

Muscle in the Fam – part 16

Gym Guest

Ethan was bummed to wake up in the middle of the night and see that Claire was gone. The muscle-bound babe that had fallen asleep grasping him with her naked, beautifully sculpted body was no longer next to him. They had just consummated their loving relationship, but had done so in secrecy. Claire and Elena were sharing a room, and Ethan knew she must have retreated back there at some point to keep Elena from knowing what was going on. Overjoyed at what he had experienced just a few short hours before, Ethan pulled all the covers over himself and went back to sleep.

BUZZ BUZZ BUZZ, Ethan woke up and looked over at his phone, hoping for another sext message from Claire. But it was from someone else. His track coach was texting him with great news.

Ethan quickly popped up and immediately phoned his track coach. “Hey Coach, I saw your text and it mentioned that you had great news for me.”

“Absolutely Ethan.” His coach replied, “The city is sponsoring you and a guest as well as the female distance champion an expense paid trip to next year’s Boston marathon.”

“Oh Wow!” Ethan replied excitedly, “What all does that include?”

“They’re going to cover airfare, hotels, entry into the marathon and \$200/day in expenses.” The coach let him know.

“Holy crap coach. That’s awesome news. I’m in for sure...please let them know I’ll take it.” Ethan exclaimed, already knowing who he was going to invite.

“But that’s not all Ethan.” The coach went on, “If you can muster a top 10th placing in your age group, they’re going to also present you with a \$5,000 reward!”

Ethan couldn’t believe it. He had just had sex with his smoking hot cousin the night before, and now he was going to get to take her on a trip to Boston. He couldn’t wait to tell her the great news. And just as he was about to text her, he got one from her on the group thread with Elena that read, *Can we come over Ethan...we want to cuddle.*

OF Course! He replied, never wanting to pass up a chance to have her muscle-bound frame intertwined with his. Ethan knew Claire had to keep his relationship with her a secret, so inviting Elena to join her was a good way to do that and not raise suspicion.

Still excited about the night before and the good news from the track coach, Ethan quickly got up. He pulled on a new pair of boxer shorts, after seeing and remembering Claire had torn the

pair he was wearing to shreds and tossed them on the floor. He then quickly jumped back in bed and eagerly awaited their arrival.

His room was dimly lit from the earliest rays of the sunrise breaching the slight opening in his blinds. A moment later, the bedroom door creaked open and Elena snuck through. She was wearing one of his track t-shirts that she had cut the sleeves and lower half off of. Her gorgeous, muscular, well-defined arms and shoulders were bulging and her exposed abs looked meaty and strong. She was wearing a small pair of pink panties so her beautifully developed quads were completely exposed and they flexed and ballooned out greatly with each powerful stride. Elena had a huge, giddy smile on her face and as she quickly made her way over to Ethan, he held up the covers inviting her to come join him.

Elena leapt into the bed and actually landed on Ethan. Her full, muscle-bound weight kind of crushed him and he let out a huge “Oooooof”.

She laughed and stayed on top of him, her cute brother trapped underneath her powerful body. “Perfect!” she said to him, her face just inches above his, “I’ve got you right where I want you.”

With his arms around her thickly muscled torso, Ethan squeezed her tightly. It felt like he was trying to squeeze a piece of skin covered granite and he loved the feel of her powerful body. Her weight was heavy, but he enjoyed how strong and mighty she was becoming. Her cute nose and beautiful face was just inches from his. Her long hair fell upon his head and face and he could feel the warm, moist breath from her perky lips.

She couldn’t hold back any longer and leaned down to meet his lips with hers. With her protruding, rock-hard pecs pushing hard into his chest, Elena and her older, cute crush of a brother began making out. It felt natural though now, he had always loved his little sister and she had always loved and idolized her older brother. As their tongues swapped their bodily moisture, their two bodies were molding together like one. Ethan continued to move his hands up and back upon his sister’s flexing, muscle covered back. She felt so thick, so muscle-bound, so incredibly robust.

