light, Ethan felt like the working out portion of the shoot was finished. He then asked the girls to stand back to back, bring their arms up and make a gun shape with their fingers like they were spies in a James Bond movie. It was awesome and as they moved around slightly and made funny faces, then serious ones, their arm muscles flexed naturally and Ethan was hot in his pants for sure.

Finally, trying to kind of bring the session to a close, Ethan said, "Ok girls...just have fun and I'll shoot it and let you edit out what you don't like."

With that, they started hugging each other, play wrestling with their extended arms and hands as they stood face-to-face just inches apart. Muscles were flexing left and right and Eth was doing everything in his power to properly capture it. And as they were playing around a bit more, finally Ethan just said, "Kiss each other."

They both kind of looked at him sideways, questioned him with little, cute snarls and then stared at each other like he was crazy.

"I'm just kidding. Threw it out there just in case...I don't know...sorry." Is all Ethan could think to say as it looked like his little idea was dead on arrival.

Claire continued with her questioning look and then asked, "Really Ethan. Is that hot to you?"

"Um...ya Claire. To me and like every other dude in the world. Two gorgeous girls kissing...kind of a no-brainer." He answered.

"Fine." Claire answered and without warning, she grabbed the back of Elena's head, pulled it into hers and laid a big wet kiss on her lips.

"Did you get that pic?" Claire then asked sarcastically.

"Yep...got it." He replied as he looked down at the phone to make sure.

As he did that, Elena now reached out, grabbed the back of Claire's head and pulled it into hers for a big, wet kiss back. They then moved their heads slightly away from each other, smiled widely, and then re-engaged with full blown, open mouth tongue swapping zeal. Ethan quickly hit record and stared shooting video of the two muscle-laden babes. With their strong arms and bulging biceps fully flexed they grasped each other tightly. Their heads turned and moved

as the passion seemed legit and Ethan had a perfect view of their muscular, protruding asses and quads as they continued to bump into each other firmly as they made out.

What started out as a funny suggestion for a couple light kisses, had turned into the make-out session of the year. Their strong hands moved freely though the other's long hair and mini moans and beautiful groans were being heard clearly by Ethan and the camera. Seeing his muscle-laden beauties engaged so enthusiastically was turning Ethan on big time and he had to readjust his rock hard rod.

Finally, Claire slightly backed her head away from Elena. She turned towards Ethan and lifted her index finger, pulling it in and motioning him over. Entranced, he slowly walked the couple steps over and looked up and into the eyes of his gorgeous, muscle-bound cousin. "Your turn." She said and she leaned her head down into his.

With a free arm, she grabbed his ass and pulled him tightly against her rock hard, muscular torso. Her wet, warm lips joined with his and as he leaned his head back to accept her athletic face in his, they began making out furiously. Their lips and tongues danced hyperactively and he was enjoying her delicious taste as he reached out and grabbed her hanging, full, firm lat in his palm.

Elena had grabbed the phone from his other hand and he was convinced she was probably recording this. But Ethan didn't care. She was all he could think about lately and he wanted nothing more than to be in the loving embrace of his pumped up, sweaty, beautiful, muscular cousin. They kissed for a minute more, swapping their moisture into each other's mouths and enjoying each other's warm grasp. Finally,... knowing Elena was literally right there, they slowly quieted their dancing tongues and with a couple final quick pecks, slowly moved their loving faces away.

"Got It!" Elena said as they slightly backed their faces away.

"Here." Elena said and she handed the phone to Claire.

Just as she did that, she looked at Ethan and said, "My turn."

Before he could react, Elena had grabbed his head and powerfully brought it into hers. She met his lips not with a light, playful, sisterly kiss...but with one of passion. He instinctively opened his mouth and the two siblings were now engaged in a hot, intensity filled, make out session as well. Elena maneuvered and twisted her face, making her tongue movements even more exaggerated. She reached it deeply into his mouth and he felt the long, playful extension of his muscular sister within him.

He got passed the state of shock and decided to kiss her with passion and fervor as well. He leaned into her hard and grabbed her muscular back and gorgeously built glutes in his palms. As he caressed her back firmly and thrust his pelvis firmly into her, she returned the favor.

Elena had his ass in her hand and the other against his back, pulling him tightly against her protruding abs and muscle-bound pecs.

Elena had finally realized the dream of kissing her brother, whom she'd had a crush on for years. At the same time, Ethan wasn't thinking of Elena as his little sister, but as a beautiful, powerful woman who he admired and respected as well.

As Claire continued to film, with a massive grin from ear to ear, realizing how crazy this shit just got, Ethan and Elena finally slowed their love filled kisses and finished off with some sweet pecs and huge smiles. They kind of backed up their faces, stared into each other's glowing eyes and began laughing hysterically.

"Holy Shit!" Ethan exclaimed, "What the fuck just happened you guys?"

Elena was beyond smitten and totally giddy...practically unable to speak. She had just passionately kissed the only person she's ever had a crush on in her life and it was amazing! Ethan looked over at Claire, and as she still grinned enthusiastically she just answered, "I think three dreams just got fulfilled at once!"

Ethan kind of backed up, ran his hands through his hair and shook his head in disbelief.

"Well..." Claire asked, softly and honestly, "Who was better?"

Ethan paused, looked at his towering, huge shouldered cousin with a smile, peered back over at his beautiful little smitten, muscle-bound sister and answered, "Hmm...I think I need another round to figure it out" ...