

Muscle in the Fam – part 11

After school and track practice the next day, Ethan drove his sister over to Golds to buy her an early present of Mutant bodybuilding proteins and other supplements. Although he knew he had eyes for his cousin Claire, his younger sister was not making things easy on him either. At 18, his hormones were now at maximum drive and he couldn't help but notice how well puberty was hitting his 16 year old sister Elena. Her tan, supple skin and muscle filled arms and legs were noticeably attractive to him and he was constantly staring at her growing, muscle-laden glutes.

She made things even more difficult on him because she and Ethan had always shared a very close mental and physical bond. She was always either hugging or kissing or wrestling or antagonizing him. Elena had possessed a bit of a crush on her older brother and was quick to make fun, physical contact with him on a daily basis. This had never been a problem in the past, heck, Ethan even antagonized her equally as much in their youth...but with them both maturing, there were some confusing thoughts rattling around in Ethan's head.

With her growing, muscular body, Elena was not shy in showing off a bit of skin and this day was no different. Her tiny little, light blue workout shorts and small pink workout sports bra left damn near 95% of her skin exposed and it was amazing that this was even considered acceptable attire. Her long blonde hair was in a pony-tail and she constantly played with it on the way to the gym. As her arm was bent up and she twirled her hair, Ethan ogled the constantly moving biceps and forearm muscles she was growing. They were impressive, and although younger, Ethan felt like her arms were probably now bigger and stronger than his. But for some reason, he wasn't jealous of her larger muscles...he found himself in awe of and constantly admiring them.

They made it to Golds and Elena excitedly jumped out of the car and rushed to the door. As usual lately, Ethan always walked behind her, so that he could get a great view of muscular hamstrings, calves and the rock hard ass his sister was not shy in showing off. She flung the door open and zipped inside. He followed her in and laughed at the look of shock and awe in her face. Elena had never been inside a real, hard-core bodybuilding gym before. This place was filled with loud, rock music and the sharp sound of clanking weights and Olympic lifting platforms.

Elena simply turned towards Ethan and said, "I'll be right back."

Surprised that she just kind of took off on her own into the gym, he just shook his head and said, "OK."

With his little sister giving herself a guided tour, Ethan began gathering up the same Mutant products Claire had got the day before. He was happy to do it for her, but damn this shit was expensive. Ethan wondered how the hell anyone could possibly afford to be a real pro

bodybuilder. The food and supps would have to cost a fortune, and unless you were winning contests, it was hard to imagine being able to bear the expense of it all.

Like Claire the day before, Elena was awestruck by the size and development of the bodybuilders in the gym. They sure as hell didn't have people like this walking around the Planet Fitness she had been to a few times. The smell of sweat reminded Elena of some of her and Claire's workouts. It was a welcome aroma and it gave her the urge to lift weights immediately.

As Ethan stepped up to the retail counter to purchase the product, Elena made her way back up to him and wrapped her beefy arm around his waist in kind of a side hug. Still wearing his track uniform of running shorts and the running tank top, his slender arms and legs were clearly exposed. He didn't have nearly the muscle as the guys and girls in this place, and even his little sister seemed more muscle-bound than him, he did feel a little out of place here.

But Elena felt right at home. Her six pack abs were ripped as anyone in here and other than the gym rats having more leg, arm and shoulder development, she looked very much like a member here.

As the gal behind the counter, wearing nametag "Jill", was ringing them up, she couldn't help but admire the closeness that Ethan and Elena had and they emitted a very loving, happy vibe. "Wow!" She said as she looked across at them, "You two sure make a great couple!"

Ethan and Elena burst out laughing and instead of correcting her, Elena just said, "Ow...thank you so much Jill...he's just a special guy you know." As she gave him a loving peck on the cheek, wrapped her other muscular arm around him as well and gave him a massive bear hug. It practically squeezed the air out of him and he was unable to jokingly and sarcastically correct his sister in front of Jill.

He could tell she wanted to play that cute couple game so when she finally relaxed her hug around his torso, and he was able to take a deep breath, he didn't bother correcting her. He was actually a little flattered that she chose to fib to Jill and make her think they were together. His new admiration for her growing, muscular physique also blended into an admiration and slight attraction to her personality as well.

"You two would make a great addition to our member list here at Gold's" Jill said. "Here's two free trial-passes for you. They're good for a 10-day free membership, so please come back and have some workouts here to see if you want to join."

Elena grabbed the passes quickly and said, "Thanks Jill, I definitely will!"

