



Puffy Training



Warning!

This book contains depictions of inflation fetish, which may be disturbing to some people. Please do not continue reading if you are averse to fetish imagery.

If you believe that you have bought this book in error (i.e. unaware of the fetish contents of the book), contact me on Twitter @_selphy6 and I will assist you in processing a refund.

The artist does not own the characters depicted in the book.

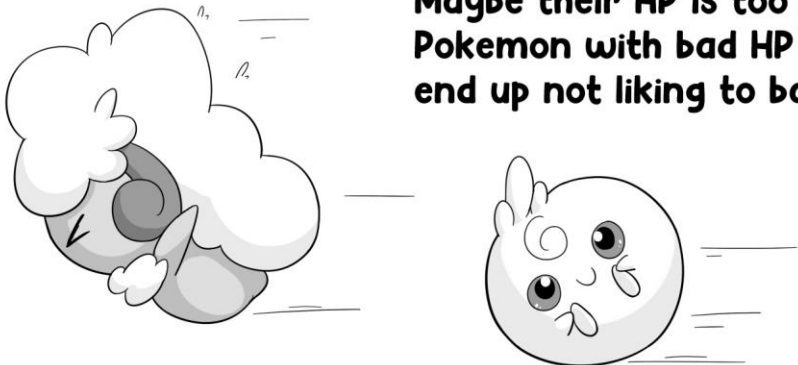


Is your Pokemon getting KOed after only very few hits in battle?

Do they get tired and hurt easily?



**Maybe their HP is too low!
Pokemon with bad HP
end up not liking to battle!**



There's many ways for a Pokemon to raise its maximum HP, through a lot of exercise, energy drinks, and so on...

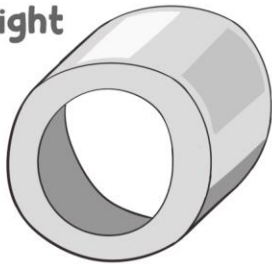


...but what if training for maximum HP could be a little more different and fun?

Power Weight



HP Up



Super Training



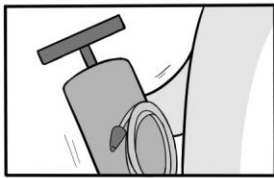
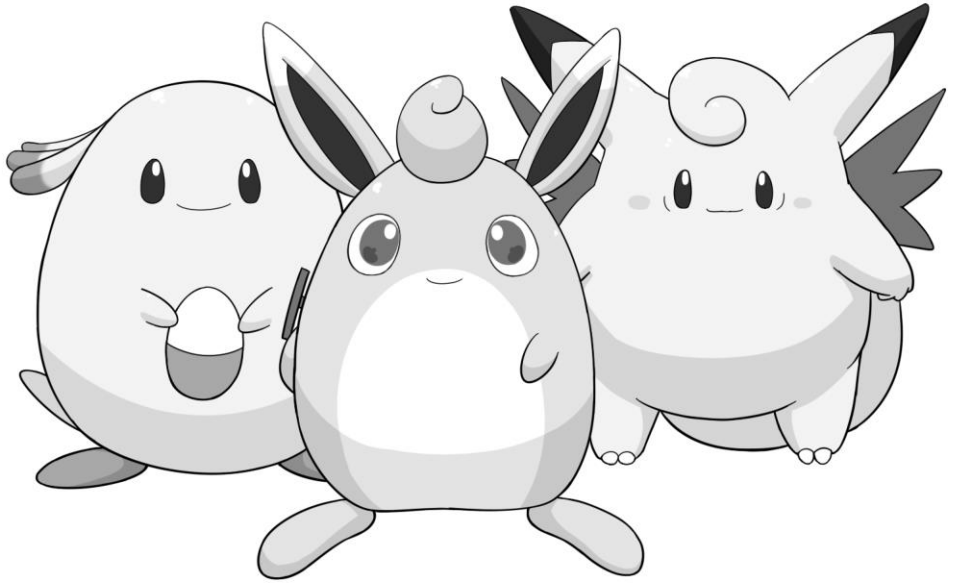
Health Feather



Battling specific Pokemon

Think of some of the Pokemon with the highest HP ever. They're cute, they're round and pink in color.