Elena had her thick, muscular quads outside of Ethan’s legs. She slowly moved them inward, squeezing his legs tightly between hers. As she did, Ethan now felt completely helpless beneath her. He knew that she had him trapped and he would be powerless to try to move or get out from under her unless she let him. He loved this slight feeling of helplessness beneath his growing, heavily muscles little sister. Their kiss became more and more passionate and Elena was really leaning and pushing her face strongly into his. Ethan’s head was being kind of smashed into the pillow and again, she easily projected her unstoppable force upon him.

Elena then slowly stopped the kiss, took her head back five or six inches from his, peered into his eyes and said, “God Ethan, you’re the most beautiful person on earth!”

Before he could respond, she dove back at him and continued her loving, passion filled kiss. Ethan’s heart melted a little bit knowing his sister was positively, madly in love with him. He

wasn't sure what to think at this point, but a huge feeling of warmth and happiness flowed through him.

BOOM! THUD!

Claire had finished her tinkle in the bathroom and came crashing into bed with the two, loving siblings. "Hey don't start without me!" she said as Elena and Ethan stopped kissing to welcome her into bed with them.

With Ethan in the middle, Elena now kind of fell off to the right side of his body while Claire piled onto him from the left. He was now in the middle of a muscle sandwich. Claire now leaned her muscular frame inward towards him and she took her turn making out with the lucky guy. As they were experiencing another passion filled moment, Elena reached her hand down and began massaging his thigh, right below his fully erect cock. He was enjoying the make-out session with Claire but also wondering if Elena might reach her hand down his boxers and start massaging that too.

That might have been a bridge too far so as Claire and he slowed their amazing kiss, Elena just continued to keep her powerful hands just inches below. As Claire slowed and then fell more off to his side than on top of him the threesome just started laughing quietly, enjoying their most intimate group moment to date. Ethan surely felt like he had won the lottery of life as he laid between these two muscle building goddesses.

Claire was also just wearing some small panties and as he looked down, her side ass and beautifully sculpted quad was completely exposed and laying heavily upon his two legs. Elena then reached over, grabbed a thin sheet and threw it over them all. The girls now cuddled their crush under the thin cotton and leaned their heads near his. They kind of moved and fidgeted their bodies to completely cover Ethan and intertwined their legs and arms atop him as they slowly fell back to sleep.

He was pretty stoked to be sleeping beneath these two muscle-laden babes and did so for the next two hours. He loved feeling the warm breath against his face from each side as Claire and Elena slept so peacefully...a far cry from the dominant, strong, growing personalities the two were developing when awake!

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But soon enough, they all began to stir and it was time to get up. Ethan had to figure out what training would be needed to kick ass in the Boston marathon to hopefully place in the top ten in his age group and earn that \$5000. At the same time, the girls were training for the bodybuilding show in November.

Claire kind of lifted her thick arm and rubbed her eyes. She looked over at Elena and said, "Hey Elena, do you want to get it?"

“Now?” Elena asked back as she looked so comfortable with her arm around Ethan’s, and her leg intertwined with his.

“Absolutely!” Claire responded, leaving no doubt about what she wanted Elena to do.

Not super eager to leave her crushes side, she slowly removed her muscles from atop Ethan and slipped out of bed. The room was more well-lit now that the sun was all the way up and more light was filtering past the blinds. Ethan watched intently as his sister walked towards the door. Her stride was powerful, her ass flexed with each step and her quads were looking bigger and bigger by the day.

“Pretty hot isn’t she?” Claire asked her loving cousin.

“You guys are both pretty fucking hot!” Ethan answered, thus giving Claire an affirmative answer, but also complimenting her as well.

It was a smart answer and Claire rewarded him with a nice firm squeeze on his Johnson and another sweet, morning kiss on the lips. He placed his palm on her rounded, muscular abs and caressed them slowly and firmly, loving the feel of the hard muscle below her tight, tanned skin.

Elena quickly entered back into the room and again Ethan ogled her every, muscle flexing move as she came over and hopped back into bed. She had an envelope in her hand and presented it to Ethan.