With that, Ethan thanked Jill, grabbed the big bags of product off the counter, then reached out, took his sister's hand and said, "Ok babe...let's get home now before you join up and spend ALL my money."

“Yep. Sounds exactly like what my boyfriend would say.” Jill quipped jokingly as she watched Elena smile and roll her eyes.

“Oh, aren’t you just hilarious honey!” Elena said sarcastically to Ethan as they started to walk towards the door.

She then turned her head around slightly, made eye contact with Jill and mouthed to her, “I’ll be back!” She then squeezed Ethan’s ass as hard as she could as they walked out the doorway.

“Oww!” he yelled in pain as her hand was still firmly placed on his ass.

She laughed hysterically and he did as well as they had fun again like old times. Older of course, but as playful with each other as ever and just the true picture of love, happiness and the perfect siblings. They got in the car to drive home and Ethan’s grateful sister grabbed his arm and rested her head against his shoulder on way, thanking him again and again for his awesome generosity.

By the time they got back, Claire was already in the gym warming up and waiting for Elena. Elena was already in her workout clothes, so she gave Ethan one last quick, affectionate kiss on the cheek, grabbed the bags and ran them down to show Claire...and obviously take some of the Orange Blaze pre-workout.

Ethan headed upstairs to get out of his track uniform, shower, and start making some money on his You Tube channel. As he did, he could occasionally hear the clanking of weights from the basement. He pictured both Claire and Elena pumping their muscles and getting strong and buff. Just the thought of it was turning him on and before he knew it, he had a hard-on.

Ethan knew there was an internal, uncontrollable, overwhelming desire to feel their pumped up muscles. Their hardness, their perfect shape, their tanned skin and beautiful faces were starting to take over his thoughts and he found himself having trouble even concentrating on the video game in front of him. He knew he had to be up there, playing the game and making money to support the girls. But he desperately desired to be down there...watching them lift heavy weights, watching the sweat drip down their beautiful cheeks and hard, pumped up chests.

He had to put his game on pause for a few moments. He probably shouldn’t have done it, but he decided to shoot the girls a group text. He sent: *Hey, you girls getting any benefits from all that damn product I bought you...or are you just down there gossiping about all the cute guys on The Bachelorette? lol*

Elena responded almost immediately. She must have been on a rest while Claire was in the middle of a set. *Oh...we’re working our asses off down here HONEY 😊...just wait...we’ll send you proof in a few!!!*

Ethan was excited immediately. He knew the text would stir their competitive fires and couldn’t wait to see what they came up with. He put down his phone, and with a smile on his

face...knowing something awesome was coming from the girls, he re-engaged the game and started killing the enemy and getting through levels at a record pace. Watchers were tipping him more than normal, and he knew he was just making as much money as he could to help support Claire and Elena's bodybuilding aspirations.

It seemed like forever, but after listening to the girls bang weights around for another half an hour it finally stopped. There was then a five minute pause and at last, his phone lit up with a text from the girls. It was a video and as he opened it up, the screen was just black.

There was really soft music but it soon got louder and Ethan realized it was Moving in Stereo by the Cars. It was made famous in the movie Fast Times at Ridgemont High when Phoebe Cates dropped her bikini after a slow-motion of her getting out of the pool.

The blank screen finally started to light up and the dimly lit face of Claire appeared. She was wearing a black hoodie "Pump Cover", and her face and little slut-strands hung down out of the hoodie opening. With Moving in Stereo playing in the background, in slow motion, Claire slowly raised her arms and removed the hood from her head. It exposed her perfectly formed, serious looking, sweat covered face. Ethan's heart skipped a beat at the sight of his cousin's athletic, droplet covered, gorgeous face. She kind of turned her head slowly to the right, but kept her eyes laser focused at her reflection in the mirror. She then turned her face to the left, again keeping her eyes focused on the same spot.

Claire then looked straight forward again, the camera slightly off to the side, looking up at her. She then reached her arms down, grabbed the bottom of the hoodie, and raised it up and over her head. In the slow motion capture, as the hoodie bottom began to get pulled up, it exposed Claire's bulging, ripped, heavily muscled eight-pack and oblique's. They were absolutely perfect and little droplets of sweat also hung gorgeously on their hard surface.