They're squishy and flexible, with nice, rubbery skin...



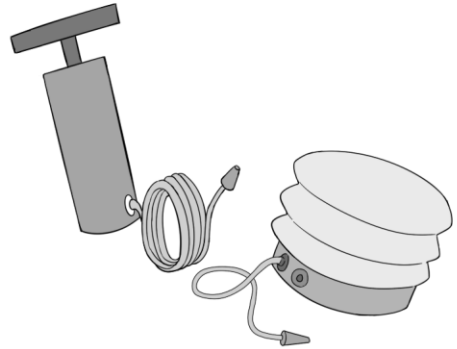
...perfect for doing a nice puffing-up! Yep, their supple, squishy bodies are what gives them a lot of endurance in a battle!



**And it looks like they're having fun with it, too.
What if we could use it for other Pokémon?**

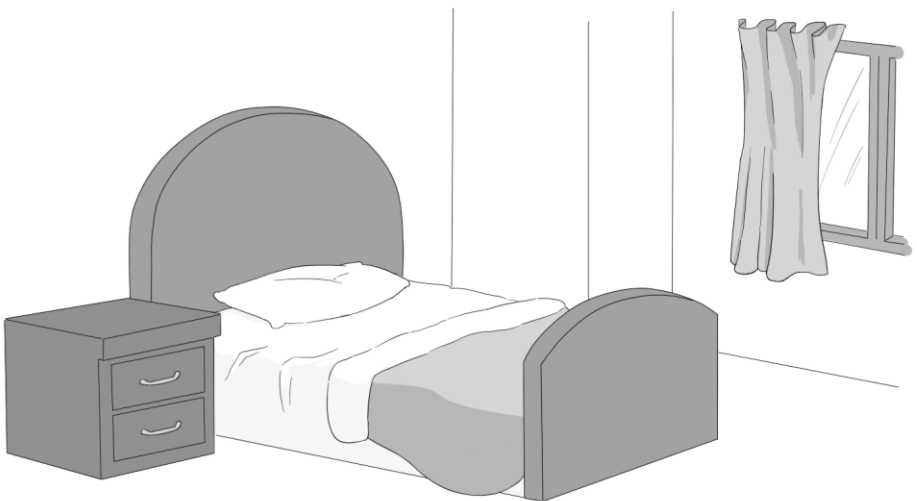
If they could inflate like Wigglytuff can, maybe their bodies could also become squishy and flexible!

Get your Pokemon friend, and any pump of your choice.



Give them a comfortable place when doing this sort of HP training too, with lots of space (and no sharp objects around!).

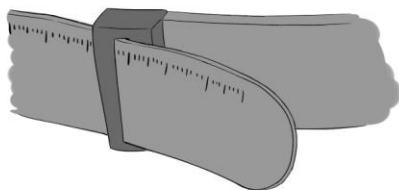
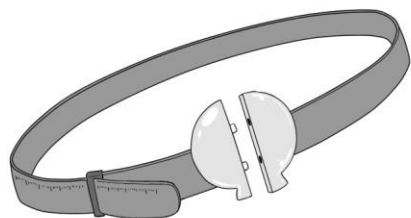
Let's put our Whimsicott on a nice, soft bed.





Once your Pokémon is relaxed and comfortable, you can begin!

If this is their first time, you can tell them it's a fun training game, or something. You want to make sure they enjoy the process after all!



A special belt like this with measurements is a great way to keep track of how big you want your Pokemon's tummy to be.

Start small at first, and inflate bigger in later sessions, when they get used to it!



A little tummy poke to relax them, then the training can begin.

Pop the hose into their mouth...



...and push down on the pump.





