

Muscle in the Fam! – Part 1

Boom, Boom, Boom, Boom...Clatter, Clatter, Clatter, Clatter!

Linda looked up at the ceiling and shook her head. “Larry dear, will you please go up and get the kids, their cousins are here.”

Larry smiled and shook his head as he headed past the Christmas tree and upstairs to get the rascals. When he opened the door, Ethan had his little sister in a head lock and was giving her a noogie. They were both laughing hysterically and Ethan was just getting back at his playful little sis after she blasted him in the head with a pillow as he was playing Jedi – Fallen Order.

“Elena! Ethan!” Larry demanded loudly, “Quit playing rough-house and come down stairs. Your cousins have arrived.”

Ethan let Elena go and stood to his full 5’11” height, straightened his shirt and started following dad out of the room. BAM! Elena had to get in one last shot and blasted her older brother again in the back of the head with the pillow. He turned to grab his shorter 5’3” sister, but she was too quick and ran past Ethan and her dad and quickly down the stairs.

Ethan gave chase, but his little sis got to the bottom of the stairs and embraced her older cousin Claire for safety. Claire stood almost as tall as Elena’s brother at 5’10” and Claire was hoping she might grow as tall. “I’ll get you back sissy.” Ethan said to his little sister humorously, “I’ll make sure Santa fills your stocking with coal!” Elena just smiled and stuck her tongue out at her older brother. She loved antagonizing him into playing with her or wrestling around. She was more tom-boy than little princess and she would often sit and watch her older brother play video games for hours on end, grabbing him a drink if he was thirsty...or blasting him in the head with a pillow if she got too board.

Claire released her loving cousin Elena and gave Ethan a quick hug. Ethan complimented his cousin for her outfit. She wore a pair of long, white winter leggings and a large, Christmas themed sweater. Her curvy stems filled the leggings nicely and her slightly high heeled shoes gave her a slight height advantage over her tall cousin. Claire loved her cousins and wished she and her older brother had a close relationship and bond too.

But her brother Travis was not friendly and often seemed to despise his younger sister. He was rude to her, called her stupid all the time if she was wrong about something and he would never let her in his room at all...let alone if he was online playing video games. Claire tried reaching out to her older brother and gave an honest effort to be closer, but when they were little, he would rough her around till she cried and ran off to their mom. Unfortunately, their mom always showed favor to Travis over her and would often blame her and not him for any physical engagements. That’s why Claire loved coming over to Ethan and Elena’s house so

much. She envied their relationship and decided she'd rather be around them than her own sibling.

Ethan and Elena then greeted their cousin Travis briefly and also said hello to their aunt and uncle. As always, Linda had the kids scurrying around setting the table and helping with the basics as she finished up preparing the Christmas meal.

Eventually, they all sat down for the meal. There was turkey and ham and mashed potatoes and cranberry sauce and more. They sat down and ate and drank and chatted away. All of the adults were having wine, even Travis, although he wasn't old enough. He was a senior in high school and he figured that gave him the freedom to have a drink or two with a nice meal; and he wanted wine. Travis kind of got what he wanted in his household anyway, so it wasn't like his mom was going to say no. Ethan, Claire and Elena simply had milk as they were still just a bit too young as Travis continually pointed out.

Ethan finished his meal and got up, offering to grab Claire and Elena's empty plates as well. "Oh, we're not done yet." They each told Ethan, "Time for seconds."

"Geeze Claire, no wonder you're getting so damn tall." Ethan quipped as he was full and didn't need another bite, while she and Elena were going back for more. "Not sure why this one is still a shorty." He finished as he playfully kicked his little sis in the behind as she walked past. He did look down at Claire's leggings though and had noticed a bit more curve in her thighs and calves. It was attractive he thought, but he was hopeful she wasn't getting too fat.

The adults and Travis remained at the table to chat and drink while Claire and Elena were devouring their second full plates of food. Ethan left the dining room and hopped on the big couch in the living room and put on his favorite Christmas movie Elf. It was the normal tradition after the meal, to all gather and watch a couple of Christmas themed movies and Ethan was all set. Just as he started the movie, Claire and his sis yelled from the table and demanded that he wait for them. He thought that was dumb, since they'd also seen it so many times, but as the nice brother he was, Ethan put the movie on pause and flicked through his Instagram while he waited.