Next, the cotton material kind of bounced as it was pulled over her heaving, beautifully formed, pec backed breasts. They were firm and although big, even without the small black sports bra, they wouldn't have sagged a centimeter. A deep, hard, defined valley formed between the two masterpieces and the muscle behind them was impressive and strong. Their roundness pressed outward against the lycra material barely covering her nipples and Ethan desperately desired to press his head firmly between them and lick the crevasse in the middle.

Finally, Claire pulled the hoodie completely over her head and tossed it playfully at the camera. She flipped her head from side to side and her ponytail whipped around and came to rest over her bulging, muscle-laden, pumpkin shaped left shoulder. The girls had definitely worked on upper body or a shoulder routine today and Claire's were as pumped up and huge as Ethan had ever seen. Her traps were monstrous and led perfectly into her thick, vein covered neck. She was well on her way to becoming a professional bodybuilder and Ethan knew it. Her quick growth, awesome proportions and full muscle bodies were a genetic gift, and Claire was taking full advantage of it.

Still dimly lit, with the Cars song in the background, Claire finally raised up her beefy arms. She had a dead serious look on her face as she brought them to full bear and hit a gigantic double-biceps pose. The muscle exploded out of her arms and two huge baseball sized muscles appeared. Now still staring at her own, impressive reflection, she got a wry smile on her face, looked into the camera and gave Ethan a wink. Again his heart skipped a beat.

It seemed like that would have been a great video, but it got even better. Claire slowly reached out with her left hand and took the camera from Elena. She turned it around at the both of them and mist flew through the air. Elena showered Claire's upper body and right flexed biceps with a spray bottle. The mist covered Claire's face, shoulders and massively flexed bicep with light-reflecting water droplets. It showered Claire in a beautiful, wet glow.

With that, Elena then moved her face near Claire's arm, stuck out her tongue and began licking and kissing Claire's muscle-laden biceps. Claire again winked at the camera as she enjoyed this erotic little worship session. Ethan wanted nothing more in the world than to be the one down stairs doing the licking and passion filled kissing. His Cousin was the absolute model of perfection in his eyes and his raging boner was evidence of that.

Elena slowly moved to Claire's shoulder and traps. Her magical kisses sending shockwaves through Ethan's body. Elena then moved down to Claire's breasts and did exactly what he had wanted to do, drag his tongue over and in-between her muscle backed, perfectly rounded, perky breasts. For several moments, she licked the damp moisture off Claire's chest and then finally, raised her head and engaged her still flexing cousin in a passionate, love filled, warm, wet, kiss on the lips.

It was too much and Ethan fell out of his gaming chair. Too weak and overcome with hormone fueled thoughts to even sit in a chair, he laid on the ground, blown away by what he just witnessed. Without even touching himself, he had exploded into his own shorts and the pulses of satisfaction pumped into his now wet boxers for several more seconds. His mind was now blank and in complete disbelief. Claire and Elena had just put on the hottest, passion filled video Ethan had ever seen and he wasn't sure how he'd ever recover.

It took time, and he laid there for a few more minutes before he could finally come to his senses and sit upright. As he did, he realized the huge mess he had just made over himself and had to go back into the bathroom and clean up a second time. He sat under the warm water as it ran down his lean body. It washed away the stickiness and also finally helped slow down his heartbeat. It had been going at 200 beats per minute and he eventually got it down back under 100.

Thoughts still raced through his brain but at least he could think now. But he had been transformed, never to be the same he thought. What started out as a friendship with Claire, turned into a close bond. That then turned into a little bit of a crush, and now he knew it had morphed into a full-blown, lustful obsession. Would he even be able to look her in the eye

again? He wasn't even sure what to say, he knew he would be in absolute awe of her in her presence.

Luckily, texting allowed him to think about and even re-write what he wanted to say. It gave him room to correct himself and he wouldn't be stuttering and searching for words like he would if he was standing right in front of his insanely gorgeous cousin. He now could construct a good response. One Ethan thought was complimentary...but funny...what could he say...

Claire and Elena had both developed significant crushes on Ethan. They both tried to down play them to each other, keeping their true feelings about him a little subdued. But as girls always do after sending out a text, they were now huddled together, sitting on a workout bench, awaiting a response. They could see Ethan had watched it, but now there was a bit of a delay. Finally the phone lit up with a message from Ethan...

WOW! I think this shit would break the fucking internet!!! How you two dorks managed to look that hot...I mean wet, in that video was insane. Looking good girls...glad the product is Definitely Working!!! Love ya!

"He liked it...He liked it!" the girls screamed excitedly to each other as they hugged.

