Chapter 49

I got to my house before them and went to the basement.  It was a decent-sized workout space, a 20’ by 30’ room.  The floor was rubberized for easy cleaning.  We had one erg, one treadmill, and two stationary bikes for cardio.  An Olympic powerlifting platform, a squat rack, a bench press, a weight iso row machine, and a set of dumbbells from 5 lbs up to 100 lbs.

Paige and her friends used it work out down here, and I joined them sometimes.  It was mostly to ogle their bodies.  I cleared some space in the center of the room so I could lead them through the stretching.  The doorbell rang, and I went upstairs and let them in.  They had taken time to change before coming.  Both young women were wearing tight black spandex shorts and sports bras.  Rose’s bra was electric blue, while Mary had a white bra.  Once she started to sweat, it would probably become see-through.

“Caleb, I hope you plan to work us hard,” Mary said as she came inside.  “Wow, you have a nice house,” she looked around with Rose trailing.  “Are your parents home?” she asked.

“Dad gets off work in three hours. He usually brings home dinner. I will text him to get extra.” I got my phone and sent the message. “My mom,” I checked my phone calendar with her schedule.  “She will be home at 9ish tonight.  She is in DC for a conference.”  Truthfully she was probably meeting with her company’s drug lobbyists.  Sometimes she had to educate the lawyers before they talked to members of Congress.

“So we have you all to ourselves for three hours?” Rose asked as she faced me.

“Yeah, but the workout I have planned for you two will take over two hours, so we should get started.” I let them walk around the first floor but opened the basement door and headed down.  A few minutes later, they joined me.  I opened my hands, “Welcome to Caleb’s Boot Camp.  I hope you came mentally prepared for the hardest two hours of your lives.”

They looked at each other doubtfully. Rose asked off-topic, “Where is your bedroom?” I tilted my head and grinned.

“My room is on the third floor. Didn’t get that far up in your exploration?” I said, and Rose blushed. “Well, let’s get started. I based your training on a book by a rowing coach. It is progressive, so we will start with stretching and move on to weights.”

Mary touched her toes, stretching, “We mostly wanted to learn how to lift weights. The college coaches said that was the fastest way to improve. Rose wants to go to Yale and row there, but her grades will not be enough. She needs the rowing coach to sponsor her application.”

Rose spoke up, “The Yale coach can only help seven applications each year through admissions. I meet the academic standards, but my 2k time is not in his top 10.” She was stretching with Mary now. “Mary’s last 2k time assures she will get to go where ever she wants. My best time is 7:27.8. It is good, but it needs to be sub 7:20, according to the Yale recruiter. Sub 7:16 would guarantee an offer.” Rose finished her explanation.

“So you two are here for Rose?” I asked while moving to the center of the room.

Mary blushed, “Well, yes. After Rose saw you play in those hockey games she suggested this. It seemed like a good idea. In the last few months, you turned into the best athlete at our school.”

I nodded as it kind of made sense. I wasn’t doing to do this for free, though. “We never discussed my compensation.” The two young women looked at each and then back at me.

Mary spoke, “Sorry, we thought we did. Is $100 a week ok for the four sessions? And maybe a little extra on top,” she licked her lips suggestively. Rose rolled her eyes.

“That sounds fair. Let us begin,” I started going through the dynamic stretches to start, and they were familiar with most of them. We then moved on to the yoga poses. I wasn’t shy about using my hands to get them in the correct positions. At first, Rose shied away, but when I maintained my professionalism, she just allowed me to touch her at will.

For the *downward dog* position, I got behind them and pulled their hips back while telling them to maintain their posture. For the *pigeon pose,* I used my body to press their bodies to the ground to stretch their hip flexors most intensely. Both women had an ok range of motion, but I forced them further through their grunts and protests. My hands-on approach aroused both of them as their camel toes became more pronounced by their spandex.

They both were sweaty from just the stretching routine. Mary’s dark nipples on her well-endowed chest were clearly showing under her white spandex. Mary locked eyes with me, “Damn Caleb, we are going to be sore tomorrow. I’m going to run to the bathroom, Mary?” her friend nodded, and they went upstairs.

I yelled after them, “We are only half done! Hurry back.” I heard the stairs to the second-floor creak…I guessed they were going to the third floor to check out my room. There was nothing to hide as my room was spotless, and the sheets were clean. There were a few bundles of cash, but they were secreted deep in the storage space.

They came back down twenty minutes later, whispering to each other. I interrupted, “Did my room meet with your approval?” Mary’s jaw worked, but nothing came out.

Rose answered, “Mary tested the bed. She said it was comfortable,” Mary whacked her friend with a soft backhand. “What! That is what you said. He obviously knows we checked out his room.” Mary was definitely sending mixed signals to me. She didn’t mind giving me a BJ but told me she didn’t want to have intercourse.