“What is this for?” Ethan asked with a confused look on his face.

“Well, you have been so supportive of us and we wanted to give you something in return.” Elena said.

“It’s just a little thank you.” Claire then interjected.

Ethan got a wry smile on his face, still not knowing what to think, but eventually opened the envelope. From, Loving Hands – Private massage lessons. You and a partner will learn to give a world class massage in the privacy of your home. This private lesson is a great way to celebrate your partner, giving you both a unique and fun bonding experience as well as “the date that keeps on giving”.

He smiled widely, knowing more than anything, he’d love to give the girls massages on a regular basis. But then he kind of thought about it a little bit more. “Wait a minute. Is this a gift for me or for you two?”

“For all of us silly!” Claire responded immediately, “you’re going to get massages too you know!”

“Wow! You’re right. That’s an awesome gift. Thank you guys.” He finished as he leaned in and gave Elena and then Claire a thank you kiss.

"I also got some other great news today." Ethan said as he laid between the two girls he loved. "I got a call from my track coach this morning. The city is sending me and a guest to Boston for the marathon next April. And if I finish in the top 10 in my age group, I also get \$5000!"

"What Ethan?" Claire exclaimed, "That's awesome! Congratulations!"

"Oh my god Ethan, that's so cool. You deserve it bro!" Elena also chimed in.

They showered him with more admiration. Here he was, completely smitten and admiring their beautifully muscled physiques, and here they were admiring his cuteness and athletic achievements. It was group adoration and appreciation for sure.

"Wait a minute Eth." Elena said, "So it's a trip for you and a guest. Who are you going to take?"

Claire then also nudged into him hard, letting him feel her strength, "Ya Eth...who ARE you going to take?"

"Well girls, it was an easy decision to make. Mom always wanted to go and see the rich history. So there you go." Ethan answered with a straight face.

"Shut up!" Elena said quickly, kid punching him in the side. "Seriously though...who?"

He laughed out loud and then answered, "Well, I was kinda thinking about that. You guys are entering that bodybuilding contest in November. What about this...whoever places higher in the contest, gets to go with me to Boston?"

Claire and Elena immediately looked at each other. Huge smiles covered their faces and they were simultaneously saying, "Ohhhh, wow....that's some awesome motivation right there Eth!"

He could tell he struck a competitive chord with them and could see the excitement written all over their faces! Elena kind of got off Ethan, and then kneeling next to him in the bed, lifted her arms and hit a double-biceps pose. The muscle jumped to attention and balls of rock-hard thickness formed, rounded, beautifully sculpted biceps.

Ethan couldn't help himself and immediately reached up to grasp his little sisters strong, well-built arms. With sexy confidence, Elena began relaxing and hardening the muscle beneath her brother's palms over and over again. "You like that Eth, don't you?" she asked, already knowing the answer.

He smiled and shook his head YES. But Claire couldn't be left out. She quickly copied her younger cousin's move and popped up to her knees and hit a double-biceps pose of her own. Her arms were longer, larger and the ball of muscles that quickly formed on her arms were just as rock-solid as those on Elena's. Ethan reached one hand over and now was grasping Elena's bicep with one hand and Claire's with the other. He was immediately in a state of hormone induced heat and basically started drooling in pleasure as he felt the flexing and relaxing

muscles of his cousin and sister simultaneously. It was almost trance-like and the girls could read the utter bliss and happiness on his face.

“Oh my god!” Ethan admitted, “You girls are so fucking hot it’s insane. Good luck to you both...either way...I’m a winner!”

They both laughed and dropped back upon Ethan, tickling and hugging him over and over again as they showed their unabated love and adoration of him. They continued their fun muscle play with him, but eventually needed to get up and go train, while Ethan needed to get together with his coach and go over his training regimen for the marathon. Ethan had never trained for a marathon so he knew he had a lot to learn about the running and nutrition involved.