Yes, he threw in the comment about them both being dorks, but that's cause he always called them dorks, or goofballs, or some other funny but derogatory term. They knew from that dig, that his response was genuine and he wasn't lying...he really was impressed!

Elena loved that her brother was dazzled by the video but she was a little jealous that this one was pretty much all about Claire. "My turn next time!" Elena blurted out to her cousin. She wanted to be the star of the next magma-hot video as it seemed to now be a little bit of a competition for Ethan's favor and admiration.

Claire of course agreed and knew there was a bit of a battle going on between them, but she knew she had the upper hand and Ethan and her had already, secretly been showing feelings for each other. Done with their workout, they headed upstairs to grab some protein shakes and get cleaned up before dinner.

Ethan knew he would be absolutely, uncontrollably blown away again if he re-watched the video. So he decided not to, and just finished with his You Tube video and then headed downstairs to eat. He had thrown on his track pants and a t-shirt and a baseball cap.

As he approached the table, Claire, Elena and his mom and dad, Linda and Larry were already sitting, waiting for him. Elena and Claire jumped up immediately and rushed up for a hug and cute kiss. "Hey bro, looking cute." Elena shot out a compliment first.

"Ya Ethan, looking like quite the track stud I must say." Claire said quickly with a wink, following Elena's kind words.

"Oh, hey girls, looking good too." He responded quickly and equally.

Elena was wearing short, pink, cotton running shorts and a small t-shirt that was tight fitting and covered about half of her rounded shoulder muscle. She didn't have much in the way of breasts, like

Claire, but her muscular pecs and abs were protruding through the tight shirt. Now that Ethan had developed muscle radar, he couldn't help but notice her full, strong arms, shoulders and chest, while mom and dad didn't seem to. Elena's long, wet hair draped down her back and she quickly took the seat next to Ethan at the table.

Unfortunately, or fortunately for Ethan if he wanted to be able to concentrate on his meal, Claire was not so exposed. She was wearing yoga pants, which still displayed the shape of her gorgeous, muscle filled legs, but he couldn't see the individual quad muscles. On top of that, she was again wearing a hoodie. She was getting so buff now, she had decided to kind of hide it from Linda and Larry, in case they would say something to her mom Jan and get her in more trouble.

The family dug into the meal and before long, the girls had completely cleaned their plates. Linda, Larry and Ethan were not even half way done with their portions when Claire and Elena appeared with seconds. While enjoying their time together and chatting away about Ethan's upcoming track championships on Friday, Elena had to interject.

She wrapped her thick arm inside Ethan's, pushed her heavily muscled legs against his and said, "So mom, when me and Ethan went to Gold's Gym today, the girl helping us thought me and Ethan made a cute couple." She then even leaned her head against his, smiled and said, "What do you think?"

Linda, Larry and Ethan laughed hysterically and of course Linda said, "She's not wrong kids...you sure are cuties!!"

But this was the first that Claire had heard that. She smiled and laughed with everyone else, but she was dead set on being Ethan's girlfriend. She had quietly plotted against Kim, had flaunted herself for Ethan on several occasions, getting him to become more and more attracted to her. What the F was Elena trying to pull? She knew Elena had a sweet crush on her older brother, but Claire was the actual gf material in her mind.

In a power move, leaving caution to the wind, Claire leaned back, slowly lifted the hoodie over her head. Unlike the slow-mo version shot earlier, Ethan witnessed this one in real time. Her small sports bra completely left her ripped abs, heaving chest and muscular arms and shoulders completely exposed. Ethan's jaw dropped in witnessing her recently pumped up muscles just a few feet in front of him. She did kind of a lean back and double-biceps flexing stretch. They were absolutely huge and they were much bigger and intimidating looking in real life and Ethan had an uncontrollable reaction in his track pants below.

With a wry smile on her face, Claire reached across the table, snatched the cap off Ethan's head and placed it backwards on her own. "How's this look on me cuz?" she asked with that same shit-eating grin on her face, knowing he had to be completely blown away with her massively pumped up muscles.

"Holy shit!" Ethan responded..."Ummm...It's all yours now."

She smiled even wider, casually stared back down at her food, grabbed her fork and actively moved and flexed her forearm, knowing Ethan's eyes were glued to her. "Can't wait to cheer you on at the track meet Ethan...I know you'll kick everybody's ass!"

Confident in knowing she had grabbed her cousin's full attention and won the moment, Claire couldn't wait to plan her next move on him at the track meet, which happened to also be her birthday!