The girls finished up their second helping of food and then rushed into the living room and jumped on the couch next to Ethan. Elena crashed into him hard, like the little brat she was and nearly knocked him off. The force was much more than he had expected from his little

sister and he leaned back into her hard on the rebound. Surprisingly, she was ready for it and kind of flexed her shoulder and body and his bump didn't move her at all. Not thinking too much of it, Ethan snagged the remote off the table and said, "Now that you two little piggy's are done devouring all that food, I guess I can finally watch the damn movie!"

He felt bad immediately as he had noticed earlier that Claire had been getting a little fatter. She had put on some winter pounds by the noticeably expanded size of her legs. He figured she probably didn't like being called a pig, so he decided he'd apologize to her later.

They finally began watching the movie with Ethan on the left, Elena in the middle and Clair on the far side of the couch. Ethan started laughing out loud at the funny parts of the start. Out of sync, the girls seemed to be laughing sometimes with him at the movie, but other times on their own, even when it wasn't really a funny scene. They also started to talk out loud, then go quiet, then start talking out loud again. Like they were having some sort of text discussion and hiding some of their dialogue. "What the hell are you goof balls talking about...guys at school or something?" Ethan finally asked.

"I'll show you!" Elena blurted out and she began to turn her phone towards her brother.

"Nooooooo!" Claire yelled and she grabbed Elena's phone quickly and pulled it tightly against her chest.

A slight wrestling match ensued, but Claire was too strong for Elena and it was obvious the phone would not change hands. "What the hell are you trying to hide over there anyway Claire? Is it that big of a deal?" Ethan asked.

Claire wasn't answering and continued to hold the phone tightly. That's when Elena started trying to convince her of something. "C'mon Claire." She pleaded, "He's not like Travis, he won't be a jerk about it."

"About what already???" Ethan followed.

With a bit of hesitation and a puppy dog look from Elena, Claire finally relented and handed back the phone. As she did, Elena brought up a photo and slowly turned the phone towards her brother. As she did, Ethan focused on the pic and blurted out, "Holy shit, that's a pretty solid Six-Pack!" as he stared at the photo of a girls exposed abs just above some black spandex workout shorts and below a white sports bra.

"Ya, not just any girl though bro." Elena said and she started motioning her head towards Claire. Ethan got a really confused look on his face and looked over towards Claire. She had a very frightened look on her face and was nervously biting her lower lip, waiting for the inevitable negative response about it being gross or too muscly or something.

Ethan then looked back at the pic, then back at his cousin, then back and forth again. “Wow!” he exclaimed, “That’s freaking amazing, but that can’t be you. I mean, not to be a jerk, but, ya know, it kinda looks like you...maybe...put on a little winter-weight...right???”

Claire just sat there silent, still looking slightly apprehensive and nervous with her lip still firmly being bitten in a nervous way. “Her abs are crazy ripped Ethan, like, what do you think?...do you think they look good on a girl?” Elena asked her older brother.

“Ya. I mean, ya, they look really amazing and good. But, like that can’t be you now, could it?” Ethan asked again, still confused by how she could have put on the layer of winter fat and still have abs.

“Show him Claire. Show him!” Elena demanded of her older, bigger cousin. “C’mon please, please, please, please.” She begged.

Reluctantly, Claire said, “OK fine, but don’t freak out or anything ok Ethan?”

“I won’t freak out.” Ethan answered and he watched as his cousin slowly stood up from her spot on the far side of the couch. She walked over to just a couple feet in front of him. She left all her weight on her left leg, extended her right leg out towards Ethan and positioned it between his two legs as he sat up on the couch as a very attentive audience.

With an explosion of muscle, Claire flexed her leg firmly. The muscles in what Ethan thought was a flabby leg, jumped to attention and the curvy legging became rock-solid with several hard bumps clearly present and almost bursting through the material. “Holy Shit!” Ethan exclaimed as he reached his hand out and placed his palm on her rock-solid quad. With that, Claire slowly relaxed the muscle with his hand still upon it, then quickly flexed it hard again and watched as Ethan’s hand jolted upward with the force of her flex.

She did it again and again. As she flexed and relaxed her bulging, powerful quad over and over for him, Ethan became mesmerized by what he was experiencing mentally and physically. His jaw was agape and he then looked up in awe and peered his cousin in the eyes. She had an embarrassed grin on her face and turned bright red. She had never flexed her quad like that for anyone but Elena and this was the first time she really showed off her muscles on purpose.

