

## The Stingers – part 4 - revised

RED FOX

Lu woke up the next morning reveling in happiness from her experience with Chrissy from the night before. She knew she was becoming insanely attractive and wondered if Chrissy was really bi or just overwhelmed with the perfection of Lu's physique. Lu looked down at her naked body as she laid on her bed. She slowly placed her palm over her rock hard abs and began caressing the bumps of muscle that covered her mid-section. She then flexed a leg, stuck it up in the air and marveled at the muscle size and definition in her quads and calves. "God you're sooooo hot!" she thought to herself as she ogled her own physique.

Wanting desperately to put on more size and gain more strength, Lu threw on her tiny pair of shorts and a workout bra. They left nothing to the imagination and now that Lu was so full of self-confidence, she didn't care. She was a bit obsessed with looking at her own, growing, muscular body anyway, so why deprive herself that satisfaction by covering up her insane body.

She walked out to the kitchen and to her surprise, Steve was up already and grabbing something out of the fridge. "What the hell are you doing up already?" she asked as she grabbed a protein shaker out of the cupboard.

"I still haven't gone to bed yet, and why do you care!" he said rudely.

"You're right Ass Hole! I don't care, forget I asked." She chirped back quickly.

He then grabbed some junk food and was about to head back upstairs when he looked over and saw his almost naked sister in her workout gear.

"Oh God." He said sarcastically, "If you put on any more muscle, no dude is going to want to date you Lu. Back it up a notch before you grow a damn cock."

"Screw you!" Lu shot back as Steve turned to head up the stairs back to his gamer cave.

Right then, Janet came waltzing down the stairs to meet Lu and hit the gym with her. She was dressed a little more conservatively with her Lulu Lemon yoga pants, but also wore a sports bra. She still looked great and the abs and arms were looking nicely defined. Luanne was quick to compliment her mom and give her a nice hug. They then grabbed their gym bags and drink jugs and headed out to the gym.

As the girls got to the gym and walked inside, There was a big Russian guy setting up a small table with some physical enhancement products on it. Lu waited for him to finish setting up and then asked him what he was promoting.

In a bit of a deep Russian accent he said, "Well, I've got some little known, experimental product from a Lab back home in my motherland. They have spent decades perfecting human performance maximizers. All the bottles are labeled in Russian, but I've got the English translation guide right here." He informed the girls.

Lu and Janet looked over the list of 12 or 15 products. All of them performed some sort of function, but one of them really caught their eye. RED FOX was supposed to allow any male bodybuilder to put on a tremendous amount of muscle, to an Olympia type level, and also make them add a few inches to their cocks. Lu laughed at that part of the description, as she knew all of the male enhancement products she'd ever heard of were scams. But she was intrigued. As she started putting on muscle, she imagined herself with huge biceps and thighs...and really would do about anything to get there.

Lu never wanted to have to depend on her pussy ass brother and dad for protection. She could be the protector, she could be the dominant ALPHA in the family. Lu's mind was made up after reading over the list and she was about to consult her mom about her choice. To her surprise, Janet spoke up before Lu even had a chance. "We'll take 2 buckets of this RED FOX" Janet blurted out to the big Russian.

The big guy laughed and said, "No, no, no ladies. This is for man bodybuilder...not for young women like yourselves. We have some other supplements for de girls."

"I don't care who it's meant for." Janet answered back sharply, "My daughter and I will take the RED FOX, we're sure of it."

Vlady looked them up and down. Smiled and shook his head. Then bagged up two buckets of the RED FOX and handed it to the girls. Janet swiped her phone for the Apple Pay and the purchase was final.

As they walked into the gym with their new purchase, Lu and Janet looked at each other with wide eyes...Russian Lab...Illegal...Experimental...

"I wonder if it's safe?" Janet looked at Lu and asked.

Lu answered back, "The translation on this flyer says that the Russian Olympic athletes have been taking a 10<sup>th</sup> portion of it to greatly enhance their physical abilities. That's the most they could take without failing the USOC drug testing...and even that was too much. But a tenth of a portion was still enough to make them some of the fastest, strongest athletes in the world. So I'm excited to try it."

After paying \$300 the girls excitedly mixed in the new supplement into their workout bottles and hit the gym hard. They both felt a pretty strong tingling sensation run through their bodies as they drank their beverage and went through their workout routines. The amount of weight they lifted was on par with what they expected, so nothing new there...but they all noticed that their skin turned a little red. That must be why they call it RED FOX Lu thought to herself. Janet and Lu wrapped up their workout and hit the locker room to towel off.