**Keep pumping air in,
slowly and smoothly.**

**Your Pokémon's
tummy should start
looking full, like they
had just eaten a big
dinner.**

**You should see the
tummy start to get
round and big, more
than the Pokémon's
usual limits.**



**This is when the
training properly
starts!**



**As your Pokémon
continues to get
fatter with air,
you can notice
its tummy
pushing against
the belt.**

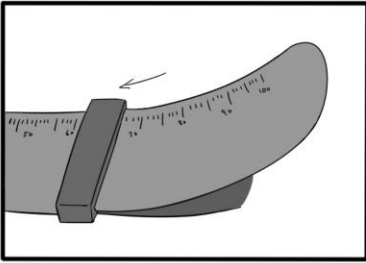


When the Pokémon's been inflated enough, the belt buckle will snap off, and the training is done for now!

Give your Pokémon gentle tummy rubs and squishes while they deflate.



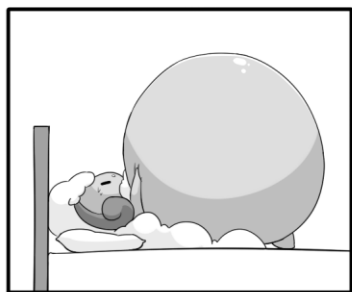
The belt is adjustable to inflate bigger in later sessions.



Eventually, the Pokémon might get used to inflating too large for the belt's maximum.

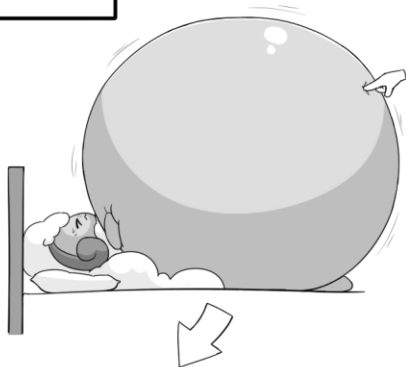
So, how do you tell if it's enough?



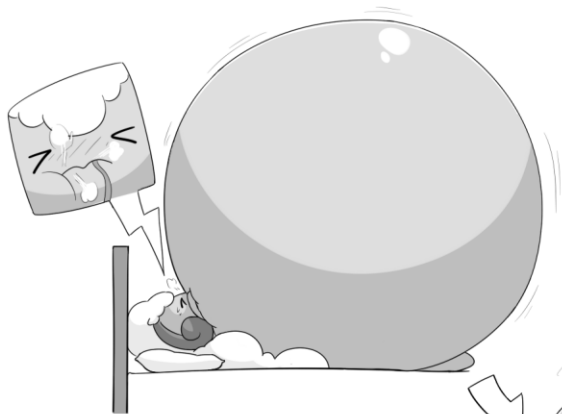


(Always ask your Pokémon if they're okay with inflating more!)

There are 3 ways to tell

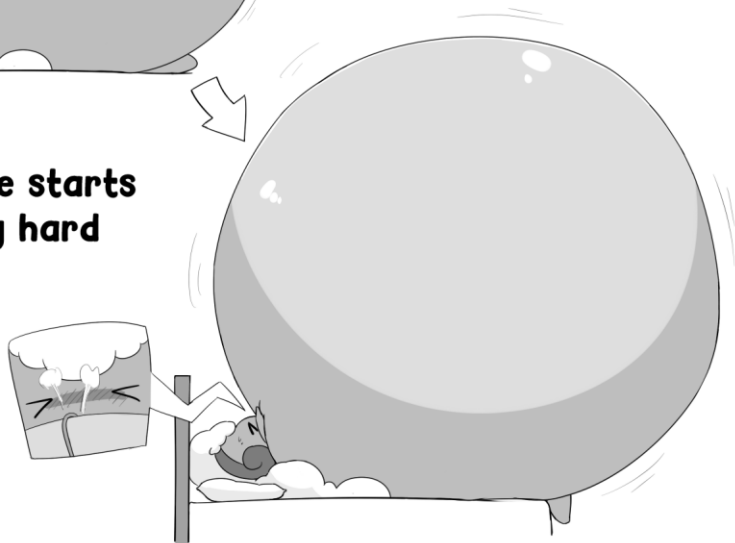


1. When its tummy feels as taut as a drum surface



2. When a lot of air starts leaking from its mouth

3. When its face starts blushing very hard



Some Pokemon end up liking being puffed up so much their tummies can touch the ceiling of the room!

Remember to inflate in a place with lots of open space.