I looked at Rose. She was showing minimal interest in me. She was turned on by me, but I didn’t sense she was going to give up the goods to me. I knew she was dating one of the junior boys on the rowing team. She seemed faithful to him, as she hadn’t made any actual moves toward me. If I didn’t get anything out of all these sessions then I would be disappointed with all this time investment. The small trickling of life essence from Mary’s blow jobs was not going to be worth it. Well, maybe if I got one after each workout.

I turned my attention back to training the two aspiring college rowers. I kept referencing the book in my mind as we reviewed the exercises. A lot of the basic movements from the beginner exercises helped reinforce the athlete’s proper movements on the compound lifts.

Mary and Rose were put through the paces by me, and to their credit, they didn’t complain vocally as I worked them. They were grunting and straining to meet my expectations. I continued my hands-on approach, and Rose was warming up to me. She even pushed into my hands as I corrected her.

When we finished, they were lying on the ground, finding it difficult to move. The exercises had not been difficult for the two athletes, and it was just the range of motion was beyond their normal ranges. Rose looked at me, “That was good, Caleb. Thank you. You are a really good teacher.” Mary was nodding. The door upstairs opened.

My father yelled down, “Caleb, I got chicken Caesar salads and spaghetti and meatballs for you and your two female friends. Come up when you are ready. I am going to run to the shower.” A look of mischievousness overcame Mary.

“Caleb, we need to pay you for the lesson.” She groaned, and she got on her knees before me and pulled my shorts down. Rose didn’t move and just closed her eyes. It was obvious Mary found eroticism in the thrill of getting caught. I quickly had my flaccid penis come to attention for her. My eyes were not on Mary as she started to work on me. I locked the vortex in place and focused on Rose.

I was curious what her reaction would be with her friend gave me an enthusiastic blow job and arm’s length away. Her legs were splayed, and her women’s scent was noticeable to me incubus senses. Her camel toe returned to clear definition as blood engorged her labia. Her hand almost moved to rub herself but paused and rested on her thighs as she listened.

Mary was making a lot of noise, popping my head out of her cheeks and slurping the mix of precum and saliva. She was teasing Rose, who finally peaked. Her eyes opened wide for just a second before closing, and her hand rested on the crotch as her thumb caressed her camel toe. Rose’s nipples had also become hard and visible through her sports bra.

A thought occurred. Could I add a second vortex to Rose’s aether core? I closed my eyes and it took a minute but it finally materialized to my aether site. It was shaky but active and my first vortex was still working. This brought up so many possibilities. Could I stack vortexes on the same aether core to increase the draw? Could I have multiple partners at the same time and draw life essences from all of them? This little workout session was becoming more productive than I thought it would be.

Mary was massaging my scrotum with one hand and had the other on my ass cheek for balance and control. She started squeezing my sack and looking up at me with her blue eyes. She was aroused but not close to orgasm. I needed to put my saliva in play. I worked some in my mouth and pulled her head off my cock as I spit on it. She gave me a confused expression. My cock had already been well-lubricated. I pulled her head gently forward to receive me, and she didn’t resist.

The saliva had its effect. It was the lesser saliva this time. I found I was able to control the intensity of the fluid I produced. Mary’s scent filled the air as she came after a few bobs of her head on my cock. I returned my sights to Rose.

Rose was half Arabic, and her light brown skin gave her an exotic look. Her long, rich black hair was popping out of her ponytail as the elastic wasn’t doing its job. Her eyes opened for a second, but after looking at my cock and Mary’s head pumping on it, she noticed I was looking at her and closed her eyes again. “It’s ok to look, Rose,” I said.

Her eyes slowly opened, and she watched. Sensing her friend watching, Mary got aroused, and I could feel her building. Her hand raced under her spandex to speed up the arrival of her second orgasm. Rose’s right hand was rubbing the top of her spandex unabashedly now while her left hand was underneath her bra massaging her breast. She had a smaller chest than Mary, but it was still beautiful.

The two friends climaxed simultaneously, and the paired vortexes twinged. No twinge is not the right word. Throbbed would be closer to the correct word. I ignored the two women and closed my eyes, and used my aether sense to figure things out. If this was dangerous to them, I shouldn’t be doing this. I took eight minutes to figure out what had happened. The girls were fine. Receiving two life essence flows from two separate vortexes strained my own channel. It was like swallowing two large pills at once. I guessed this was not dangerous.