They were all looking pretty pumped up and decided to do some flexes for each other. As Lu hit one of her double biceps poses, she mentioned, "God, I love this pumped up, strong feeling right after a workout. I wish the pump didn't always fade so quickly."

"I know." Janet replied as she stuck out her hand and grabbed Lu's pumped right biceps. "Your arms are looking great girl. Let me get a measurement before the pump fades. In fact, I guess we should both take some measurements so we can see if the RED FOX is actually working."

It was a great idea and they decided to get weight, biceps, quads and calves.

Lu went first. She stepped on the scale and it read 140 pounds. She was pretty much all muscle, and while she still stood on the scale, Janet pulled up the height bar and placed it on the top of her head. "Why are you checking my height?" Lu asked.

"You never know dear. Just figured, why not." Janet answered.

"Ok, I guess." Lu responded, thinking, it was kind of dumb, since the supplement was only going to enhance their musculature, according to the information provided.

Next, Janet pulled the measuring tape around Lu's gorgeous biceps. 13". "Pretty nice size for a chick!" Janet mentioned.

Lu just smiled at her mom who then measured her flexed quad muscle and calf. The Quad came in at 21" and the calf was a nice 14" around. Lu had beautifully shaped calves and was excited to see them grow...if this RED FOX stuff actually worked. Lu then took Janet's measurements and they wrote them all down.

	Janet	Lu
Weight	134	140
Height	5'10 1/2"	6'0"
Biceps	12"	13"
Quads	21"	21"
Calf	13"	14"

The girls definitely had great, fit physiques, but lacked the muscle of a big time powerlifter or bodybuilder.

After the measurements and some chit chat, Janet and Lu were about to walk out of the gym. While they did, Lu quickly ran back up to Vlady. Janet didn't know what it was about and continued out the door and got in the car. She waited just a couple of minutes and then watched as Lu walked out of the gym and got in the car next to her. "What was that all about?" Janet asked her daughter.

Without saying a word, and with a smile on her face, she pulled a jar of EAGLE BLAST out of her gym bag. Janet had a confused look on her face and asked, "Why did you buy that, I thought the goal was to gain weight, muscle and strength?"

"I don't know mom." Lu replied, "I just thought if the RED FOX works and we get big muscles, maybe this EAGLE BLAST will work and we'll also gain some height.

They arrived home and Lu grabbed a pre-made protein meal from the fridge, warmed it up and then gulped it down. Janet normally didn't eat as much as Lu, but since she was also taking the RED FOX, and wanted to see some gains, she grabbed a meal too. While Janet finished hers, Lu went to her room to take a shower and clean up. As she took off her sports bra, she looked at her small breasts and imagined having heaving pecs instead. It was weird that she would desire a bunch of muscle on her chest where all other girls dreamed of having gigantic breasts, but Lu knew what she liked looking at in the mirror, and so she imagined that. At the same time, she was happy that her workout pump was for some reason still lingering. Normally, half hour after a workout, the pump fades away, but she still had hers and was pleased at the blood filled, full, biceps that stared back at her. She gave herself a side triceps pose and even a nice quad flex as well before getting into the hot, steamy shower behind her.

Lu gently lathered her naked, muscular, still pumped body with her favorite, lavender scented liquid soap. She loved the feel of her blood soaked muscles under her slippery hands. She was so hot, she turned herself on. As Lu caressed her firm body with one hand, she slipped her fingers from the other hand into her vagina and began pleasuring herself. This had become a habit with Lu. The more she was

working out, the harder and larger her muscles were becoming...and the more she started stimulating her very sensitive g-spot.

It didn't take Lu long before she brought herself to climax. The tingling feeling from the RED FOX supplement seemed to still be pulsing through her. It helped bring her to orgasm even faster than normal. OH! She loved that feeling!!! She finished herself off and then lathered her body up one more time...just to feel her muscles under her slippery, soap covered hands.

Tall, pumped, clean with still wet hair, Lu wrapped a towel around herself and plopped onto her bed. She decided to take a quick cat nap. After what seemed like 15 minutes, Lu looked at her phone to see that had actually been two hours. Lu got up, completely rested and refreshed and threw some tiny gym shorts on and another sports bra. Her muscles were still pumped up from the early workout and her energy level was at 100%. She wanted to go back to the gym and get in another session since she felt so good.

