

The Stingers – part 2

New Training

Luanne had now joined the MMA gym down the block from her house and was attending the beginner classes right after track practice. The class started off with mostly stretching but then broke into all kinds of different fun stuff they called functional fitness. It included battle ropes, jump ropes, TRX suspension training, plyo boxes, kettlebells, medicine balls, free weights, and more. The trainers were in ridiculously good shape, muscular, but not like bodybuilders and there was one thing that infatuated her the most...POWER!

When the lead female trainer Adela punched the Hanging boxing bag it made a huge thud. When Adela kicked the boxing bag, it made an even bigger thud and actually swayed greatly from the force of her kick. Luanne found herself watching Adela's every move, wanting to someday be as powerful as she was. Adela was also quite muscular in the upper body. She had biceps and triceps and traps and lats. Lu had muscular legs from track, but had never seen such defined upper body muscles on a woman. Even Lu's mom, who was a triathlete and pretty fit, didn't have upper body muscles like Adela.

Unfortunately for Lu, track training left her a bit weak in the upper body. For high jump, you needed to just be long and lean. Upper body size was actually discouraged as it meant you'd have more weight to try to lift and get over the bar. Lu knew she had athletic genes and had purposely skipped meals. Sometimes, she had actually thrown up meals at times when she accidentally gained a pound and so had consciously tried to limit her calorie intake. Along with track training had come an eating disorder and Lu was so dedicated to being a star athlete, she had taken it a bit to the extreme.

The trainers and other members of the gym were a great learning resource for Lu immediately after a few days of joining. The gym offered a comprehensive and wide range of muscle building supplements needed for the kind of intense H.I.T. programs. They also had a meal plan program where they would provide members with pre-made lunch and dinners. The meals packed all the protein, carbs and fats that were proven to successfully help the body build maximum amounts of muscle while members would get leaner and also much, much stronger.

After the second week of training at the MMA gym, Luanne found herself addicted with the soreness in her upper body that she had never experienced from track. She didn't even tell her

mom yet, but Lu quit track so she could go right to the MMA gym after school and start training. This extra time allowed Luanne to also sign up for Adela's Power-of-the-Punch class. The new class taught form and technique on how to deliver a powerful blow, utilizing the core, legs and arm muscles all in a perfectly timed and choreographed way.

Initially, when Lu started the class, her arms were rather weak and so she barely hit the bag at all when delivering the blow. But after the initial two weeks of regular class, and another two weeks of the Power-of-the-Punch class, in addition to eating the prescribed meals and taking the different MMA branded supplements...Lu was really starting to make a loud THUD of her own when she struck the bag.

Lu was really starting to gain a lot of confidence from the new training and when she stepped on the scale, she noticed she had gained 7 pounds of muscle in the first month. The ideal weight for a world class female high jumper was 1.84 pounds per inch of height. So at 5'10 ½" or basically 70.5 inches, she should weigh 129 pounds. This resulted in her long and lean physique, with defined, muscular legs and six pack abs. But no boobs to speak of and no upper body mass. She probably looked freaky to all the other kids in high school.

But now, with all the eating and High Intensity Training she was up to 136 pounds. This would have freaked her out a few weeks ago, but now she was embracing it...infatuated with it. She flexed her arm in the mirror and was shocked to see a little bicep growing where only skin and bones existed just weeks before. Instead of masturbating to her muscular legs, Lu now got in the shower, flexed her biceps muscle and lathered it with soap until she became wet and moist down below. She then began fingering herself rapidly while she looked at and licked and kissed her newly formed arm muscle.

The more she licked it, the hotter she got. Lu began trying to damn near eat the beautiful muscle that was now hard and slightly protruding from her arm. She started banging herself at lightning speed. The feel of the warm, wet water on her thin, toned and tanned skin was amazing. It was accentuated by the feel of the aloe scented silky soap she was licking and occasionally caressing over her ripped, muscular abs. She couldn't get enough of herself and the fact the her fingers were perfectly rubbing her clit sent her into orbit. She gyrated faster and faster and faster as the tingling sensation overcame her entire body. In an instant and with a loud moan, Lu climaxed and shot her wet juices all over her methodically rubbing hand and down her muscular legs.

Completely contented, Lu let the warm hot water continue to run down her fit, exhausted body for a few minutes. As it did, she had a moment to think. She was a bit confused on why she loved seeing the muscle on herself and on Adela more than on the guys at the gym. She thought guys were cute, or even good looking at school and always knew she'd end up with one...but right now, she was becoming weirdly obsessed with her own muscle development and watching the perfectly formed arm and back muscles of Adela at the gym.

Lu threw on a pair of short, black spandex shorts and a white crop top to head down stairs for her meal. As she arrived at the fridge though, Steve was standing in the way. His big lug of a fatso body was hunched over and looking for yet another Mountain Dew and probably some shitty snack food. He looked and peered and looked and peered for what he was going to grab. It was frustrating for Lu, as she'd done her best not to even talk to her brother or dad since they completely passed out on protecting her and her mom against the robbers.

Finally she couldn't wait any longer and blurted out, "Steve, can you find your God Damn junk food and get the fuck outta my way!"