I opened my eyes and found Rose contently rubbing her pussy. Her unique orgasmic smell was now locked into my memory. Mary was getting tired as it had been over twenty minutes. I could also hear the footsteps of my dad upstairs. Mary’s core might be able to take more, but I decided to call it a session. Mary didn’t realize I was about to come and pulled off my cock for a second. The first shot got her in the eye and she bent over to rub it off her face the next four ropes shot across the room to leave strings of my semen on the rubberized floor. At least I hadn’t fired in Rose’s direction.

Rose sat up and looked at the lines and then at me with her mouth half open. I gave her a guilty smirk, “I know it is a lot. I can’t help it.”

She rasped, “A lot? I didn’t believe Mary but you are a firehouse when you come.” The door to the basement opened and my dad called down.

“Caleb are you all ready for dinner?” he said and waited for a response.

“I think they want to shower. We just finished the workout,” Mary snorted and Rose giggled. He shut the door and I looked at the two. The basement shower doesn’t work. We started putting in sauna two years ago and dad fired the contractors because they were watching my sister workout. So the sauna was never finished. There is a bathroom on the second floor and one on the third floor. You can use those.”

Mary was quick to say, “I will take the third floor. Caleb are you going to shower too?”

I looked down at my cock and said, “Looks pretty clean to me.” Yep, saying stupid things after cumming was my superpower. I was not in fact clean. After my ropes of seed had shot my cock had dribbled out more to land on underwear and short around my ankles. I hoped I had not missed an opportunity to shower with Mary. Rose was already headed upstairs with her bag.

Mary looked at my with seductive eyes as she grabbed her own bag and sauntered up the stairs. She was definitely saying, ‘you just missed out.’

I went to the laundry room in the basement and looked for some clean clothes. Nothing. I did my laundry on the third floor. I avoided my dad and went to my room. I smelled bad, or at least I thought I did. My semen was pungent to my enhanced senses. My shower was running as I got a change of clothes. I almost went to shower with her but waited. Mary was out quickly and surprised I was waiting to use the bathroom.

“There was plenty of room for both of us,” she said teasingly.

“Yeah, but I might not have been able to hold myself back if I saw you completely naked,” I returned her quip. She didn’t have time to respond as I entered the bathroom and started a quick shower myself. Mary entered the bathroom and sat on the toilet.

She started talking like we were just having a normal conversation, “I am headed down to stay with your sister tomorrow. Are you sure you don’t want to come with me? I could wait until your hockey game is over.” She paused, “Maya asked me to ask you,” some jealousy was in her tone. I hadn’t been aware they exchanged numbers.

“No, I can’t go. I am taking lessons to…to get enough credits to be a senior next year.” I said. I couldn’t tell her I was going into the transit to bring back and elf on the run from an evil elf ruler afterall.

“Really! You are graduating with us? That is awesome Caleb! What college are you going to?” Mary was way too excited for me. I finished showing and stepped out to grab a towel. I dried off in front of her while she stared at my body.

“Not sure if I am going to college yet. I just want to graduate on time,” I said looking at her as I dressed. “We should go eat before my dad comes looking for us.” Mary’s face turned mischievous for a second but she got up and went down the stairs.

Rose was in the kitchen talking to my dad about the training I had just run them through. He inquired, “I didn’t know you were training two future college athletes. Mary said you are really good at it.”

“Yeah, it is a favor for Mary,” I indicated her, and my dad looked stunned and confused. “She might be rowing with Paige if she chooses to go there.” My father was probably thinking his son was bringing home a new attractive girl every week. I distracted him, “Oh, dad, can we get the bathroom in the basement working again?”

He nodded, “Yeah, I had been meaning to get that done and finish that damn sauna room. I think Amelia gave your mother a good contractor’s name a year ago. We should be able to get the bathroom fixed in a day as it was just the plumbing. The sauna will take more time.” He gave me a wink which was kind of creepy because Rose clearly saw it.

As we ate the food, the girls thanked my dad, and they talked about colleges with him. When they left, they thanked me and said they were looking forward to Monday’s session. Even if I only got a trickle of life essence from this, it should be worth it.

I had to explain my relationship with all my female friends to him. He was curious, and we had always been an open family. I had been talking less and less with my parents since becoming an incubus, so I answered all his questions for the next hour. I told him my girlfriend was Iris and everyone else was just a friend.

It was 8:00 pm, and I told him I needed to go to Iris’ house since I promised to watch a movie with her. He just nodded knowingly. He said he and my mother would be at my game tomorrow.

I got in my car and looked at my life essence, 95/130. So 11 life essence from the dual session. Yeah, if I could get 40 life essence a week from training those two, it would be worth it. I wanted to check on Vida and get some combat lessons tonight from Kiri. I had ignored Abigail for too long. I needed just five life essence for an upgrade. Another upgrade before entering the transit tomorrow would be a smart move.