As Lu walked out of her room, Janet was also wearing gym clothes again after her shower and rest. In addition, Janet mentioned to Lu that she felt like her muscles were still full and firm from the earlier workout and she too had a bunch of energy. Both ready to go back to the gym, Janet quickly made them a meal and they each took a dose of EAGLE BLAST as well.

Like earlier, both Janet and Lu felt a bit tired and laid down for a quick nap. The quick 15 minute shut-eye turned out to be a full 2 hour sleep again. But both eventually woke up and were full of energy and ready to go. Feeling really pumped and full of self-confidence, Lu, only wearing her tiny shorts walked into the kitchen for another meal. Janet also was feeling very hungry and made her way downstairs to eat again. To her amazement, her daughter was at the center island, downing her food without a top on. Her small breasts were perky, with some nice muscle definition between them. "Lu!!!" Janet said loudly, "Can you please put a top on before your brother sees you."

"Oh Mom." Lu answered, "You're so Old School. It's liberating to walk around without a top on, and besides, my sports bra is a little tight after our two workouts today. This workout pump won't die down so I figured I'd just free-breast it."

"Please Lu. For me. Please put a shirt on or something." Janet asked as she too began to eat another meal.

Lu wasn't supper happy but turned her buff body swiftly away, allowing her hair to swing and pass over her right shoulder and cover her right breast. As she walked to her room, Janet eventually made her way upstairs and confronted Stu and Steve. "Lu and I are headed out." Lu said with authority. "I want you two to start making your own meals and cleaning up after yourselves. There's no reason I need to be slaving away for two lazy, fat lowlifes, who couldn't even lift a finger to protect their wife, mom and sister while being attacked!"

Obviously, Stu and Steve had no response to that or any kind of defense. They had abandoned their female family members in their time of need and should feel ashamed of themselves Janet thought. She had always been such a milk toast around the boys, but Janet had decided just then, that things around the house were going to change. She was done catering to them for good.

Still feeling a great post workout buzz that had been with her all day, Janet texted Lu to see if she wanted to go see a movie. Lu was up for it, so they put on some regular clothes and left for the theater. Normally, they would go see a romantic comedy, but both were in a feisty mode and decided to see the shoot-em-up, bang-bang, action flick. They snuck in a bunch of protein bars so they'd get their desired amount of calorie intake and were hopeful that their stomachs wouldn't growl at them for the next couple hours.

Luckily for them, the extra-bars did the trick and they made it through the flick without needing more food. On the ride home, Lu looked over at Janet and said, "Mom, I've still got this full, post work-out pump going. Can the RED FOX be working already?"

"I think so." Janet answered, "I've still got mine too, and I'm actually dying to go hit the gym again."

"Oh my God Mom! Me too! Let's grab our shorts and tops when we get home and then head back over to the gym." Lu said with excitement.

They headed over, and as they walked in the gym, lady was still there, but putting away his items. "Wow girls!" he greeted them, "You guys are back again???"

"I know." Lu replied, "I just can't get enough and I've got so much energy today. Mom too. Whatever is in this stuff is giving me a ton of energy and a pump that just won't go away!"

"Ya." Vlady answered in his deep accent, "That's what it is supposed to do. You will be working out like crazy mad Americans and lifting much, much weight in no times I tell ya."

The girls laughed but agreed with him and let him finish packing up while they went and hit the weights and pumped up for the third time that day. They wondered if it was a bit of an "original high", they received from the RED FOX supplement, and were curious if it would get less and less effective over time.

It was the same story though for the rest of the week. Lu and Janet were constantly either working out, eating or sleeping. And on three of the nights, Lu woke up in the middle of the night and did 1000 air squats, just so she could shake off the RED FOX buzz and get a little more sleep.

It had now been a week since they started taking the new supplement and Lu and Janet headed back over to the gym. They were going to workout of course, but also see if they had made any improvements. They met in locker room and walked over to the scale. Janet stepped on to the scale first. Like before, the bar bounced up and down several times, but then it finally stopped. The weight...139 pounds. "Damn Mom! You're getting buff! 5 pounds of muscle in a week...that's awesome." Lu exclaimed.

Janet was also pretty happy about her gain in muscle mass. As she celebrated calmly, Lu lowered the height bar onto her mom’s head. It read, 5’10 ¾”. The girls were stumped. They knew it wasn’t really possible to gain height at this age, so again they sluffed it off to lazy measuring from a week before.