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Claire and Elena got ready for the gym and by now were not wearing a lot. They had incredible bodies already, and showing them off was kind of fun, especially at the hard core gym they were now going to sometimes twice a day. They always worked out twice a day, but sometimes it was a morning sesh at home and then the later workout at the gym.

Ethan put on some running shorts and a running tank top and made his way downstairs for a glass of orange juice before his 5 mile run. He was happy to see Claire and Elena already at the table, gorging themselves as they sat in their small workout tops and barely there spandex shorts.

“Holy crap.” He said, “That’s a lot of food for breakfast isn’t it?”

“Ya bro.” Elena answered, “but we’ve got to bulk up as much as possible in the next five months so we can cut down to contest weight by November.”

“Oh, damn.” He replied, “How much bulking do you have to do?”

“Well, from what we’ve learned from a couple of coaches at the gym, probably 30-40 pounds.” Claire answered her cute cousin.

“Shit!” Ethan answered, “I wish! I just found out I’ve got to shed a bunch of weight to have any chance of getting a top 10 in my age group in Boston.”

“Really?” Elena said, “You’re already pretty slim, how much do you have to lose?”

“The coach said for my body type, I need to be about 2 pounds per inch. So that puts me at a goal weight of 142.” Ethan let her know.

Claire and Elena laughed hysterically. “Are you kidding me Eth...142 pounds; won’t you be a little beanpole at that weight?”

“Ya E. I will. Trust me, not looking forward to it...but for \$5000; I may as well give it a shot. I’ll have to start working out with you guys after that I guess. Was kind of looking forward to hitting the gym with you guys this summer and putting on some muscle of my own, but oh well...next summer.” Ethan replied.

He then gave each of them a loving kiss on the lips and headed out for his run before the day just got too hot.

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Claire and Elena made their way to the Golds gym and walked in for a morning of really hitting the weights hard. They were both extremely motivated and competitive. So the reward offered by Ethan was going to make every workout from today through the competition extra extreme. But unfortunately, their mood for the day was about to be severely tested. As they walked up to one of the benches, they noticed a familiar face just a station away. It was Travis.

Claire was pissed. She couldn't stand her jealous, egotistical, spoiled brother and had to say something. "Travis, what are you doing here?"

"Oh god Claire, you look like a roided up slut. Why don't you put some clothes on and quit trying to be a dude." Travis answered back.

"Seriously. Why here Travis, there's other gym's?" Claire shot back.

"Hey, I can work out where I want, and I'm entering that amateur bodybuilding contest too, and this is Golds...so, it's where mom thought I should be." Travis let her know.

Claire just turned quickly, walked back over to Elena and huffed and puffed in frustration that he was now going to be annoying the hell out of them at their favorite place. As they started getting ready to workout and did their stretches, they couldn't help but watch Travis on the bench. He started with 25's on the bar and did ten reps. After a small wait, he put on some 35's and repped that out for 10. Finally, he threw on 45's and started that set.

The first four at 135 pounds seemed to be going up well, but by five and six they saw some struggle and by rep number eight he was stuck. With no friend or workout partner, Travis had overestimated his strength and was actually pretty weak. The weight now lowered all the way down to his chest and Elena couldn't help herself. She walked over to him, reached down and pretty much lifted the bar off his chest and placed it back on the rack for him.

"Thanks Elena." Travis had to say, "But I would have got that, I was just taking a quick rest." He finished, basically not admitting that he was too weak to lift the 135 pound bar.

"No worries Travis, my bad, I just thought you might be stuck. That's all." She finished and walked back over to Claire.

Immediately, Claire laid on the bench and did 15 quick warm-up reps with 25's on the bar. Travis was watching the girls in the mirror, thinking he was sly, but not realizing they could totally tell. With him figuring out what weight he was going to add for his next set, the girls then changed the 25's for 45's. Their bar was now at 135 pounds, the weight Travis struggled so mightily with.

As he looked on after adding 10's to his bar, Claire banged out twelve effortless reps of 135 pounds. She had just crushed his lift from a couple minutes before and was not even showing signs of sweat. He had to double check to confirm it was actually 45's and not 35's on their bar, so he did a quick walk-by and got a drink of water from the fountain. Sure enough, they were 45's and he was already upset that she seemed to out-lift him.