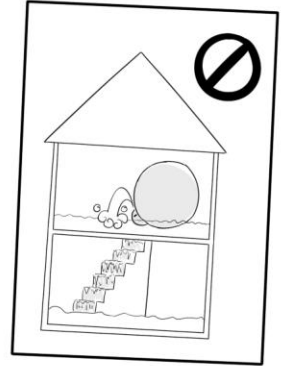
Let the Pokemon enjoy the feeling of a big, fat tummy for a bit, it will deflate naturally.

You may play with your Pokemon normally, hug, squish and bounce it around. Tell your Pokemon that it looks cute like this, because it is!

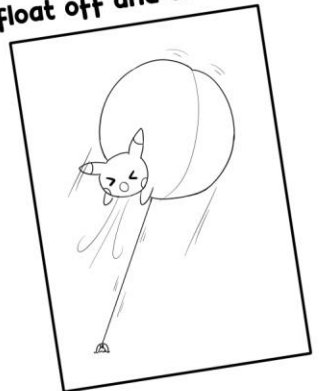
There are other ways to inflate Pokemon! Instead of an air pump, you can use a water hose or helium.



Do water inflation outdoors!
Unless of course, you like your house being completely flooded.

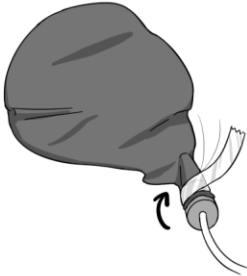


Tie the Pokemon down when doing helium inflation!
You don't want it to float off and crash land.

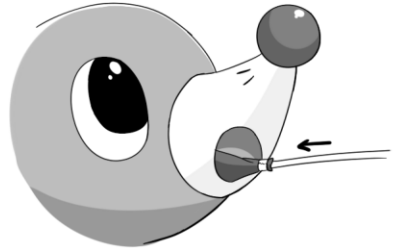




Some Pokemon may struggle a bit with keeping all the air inside their bodies while training, and deflate before being able to stretch their bodies enough.

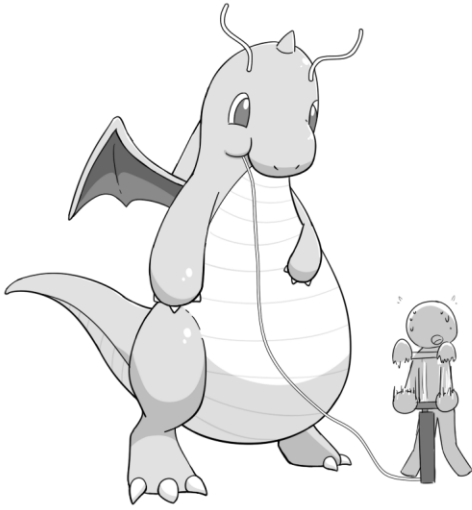


To solve this, tape a balloon to the hose nozzle.



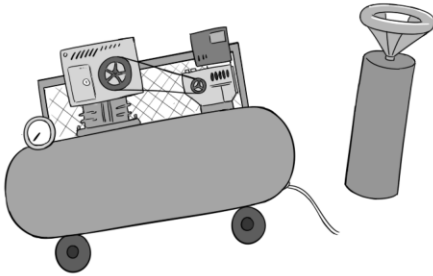
Insert the balloon into the Pokemon's mouth and continue normally.





