

## Muscle in the Fam - part 2

A few weeks after Christmas, Ethan was upstairs playing video games as usual and also taking a free moment to see if Claire or Elena posted any new pics to their chat group. Right after Christmas, when his little sister and Claire decided to include him in their workout chat group, he would occasionally respond with a thumbs up emoji, or a smile emoji but it was usually delayed...sometimes hours after they had posted the photo. Now, his responses were almost immediate and instead of a simple emoji, Ethan would engage in the conversation with positive comments and usually a funny quip.

He had a girlfriend at school but it wasn't super serious. They would hang out at school, eat lunch together and usually hit a movie on Friday or Saturday night. Ethan always had money since he had a YouTube channel that people would subscribe to and donate money to him as they watched him play. In addition, he had started a Patreon page and had more and more subscribers there at \$5 per month. He would give them gaming advice and post any "Cheats" he had discovered in the various games. So he always had money to buy Kim lunch, dinner and a movie.

Claire knew Kim from school but didn't have much interaction with her. She seemed like a pretentious girl who always wanted the attention on her and was basically uninterested in anyone else's feelings or problems. Kim just seemed like she "Couldn't be bothered" in Claire's opinion. Claire didn't know why Ethan liked her anyway. Yes she was pretty and kind of thin, but not athletic at all and basically just liked to gossip with her friends all day. Ethan was on the track team, good looking and had a tall athletic build, Claire definitely thought her cousin could do better.

Elena wasn't as attentive to it, but Claire had definitely noticed that Ethan was becoming more and more rapidly responsive to their chat group posts. He was also becoming more and more engaged in conversation with them. Anyone who texts a lot knows, if you want to let people know you care, you send an emoji; if you want to be currently MORE engaged with the other person, you send back a written text message and add emoji's into the text. It's kind of just a known action but not officially talked about. But Claire was happy to engage her attractive cousin in the chats.

Elena and Claire were doing a heavy leg day workout. They started off with lots of stretching and a light 5 minute jog on the treadmill. After that, they did some banded warm-ups and then

started with the best, most basic of exercises, Squats. They wore converse all-stars because of their flat soles, which really helps with stability when squatting. They matched each other with short, black, spandex workout shorts and finished off the look with their pull-over hoodie “pump-covers”. The hoodies kept them warm, which improved blood circulation and added to the pump their legs were going to get today. The hoodies also added extra padding from the bar that would be laid across their backs, and also allowed them to sweat profusely, helping shed a few extra calories.

The girls started with just 135 pounds on the bar for a nice, 20 rep warm-up. It really got the blood and other juices flowing and set them up for a nice workout. Then 25’s were added to the bar and they brought it down to 15 really slow reps at 185 pounds. This was already 50 pounds more than Claire weighed and 70 pounds more than Elena. The fact that Elena could even do that many reps was amazing to Claire. Elena was definitely going to get really, really strong and Claire knew it was probably inevitable that she would be the stronger of the two.

The muscles in the girl’s legs were already growing massively due to the pump and they began flexing for each other between sets. They had been working out for a year by now and they both now had actual quads! There was separated muscles visible in both of them and Claire had started to form that gorgeous tear-drop muscle on the lower, inner side of her quads. Elena ogled them longingly, desperately wanting to get that beautifully shaped muscle as well.

“You’ll get yours too Elena. Probably just months away.” Claire comforted her younger cousin, who hadn’t developed quite as fast.

“I know Claire.” Elena responded back, “It’s just so gorgeous...and I want it too...I guess I’m being impatient.”

Claire gave her younger cousin a nice hug and said, “Ok then E...Let’s lift some more God Damn weight then!”

They both smiled and threw another 25 pounds to each side. The bar was now 235 pounds. Claire pumped out her ten reps slowly and methodically, wanting every single muscle fiber in her legs to feel the burn. Sweat was dripping from her brow and she was definitely feeling the heat. As she finished, her face was red and she needed a deep breath as Elena gave her a big high-five and got under the bar as well.