Next, Lu stepped onto the scale. Her legs and shoulders were definitely looking larger, so Janet expected to see a few pounds of weight gain for her too. The bar finally stopped its hypnotic dance and settled on...147 pounds. “Holy Shit honey.” Janet yelled, “You gained 7 pounds of muscle in a week, that’s remarkable!” Lu was beyond excited and gave her mom fist bumps as Janet lowered the height bar on her head. Sure enough, she had also somehow gained exactly 1/4 “ in height. Now they knew it must have been an issue with the bar from the week before, as they had both gained the same amount in height in a week and they knew, that probably wasn’t possible.

Ecstatic with the amount of muscle they had gained over the week, it was time to take some more measurements. Lu wanted to measure her mom first, and knew she had put on some size. She wrapped the tape around Janet’s arm and pulled it tight. As expected Janet had put on some size. Her biceps now measured 12 ½” in circumference, her quad was almost 22’ and her calf was up a bit too.

Next, it was Lu’s turn. Her biceps were beautifully formed, and looked to be even bigger than before. Her mom pulled the tape tightly and read the measurement...13 ¾” “Holy shit!” Janet yelled. “That can’t be possible. Almost an inch of muscle on your arm in a week...that’s fucking insane dear.” She then measured an additional inch on Lu’s quad and almost the same on her calf. It was clear that the girls were benefiting from the new Russian supplements, but Lu’s youth may have been allowing her to grow at an even more rapid rate than the others.

Their new measurements were posted to the spreadsheet Adela was keeping there at the gym to track their progress.

	Janet	Lu
Weight	134 / 139	140 / 147
Height	5’10 ½” / 5’10 ¾”	6’0” / 6’ ¼”
Biceps	12” / 12 ½”	13” / 13 ¾”
Quads	21” / 21 ½”	21” / 22”
Calf	13” / 13 ½”	14” / 14 ¾”

In addition to the size, the girls had also gained strength over the last week. They both set personal bests in the major lifts and Lu was especially proud of her new bench PR. She had lifted 185 pounds for 3 reps and was excited to be quickly approaching the 200 pound mark. It was an almost impossible goal for her to consider the first day she walked into the gym, but now it was almost a reality. She couldn’t wait to hit that round number and was eventually eyeing a two plate, 225 pound PR.

Lu had never been overly boisterous or thought she was better than anyone else, but that week at school, she was walking around with her chest out and her arms exposed. There was no doubt, by looking at her walk confidently by, that anyone doubted she was a strong, bad ass chick! As she walked by guys from the football team, she would try to measure herself up against them. Am I taller? Are my arms bigger? Am I stronger? How long till I'm the most muscular kid at this school? She didn't even waste time comparing herself to the other girls at school, she knew she had them beat...easily.

Lu did notice a bit of a surprise though while taking a shower after her post school day gym session. As usual, she loved ogling her own, glorious, muscular physique in the mirror. She let the water run hot in the shower and continued to caress her muscles as the steam filled the bathroom. After a few more minutes staring in the mirror, Lu walked her tall, naked, buff body into the hot, wet shower. Lu poured the slippery liquid on her hands and began firmly massaging the soap into her tight skin and hardened pecs.

The feel of her own muscles made her wet downstairs and like most days, she slipped her long, playful fingers into her tight vagina. To her surprise, she didn't feel a small nub inside like normal. There was a thick, long, clit developing and it was insanely sensitive to her touch. "My God!" she thought as she rubbed it more and more rapidly, feeling it grow longer as she performed her satisfying, quick strokes. Lu looked down, and to her amazement, the little guy was actually protruding out of her pussy by an inch. It was so cute, and sensitive...she loved it.

Lu grabbed the shaft with her fingers and began stroking it rapidly like a cock. "Holy shit!" she thought. "I love this thing!" Following that realization, Lu jerked herself off for several minutes. As she did, the hot, lightning bolt like tingling feelings got greater and greater and greater. She squeezed her new growth tightly and stroked it more and more quickly. Finally, after the thrill of this new, erotic sensation overcame her. Lu shuddered in pleasure and reached orgasm as her female liquids squirted massively from her cunt.

Not knowing what to do or think. Lu leaned her muscular, peck covered chest into the cascading water and just stood under the stream of warm, wetness pondering the reality of her new little friend that would be her pleasure point for years to come...