But with that as motivation, he got under the bar with 155 pounds on it and started to lift. It felt heavy as his extended arms held it up above his chest. Travis lowered the bar, kind of bounced it off his thin chest and pushed. With great effort, a loud grunt and some slight twisting and heaving, he managed to get it to the top and then banged it back into the rack. A new PR for him, he was happy to lift the weight and not need any help. But as he looked over, Claire and Elena had not added a measly 10 pounds to each side, making their bar 155 pounds like his. They had added another 25 to each side, meaning their bar was 185 pounds.

He tried not to look, but couldn't stop himself. Travis watched with horror as his little sister laid under the bar and did 12 forceful, almost effortless reps. Now secretly humiliated, he decided not to lift any more on the bench and possibly get caught by Claire and Elena not being able to lift what they could easily push up.

He took the opportunity to go over to the incline bench to do some lifts there. It was several feet behind Claire and Elena, so he could keep an eye on them but not be trying to do the same exercise. As he got situated and put 25's on that bar he looked back over towards the girls. To his amazement, they now had two 45 pound plates on the bar. That was serious weight and he was shocked to see two high school girls attempting so much.

Elena was under the bar now and what was once a one rep max weight, she was now completing for reps. Travis secretly spied them from his seat and watched. One, two, three, four, five and six. Elena stood up, made a loud Wooo! And high fived Claire. She was energized and pumped. Her chest and triceps were greatly expanded already from the workout and Travis couldn't help but notice. He looked down at his own arms and realized that little cousin Elena was probably bigger and definitely stronger than him.

Unlike Elena, when Claire got under the bar, she wasn't stopping at six and even more reps were coming. She banged out ten perfectly and also let out an excited yell and got a high-five from Elena. Her triceps were now bursting out of her arms. They were even bigger than Elena's and she looked like a fucking beast.

Pissed and jealous, Travis knew he needed to start lifting again and quit watching the girls. He pulled the bar out and over him. But incline is a lot more difficult than flat bench. The 25's felt heavy and by eight reps, his arms and chest were gassed. He sat up dejected, realizing he had only lifted 95 pounds. And if that wasn't enough, he watched as the girls now had 245 pounds on theirs.

"C'mon girl!" Claire exclaimed as she stood in the spot position, overlooking her cousin, "Lift this shit!"

Elena laid with the bar above. She slowly lowered the weight to her pumped up, protruding pecs. With a mighty grunt, she slowly pushed with her meaty arms. It rose and rose and rose. Boom! She complete one rep and then lowered the weight back down. Boom! She completed a second rep. Finally, she lowered it again and as the weight began to rise, her buff arms shook and she let out a loud grunt. But the weight was a little stuck, so Claire reached down and simply put a couple of fingers under the bar, helping it to the top. She slammed the weight back onto the rack and embraced Claire quickly in a strong, powerful hug!

Travis couldn't help but notice. As he struggled with 95 pounds on his current bar, the girls were blasting up 245 for reps. He was now more convinced than ever that they were doing roids and was determined to get some for himself.

The girls continued to follow his chest exercises through the next hour, continually crushing his spirits by lifting more than him by a lot on every station. Claire was motivated like never before...her asshole brother being there, the bodybuilding competition coming up and her friendly battle with Elena was sparking her into absolute overdrive and she was not going to relent.

Totally pumped up and jacked like never before, Claire and Elena took advantage of the intimidating look of their expanded muscles. They purposely walked by Travis several times, making sure he noticed. If he was going to be here in their place of passion and enjoyment, they were going to try to make him feel as uncomfortable and jealous as possible.

They eventually finished their chest workout and left for home, stoked with their current pump and excited to meet back up with Ethan. They had scheduled the first masseuse class for later that day and they both couldn't wait to have their hands all over his lean muscles and couldn't wait to have his hands passionately massaging their pumped up bodies...