**What about really large
Pokemon, like Dragonite?**

**A normal air pump would
be too small and slow to
inflate them.**

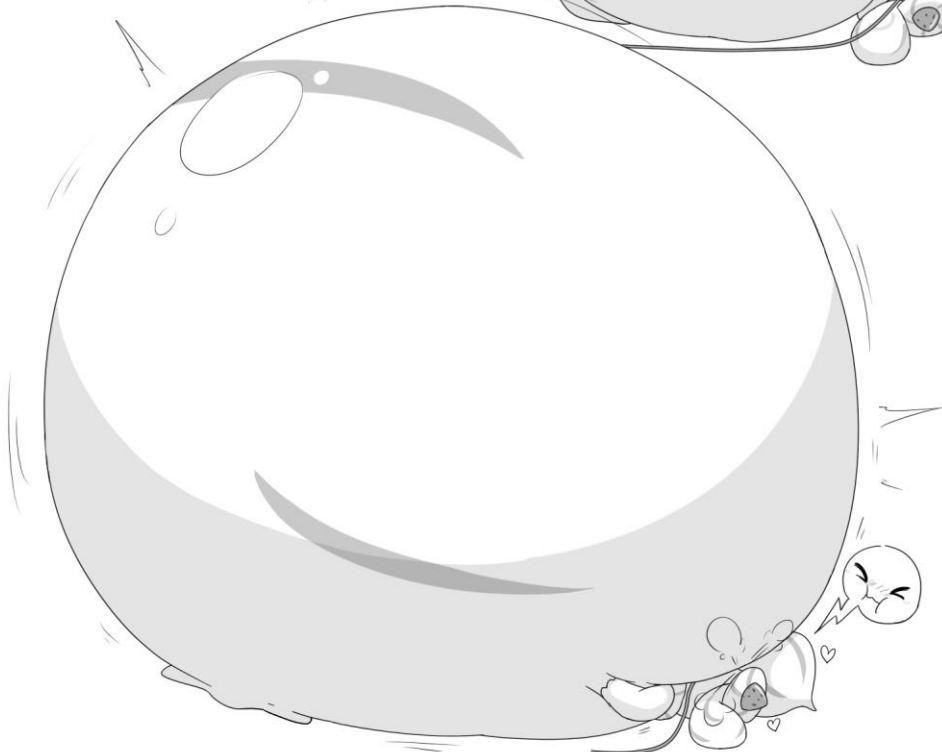
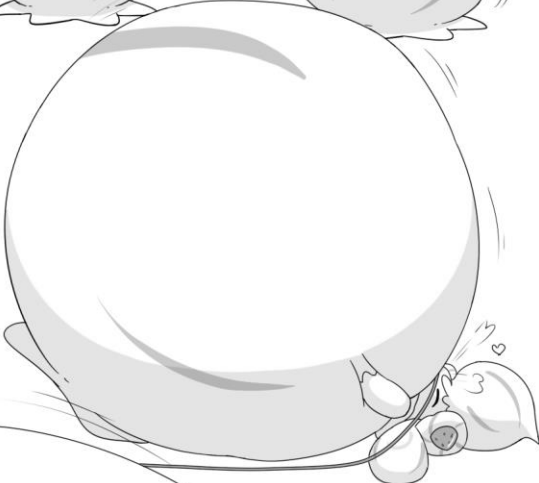
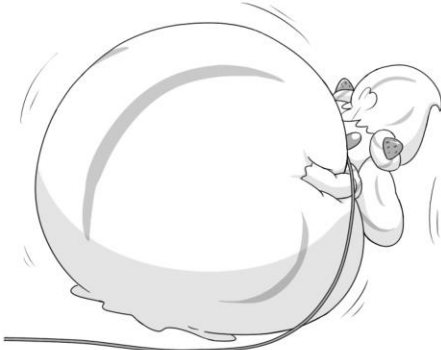


**You may choose to use
an air compressor, or a
helium tank, for larger
species. Easy!**



**Unless you like an extra
workout with
the pump, of course.**

Shapeshifters and goopy body Pokemon like Ditto and Alcremie are able to over-inflate quite easily!



**That's the end of
this little guide for a
fun way to increase
your Pokemon's HP!**

**Whimsicott certainly
has gotten stronger
from it.**





END

Afterword

Hello everyone! This is Selphy!

Thanks for supporting my first inflation-themed comic book! This is something I've always wanted to do after seeing other books being published in the community, especially coming out of Japan. I've bought a few myself and have always dreamt of jumping into the action.

Originally I would have liked to sell this at an artist alley or convention, but then the pandemic happened and I delayed drawing this for quite long. Though, I probably wouldn't have put this at a booth anyway. I'd probably die of embarrassment!

The book is a bit on the short side, but I hope you find it enjoyable regardless.

Twitter @_selphy6
Patreon selphy6