Elena was giddy with excitement and then said to Claire, “Show him your abs...show him your abs!”

With that, Claire reached her hands down, grabbed the bottom of her long Christmas sweater and lifted it up towards her breasts. She let out all of her oxygen and flexed her midsection

solidly. The abs bulged greatly and the ripped muscle was literally a foot from Ethan's face. His jaw still wide open in shock, confusion and admiration, he reached his hand out and placed it on her muscle. But Claire couldn't take it and didn't know how to react. She quickly pulled her sweater down and jumped back onto the couch next to Elena. Curled up in a ball of giddy embarrassment, Claire grabbed her cousin and pulled her tightly against her as she nervously laughed.

Not sure how to react, Claire pulled up the neckline of her sweater and covered her mouth, taking the material in between her teeth and biting down as she and Elena still cuddled. Elena looked back and up at her older brother and asked, "Well bro...pretty awesome right???"

"Ya that's pretty awesome." Ethan answered honestly. "I just had no idea Claire was so freaking buff. I guess I'm just super surprised really..."

"You don't think she's too muscly?" Elena probed her brother.

"No...I mean..no, not really. I mean, ya know, it looks cool. Like, it looks really good on her I guess."

"See Claire. See. I told you he'd like it. He's not a jerk like Travis, telling you that your muscles make you look like a guy, and that you'd never get a boyfriend with all those muscles." Elena exclaimed.

With Claire still curled up in a little ball of nervous embarrassment, Elena excitedly turned to her brother and said, "Check these out Ethan. It's a gallery of us working out over the last year with a bunch of progress pics."

"What do you mean US, Elena, you're working out too?" Ethan asked suspiciously.

"Ya dummy." She shot back at her brother. "I have abs to ya know." And she quickly raised her own top and showed off her tight, slightly defined midsection. It was nowhere near as developed and defined as Claire's, but it was impressive and definitely muscular and on its way to getting there.

Now Ethan was even more bewildered as his little sister pulled her top back down and started scrolling through the workout pics for him. There were dozens and dozens. Ethan was laser-beam focused as he found himself completely enthralled with the girls flexing and working out pics and was confused as to why he was excited by seeing muscles on his cousin and sister.

"I never knew I'd even say it you guys, but those pics are great. Where the hell do you work out, and for how long?"

Claire started to feel a bit more comfortable, especially since she was getting such a positive reaction from her cousin. Completely opposite of what her brother tells her about her body and way more warm and friendly than what she expected. She now leaned in and said, "We work out here Ethan, in your basement while you're up in your room playing video games."

"We have workout stuff in the basement?" Ethan asked. He thought that's just where dad keeps all his crap and where mom kept all the boxes of different themed holiday and seasonal decorations.

"Ya!" Elena exclaimed, "Here, let us show you." As she jumped up, grabbed Ethan's hand and started pulling him towards the door to the stairs leading down.

They arrived and to Ethan's surprise, there was a universal machine at the far side of the room. Elena eagerly took her brother over and showed him everything. A rack against the wall had about 12 dumbbells. There were yoga mats, bands and weighted medicine balls a few feet from the universal and lastly, there was a big barbell with some plates on the floor. The area had obviously been really cleaned up and organized by the girls and it looked really legit. Ethan was really impressed and complimented them over and over again.

After being showered with compliments by Ethan, Elena looked over at Claire and asked, "Well...should we include him in our workout thread?"

"I don't know. Ethan, do you even want to be on our workout thread? It's basically us talking about the workouts and posting our progress pics and stuff like that..."

"Ya sure. That'd be cool I guess." He answered. Keeping his excitement to a minimum, but deep down...he absolutely wanted to be part of that thread. He always liked his cousin Claire a lot, and her sending him pics of her in workout shorts and a sports bra was definitely a thread he wanted to be a part of.

"Now let's go watch that damn movie...Right!" He exclaimed to the girls, still pumped that he'd be seeing a lot of pics of his cousin and also trying to downplay his current level of excitement.

Now rather alert to her fit legs, Ethan eagerly followed her back up the stairs to the living room, watching with some elation as her muscular calves flexed noticeably beneath her white leggings with each powerful step.