Elena then took her turn. She wiggled under the cold steel and pushed her traps and shoulders up and against the bar. She perfectly situated her hands in the ideal position and then with a

heave, stood slightly and took all the weight upon her. She slowly took a step back and this 13 year old girl, all of 115 pounds, was now about to squat the heavy load, more than double her own weight. Claire yelled encouragement as Elena lowered all the way down to less than a 90 degree leg bend. It was lower than most people squatted, but Elena was really flexible and knew her legs would grow bigger, stronger and more quickly if she gave it the extra effort.

To Claire's amazement, Elena began pumping out the reps as well as she had. By rep six, Elena's face was bright red. She was taking in huge, deep breaths at the top of each rep and descending slowly, getting maximum benefit from each one. By 9 and 10, Claire had stepped behind her strong cousin for a possible spot...but Claire didn't need it. She put every last bit of strength in to the last two reps and made it to the top. She leaned forward and banged the bar into the rack. Claire wanted to celebrate with her, but Elena was light headed and almost passed out.

The girls were as determined as a world class boxer and they were now to the point that they were working out so hard, they were almost passing out. It's rare to see that in any athlete, especially in 15 and 13 year old girls. But they encouraged each other greatly and found that they were an awesome team.

Finally, the girls added another 10 pounds to each side and were going to max out at that weight, and then do a descending ladder all the way back down to 135 pounds, maxing out to failure on each step down. Claire stepped under the 255 pound bar first. Her legs were already pumped up, and this last ladder set was going to absolutely blow them up. She began her decent and with Elena adding a spot for the ultimate failure last rep, Claire burst out a total of 8 reps.

Elena was next and this was a max weight for her. She had done one rep the last time they did legs and she was determined to do more. She again situated herself under the metal bar and hoisted it up for the set. She lowered to damn near the ground and with a heave and big grunt, she raised the bar all the way up. Having done it so forcefully, she lowered for another, and another and another. By the time Claire had to spot her, Elena had pumped out 6 reps. A full 5 rep improvement from the week before. Elena had been eating like a horse and the extra calories payed off in a massive gain of strength. Elena jumped for joy at the end of that set, knowing she had just crushed her PR!

The girls then continued the ladder down. Working to total failure on each weight and needing a spot from the other to get the bar back up to the rack after the last failed rep. The workout was beyond painful and by the end, the girls were screaming in pain with each rep...sweating like mad, shaky legs and could barely walk. But the payoff was worth it. As they looked down at their legs and flexed, their jaws dropped in amazement. Their quads were pumped like never before and massive muscles bulged from their surface. Beautiful, rain like sweat drops glistened off the bulging muscles. Veins also crisscrossed their muscle-bound surface and they were thick, pushing massive amounts of blood to the hungry, oxygen needing muscles.

Claire and Elena were over the moon excited that their workouts were paying off and they were building, huge, powerful muscles. As they continued to flex and ogle each other's quads, Elena blurted out, "Jeez Claire, I think your legs are probably way bigger than Ethan's!"

Claire looked at Elena with uncontrolled excitement and, without a care of finishing the rest of the leg day workout said, "Let's see." And she started running up the stairs out of the basement. "No, no, no...wait, wait, wait!" Elena yelled at her older cousin, but it was no use. Claire was now fully determined to show these massively pumped quads to Ethan.

CLATTER, CLATTER, CLATTER, CLATTER, BOOM, and Claire made her way up the stairs and burst into Ethan's room.

Ethan turned his head from the huge gaming screens to see what the fuck was going on. Claire quickly strode up to his chair and turned it and him to face her. She was still wearing her pump cover, hoodie on her head so just her face and a little bit of her long, sandy-blonde hair was sticking out. Ethan immediately noticed her face was absolutely dripping wet with sweat, but she had an excited and happy look on her face and said, "Look at these Ethan...what do you think?"

Ethan then peered down between his legs, where Claire had extended her right leg fully between them and hit a massive quad flex. The three headed thigh muscles jumped to attention and grew tremendously. The teardrop muscle also formed exquisitely to the left of her kneecap and had a perfectly formed, nice bulge to it. Covered in wet, moist, sweat droplets, her muscles glistened in the dimly lit room. "Holy shit!" Ethan exclaimed, "You're legs are fucking huge!"

"Feel them Ethan, feel how hard they are." Claire ordered.