Taking that as the insult it was meant to be, Steve simply responded, "No toothpick, I can't." and he continued to stay bent over and in his twin sister's way. He had not so affectionately nicknamed her toothpick and was constantly saying that no guys would find her attractive since she was too tall and didn't have any boobs. Even as kind of a fat, slob, gamer, Steven had struck up a bit of a friendship with a girl from school who was a lot cuter than any girl Steven should be able to ever get. But she was kind of a quiet, introvert gamer as well, so they did have a little bit in common.

Lu was on a mission and her little bitch pussy of a brother was in the way of her next, important meal. She had never gotten physical with her brother before, or anyone for that matter, but she finally couldn't take it. She stuck her hand on his shoulder and kind of pushed him. He barely budged and went right back to his lurking position. Frustrated, Lu tried again but pushed a little harder. He moved a little bit but chuckled and said, "As If!" sarcastically stating that there was no way his toothpick of a sister could budge him away from the fridge.

On instinct, and surely based off of the intense physical training and classes she was taking at the MMA gym, Lu lashed out. With a slight drop of her shoulder and standing side by side to her 200+ pound brother, Lu thrust her weight and strength at Steve from the side. As her left shoulder and hip, simultaneously blasted into his side, Steve went flying left of the fridge and

hard onto the ground. The soda he had just opened crashed to the floor and the carbonated drink blasted out fizz all over the floor and Steve.

“You’re gonna clean that up Bitch!” Steve shouted at Luanne as he shot up from the floor and leaped towards his sister. He planned to harshly knock her out of the way and retake his commanding position in front of the fridge and obviously grab another soda.

Again instinct took over and as Steve was just a few feet away, Lu took a big step to the left and then kicked her right leg out hard into her onrushing brother’s belly. There was a massive THUD much like the sound the hanging bags make at the gym when struck properly. A massive grunt and blast of air cascaded out of Steve’s mouth and he again hit the floor with a bang. Lu immediately knew she had made a perfect kick and contact with the target.

This time, instead of popping up and rushing his sister, Steve laid in the fetal position gasping for air. Lu had obviously knocked the wind out of her bigger brother and he was on the cold tile floor hoping he wouldn’t die from the blow. As he slowly moved and struggled for air, Lu took the opportunity to grab her pre-made meal and put it in the microwave. While the seconds on the timer slowly counted down, Steve eventually recovered and started to breathe again. Still unable to speak while he took in as much air as possible, Lu said loudly, “Next time don’t be such an ass hole and get out of my way.”

Steve finally stood up, tears welling in his eyes. It’s a natural reaction to cry a little bit when the wind is knocked out of you, but in Steve’s case, it was probably a huge knock to his pride as well that caused the waterworks. He simply flipped her off, turned and went back up to his room for more gaming, just wanting to leave the scene of the recent ass kicking rather than mess with Lu right now to try and grab another soda.

Lu turned and took a seat at the island at the center of the kitchen to now devour her nicely warmed meal. As she took the first bite of her chicken, a huge smile exploded across her face. A simple month’s worth of training had granted her the strength, power and ability to blast her brother to the ground twice and make him scurry off in tears as she gained complete control of her kitchen domain. She got a little moist down below for some reason and had to give her clit a little rub from the odd tingling she was feeling there. She wasn’t too worried about Steve as she knew she had only knocked the wind out of him, but the adrenaline rush from the fight had really flushed through every inch of her body.

On que, Janet rushed down stairs to see what all the fuss was about. She had passed Steve on the way and he didn't say a word and tried to hide the tears from her as he ran into his room. "What the hell happened just now Lu? And why is there soda all over the floor?" Janet yelled.

Lu didn't say a word. She just smiled and took another big bite of her meal and shrugged her shoulders, as if she was saying, "I don't know."

"Lu. I mean it. What just happened? I heard Steve yell at you, and then saw him running up the stairs in tears. What did you say to him to make him do that?" Janet asked.

"Say. What did I say to Steve to make him cry? Ummm, I really didn't say much at all mom. Apparently he's clumsy and he fell down and spilled his soda all over the floor and he didn't even have the respect for you to clean it up." Lu responded confidently.

Janet knew something wasn't right about the response. Maybe it was one of those twin sibling things she needed to stay out of and let them figure it out. Still though, she wasn't confident there wasn't more to it and that she shouldn't get more involved. Janet gave a little lip service to Lu and then said, "Hmmm, seems like there was more going on there Luanne Stinger."

She used Luanne's first and last name so of course Lu knew her mother was perturbed. Still she just smiled at her mom, tilted her head to the side and shrugged her shoulders again. Janet gave her an inquisitive look and then walked around to the spilled soda and began cleaning it up. Lu just sat there content in her recent actions and enjoyed the Cajun Chicken medley meal in front of her.

A few minutes later, Lu wondered back to her room to do some stretching and a little homework before bed. Janet walked in the office to look at the video. Right after the burglary, they had a security company come and install alarms on all the doors and windows. In addition, the security company installed cameras outside the house and also in a few rooms in the house. Luckily for Janet, the camera that was installed in the corner of the living room, also had a clear sightline to the part of the kitchen just in front of the refrigerator.