Without thought, Ethan reached down and placed his right palm on the surface of her leg. Out of instinct, Claire relaxed her quad and then quickly flash-flexed it tremendously for him. Letting her cousin feel the firm but pliable surface turn into a rock-hard, towering, powerful muscle body in an instant. "Oh my God!" he said out loud, not able to control his immediate reaction and thoughts.

Just as he was admiring, and almost mesmerized by his cousin's insane quad development, Elena jammed her left leg in, right next to her cousins and flexed it for her brother. It was shorter and a bit smaller than Claire's, but it too was very muscle-bound and rock hard. "Feel mine Eth, Feel mine!" Elena shouted, jealous that Claire was getting all the attention and admiration.

Ethan now lowered his other hand and was simultaneously caressing Claire's quad with his right hand and his little sister's muscular quad with his left while they both kept relaxing and then flash-flexing their muscles for him. "Pretty awesome, right bro?" Elena asked as he continued to ogle their muscles.

"Unbelievable." Ethan responded, "I can't believe you guys have put on this much muscle."

"Do you like it?" Claire asked sheepishly, hoping her cute cousin would like what they were presenting for him.

"Ya. I think I do." Ethan answered also kind of sheepishly. A bit confused, but also surprisingly turned on by his cousin and sister's bulging muscles.

"See. I told you he liked muscles Claire...I told you." Elena breached out to her older cousin.

Now the moment of excitement had slightly calmed and Claire grabbed Elena and rushed them out of the room quickly yelling back, "Ok, see ya cuz...we gotta finish our workout...bye!" and they giggled embarrassingly as they clattered back down the stairs and into the basement to finish their workout.

Ethan was still in a bit of shock, but realized he needed to adjust his erect member. "Holy shit!" He thought. "Am I that attracted to women with muscles?" All of the women he followed on Instagram were supermodel types. Tall, long, thin, pretty and usually with large breasts. It's what he always imagined himself with and it was the one reason he was seeing Kim. She kind of fit that mold and he knew she could possibly grow into that.

Anyway, he let the moment pass and got back to his gaming. He had followers watching and they probably wondered why the fuck his character hadn't moved over the last couple of minutes.

In the basement, it was a different scene entirely. The girls were still giddy with excitement at showing Ethan their bulging muscles, having him caress their legs, and eventually getting him to kind of admit he liked it. They put 110% effort into the rest of their leg day, knowing the workouts were paying off. And also knowing it was appreciated by at least one guy. By the end of the 2 hour session, the girls were so covered with sweat, their hoodies were dripping wet. They blasted their hamstrings, calves and quads like never before. And the pump was too huge to ignore. After their workout, they posted their pics to the chat group and also took a short video and posted it to their Instagram and Snapchat story.

It was a wonderful day for Claire on many fronts. She had the best workout of her life. Her legs were growing muscles like mad, and she really liked her cousin Ethan and was stoked that he admitted to liking her muscular legs. She walked the short distance home and was really needing to take a shower and wash off all the sweat.

As Claire walked in and was going to grab some water and head up to her room, her brother Travis was in the kitchen. He looked at her sweat covered hoodie and massively pumped legs and the jealousy set in. "You know, I just saw your IG post idiot. No boy is going to like you now that you look like one."

Claire looked at him and said, "Fuck you Travis." And she tried to open the fridge to grab a drink.

But Travis was in a mood and wouldn't let her get one. Undenounced to him, she had also put on a lot of upper body strength. She had just kept her arm and shoulder muscles hidden from everyone and only had been exposing her muscular legs. Claire was able to shove Travis and force him back and open the fridge for the water. He had been pushed a few feet back and with a little momentum, he lunged forward and crashed his shoulder into his little sister's side. Not ready for it, Claire flew over, the water burst into the air and she crashed hard into the lower cupboard, slamming her head and breaking the cupboard door. She burst out in tears immediately and screamed in agony as a sharp pain shot through her head.

Travis began making comments telling her to calm down and not act like it was that big of a deal as she continued to cry loudly, holding her hurting head as she sat on the ground. Their mom walked in and loudly demanded to know what was going on.