Janet watched the replay and her mouth dropped in awe of what she had just witnessed. The view showed what looked like some dialogue between the two kids and it was obvious Lu was trying to get into the fridge to grab her meal. Janet watched Lu make a couple of small pushes into her bigger brother and it had the evident effect...nothing. She then watched her daughter take a step back, then coil her body and blast it into her son's side. To Janet's surprise, clearly knowing that Steve outweighed her daughter by 70 or 80 pounds, he went flying to the floor after the impact.

Janet thought that was all that had happened and was surprised to see Steve pop up so quickly and rush Luanne. She was then completely shocked and aghast at what she witnessed now. As Steve rushed forward, but in the blink of an eye, Lu completely shifted her weight and her right leg exploded into Steve's stomach. The effect was instant and her son fell to the floor in pain. As her son seemed to be gasping for air, kind of in the fetal position, Janet then watched Lu casually place her meal in the microwave and start warming it up. She watched as Steve eventually got his wind back and he slowly, clumsily rose to his feet. Instead of the further aggression she expected, Janet watched Steve flip off his sister and then rush out of the room. Presumably, that's when Janet passed him on the stairs and witnessed his pained face and tears in his eyes.

Janet stopped the video and swiftly walked to Lu's room. She respected her daughter's privacy but just gave the door a quick knock and then blasted in. Lu was sitting on the ground with her long, tanned legs outstretched as she worked out the tightness from today's workout. She peered up at her mom and it was clear Janet was not satisfied with her answer about the earlier events with her brother. "You kicked your brother in the stomach!" Janet stated loudly.

Lu peered up in stunned silence. She couldn't believe her rat brother already told on her. "Umm, no." Lu responded, hoping it would just be his word against hers. "Don't tell me NO!, young lady, I just watched the whole thing on video. "Video?" Lu said inquisitively.

"Yes dear...video. We have video cameras in the house now...or did you forget." Janet responded. She could tell by the look on her daughter's face that she had clearly forgotten that they now had video cameras in the house.

Lu waited a few moments, realized she'd been caught lying and then defended herself by saying, "Well, he was being a jerk and I was surprised I kind of knocked him down in the first place. Then I was even more shocked when he decided to rush me. And I guess I got scared and instinct just kind of took over and I did sort of kick him. But it was more out of self-defense than you'd think."

Janet thought for a moment and realized the situation did escalate really quickly. It didn't look premeditated, but she still wasn't happy her kids were fighting. "Well Lu dear. I need you to go up and apologize to your brother. He looked pretty shaken and upset when I passed him on the stairs." She asked her daughter.

“Shaken and upset! He should be shaken and upset. He was being the bully and not letting me eat and he got a little dose of reality. He’s the damn bully, why do you want me to apologize?” Lu responded angrily.

“Lu, I don’t want to argue. You dropped your brother to the ground twice. You knocked the wind out of him, and you had him scurrying up the stairs crying like a thirteen year-old girl. That’s why I want you to apologize.” Janet finished.

“Fine!” Lu relented and she quickly walked out of the room and rushed upstairs to do as her mother had asked.

Lu returned to her room, where her mom was still waiting and took her stretching position on the floor next to her bed. As she stretched, Janet then said, “So now that that’s over dear, I must say, it was really impressive.” Lu looked at her mom with a confused expression. “Your striking and ability to knock over someone 80 pounds more than you...that’s insane Lu. Is that what they’re teaching you at the MMA gym?”

She realized her mom was now past the little altercation and was seemingly, genuinely interested in what she had been doing there. “Not only that mom, but we’ve been doing these crazy high intensity workouts and lifting weights and punching and kicking and trying to get strong and powerful. Check this out!” Lu said as she brought up her right arm and flexed it firmly.

Janet’s eyes bugged out of her head as she witnessed a small, firm, bulge form on the top of her daughter’s arm. Lu had always been a string bean in the upper body and the sight of a little muscle on her was shocking. “Oh my god!” she exclaimed as she reached out and grabbed a hold of her daughter’s muscle.

Lu continued to flex and relax her arm over and over again while her mother held it, just to show her how hard it had become. “Look at this too.” Lu demanded of her mom as she also began flexing and relaxing her quads, showing her mom she had gained some hardness and muscle in them as well.

Her mom was super impressed and Janet immediately began asking in detail about all of the exercise and boxing classes they were teaching Lu. She also asked about the meals and was astonished that her tall thin daughter could add 7 pounds of muscle in only a month. As dedicated as Lu was to anything she set her mind too, Janet immediately realized she’d have a bad ass, 5’10.5” daughter in no time. But Janet was a go-getter also, and she was already

realizing she should do it too. She looked at Lu and asked, “So, would you mind if I joined the gym with you dear?”

“Of course not mom, I’d love if you joined the gym with me.” Lu answered honestly and with a big pause and grin before adding. “But first, umm...can I see that video of me kicking Steve’s ass?”

The girls laughed hysterically and hugged...about to take a journey that they and Steve and Stu would never forget.