“She’s being a baby mom!” Travis answered. “She told me to fuck off, then shoved me away from the fridge. Then I barely shoved her back and she slipped and hit her head. She started it mom, I barely touched her.”

“Is this true young lady?” their mom asked, “Did you tell your brother to fuck off and then shove him first?”

Still kind of crying, Claire answered honestly, “Well, ya. But he...”

Claire was quickly cut off by her mom who said loudly, “I don’t want to hear any, “But He this, or he that.” You can’t use that kind of language to your brother and then shove him like a little spoiled brat and not expect to get anything in return. Now I want you to apologize to your brother right now!”

“What? Me apologize to him. I’m the one who got hurt.” Claire responded.

“Apologize right now Claire...right now young lady.”

Claire looked up at Travis. He had a shit-eating grin on his face as he awaited her response. She jumped up and started running out of the kitchen screaming, “I’m Sorry Travis, I’m sorry, I’m sorry. But I’m even more sorry you’re my stupid brother!”

“Claire!” her mom yelled as she was making her way up the stairs, “For that half-hearted apology, I’m taking the money out of your account to pay for this broken cupboard!”

“Fine mom, fine! Take it!” she yelled back as she slammed her bedroom door shut and jumped on her bed in tears.

Claire hated her older brother. Mostly because he hated her and was verbally and physically mean to her all the time. She wished she had a brother more like Ethan. But she knew she never would, Travis wasn’t going to change and she would just avoid him at all costs moving forward. Claire gathered herself up, walked into the bathroom and got the shower going. She let the water get hot and steamy while she pulled off her sweat covered hoodie and small black shorts.

She waited a minute or so and then walked into the shower. The hot water drenched her warm, fit body and felt tremendous as it ran over her tired but still pumped up legs. She grabbed the soap and began lathering her quads as she flash-flexed them and relaxed them in the same manner she had done for her cousin earlier that night. Even she was amazed at how big and hard they were becoming.

Genetics were on her side and her perfectly formed, diamond shaped calves were taking a bodybuilder level shape, while the beautiful tear-drop muscle in her leg still protruded nicely

from the heavy lifting. Only one year of lifting had given her some upper level development and she knew she had a possible future as a physique or bodybuilder competitor. The warm, hot water was washing away her anger from the incident in the kitchen and she began to think erotically about her older, handsome cousin as she continued to caress her own, muscular, warm, wet body.

Eventually, the water started to cool and Claire decided to get out and jump in bed to relax and check all her social media before falling asleep. She liked to sleep in just an extra-large t-shirt and used to wear one she had stolen from her brother. But she was disgusted by him so decided not to wear it and just jump under the covers without it.

She noticed that Ethan hadn't responded to their group chat where the girls had posted their post workout photos. He had been so responsive lately, this really had her questioning what the hell was going on. Her happiness from the experience at her cousin's house started to fade at that realization and she wondered if he had lied about liking their leg muscles and was actually disgusted by it.

Claire texted Elena and asked her why Ethan hadn't responded. Elena answered back and said, "I'm not sure why he hasn't responded to the group chat Claire, but I know he liked it."

"What? How do you know?" Claire responded, now uncharacteristically nervous about Ethan's thoughts. She knew she really liked him, but was it as a friend, or kind of a crush?

"Um, you know the Snapchat video we posted too?" Elena asked her cousin.

"Ya" Clair texted back.

"Well, he probably doesn't know this, but you can tell how many times your video has been watched by someone."

"Ya." Clair again texted back.

"Well." Elena responded, "He's up to 17 views and counting!"

Claire immediately reached up and covered her wide open jaw in complete amazement and surprise. 17 views and counting. "Holy Shit!" she thought, "He's obsessed with it." Claire quickly opened up her app to see that he was still currently active on Snapchat and possibly watching it now.

"18" Elena texted Claire as Ethan had just watched it again.

Excited, elated, happy, confused, Claire dropped her phone to her bed, reached down and started feeling, caressing and massaging her own, bare, pumped up quads. She pictured Ethan



in his bed, watching her muscle pumping video again and again and again...18 times and counting. She wasn't sure what to do or think, but she couldn't wait to see her cousin at school the next day. Would he be the same...hmmm, she couldn't wait to find out...