

Chapter 5 - Collision

With five days till her date with Brian, Hannah was determined to give 110% into every workout. She hadn't had a single date in high-school and was super nervous. She had to look her best for him! Nerves, excitement, elation, she still couldn't believe that the guy she had a crush on since junior high had now asked her out.

Ramona was happy for her friend Hannah. She thought Brian was cute...a little small for her, and probably Hannah too...but Ramona liked him well enough and wanted to help her friend as much as possible in preparing for the date. She told Hannah that the increase in her food intake, but making sure it was mostly lean protein and taking one extra yellow pill per day would do her a lot of good. It was supposed to make her skin and hair glow while also getting her more ripped.

After the third day of training like absolute beasts and sticking to Ramona's diet and pill program the girls finished up with the lifting and headed into the ladies locker room. Even though it wasn't the weigh-in day, Hannah couldn't help herself and she shed her hoodie and was down to just a pair of yoga pants and small sports bra. She looked at herself from a few feet away in the mirror and realized Ramona was again Right-on-the-money.

Hannah's skin and hair were shimmering beautifully and her muscles were looking kind of ripped. She had a bonafied six pack and when she gave her arm and shoulders a little flex as she walked to the scale, she saw some definition and even separation in them. Although she felt super-strong and confidence was billowing from every pore of her skin, she really wanted to see how many pounds she was able to shed.

She stepped on the scale and adjusted the weights on the bar for 140 pounds. She was hopping she had lost five or six pounds, but knew that was maybe a little too optimistic. The bar was pinned in the up position...meaning she need to slide the little weights further to the right, meaning she was heavier than the 140 she had pre-set the weights to. She scooted the weight to the right to 142. Nope. The bar of the scale didn't budge...she was still heavier. 143 she hoped...nope. 144...still no movement in the bar. She thought maybe the damn thing was broken. Surely she had lost two pounds since almost a week ago...why had the indicator not even budged at 144.

Frustrated. Hannah stepped off the scale to see if maybe something was wrong. She moved the weights all the way to the left of the bar. Sure enough, with no one on the scale and the weights moved to the left, the bar maneuvered perfectly in the middle of the indicator.

"Shit." Hannah thought to herself. "I guess the scale isn't broken."

With that test out of the way, Hannah stepped back onto the scale after pre-setting the weights to 146 pounds...the exact weight she was five days earlier. Again, the bar indicated the person

on the scale was considerably heavier than 146 pounds. In almost complete dismay, Hannah began scooting the small weight to the right on the bar. 147...no movement, 148...none...149 negative, 150...finally some downward movement, but not centered. At last, with the scale set for a 151 pound person, the bar finally settled in the middle of the indicator window and Hannah's new weight was accurately determined.

Confused and upset, Hannah realized that she hadn't lost five pounds this week...eating all that lean protein and taking extra yellow pills...she had gained five pounds. The look of confusion and maybe even sadness was written all over her face. Ramona took notice and immediately walked over to console her saddened friend.

"What's the matter girl?" Ramona asked in a very concerned voice.

"I...I...I'm not losing any weight this week R. I, I, I actually gained five pounds somehow." Hannah answered her friend, still a bit frustrated.

"Ya girl, but you're leaner than you've ever been before. More ripped, more muscular. What are you complaining about? Your skin looks absolutely fantastic, your hair and eyes are stunning and your body is looking absolutely amazing." Ramona had to inform her honestly.

"I know Ramona. I mean, I like the look of my abs. And I just caught a glimpse of my shoulders in the mirror. They're showing striations and size I thought I'd never have. But if I get too big I might scare Brian away." She lamented.

"Oh calm down H. If he's scared of a girl with muscles, we'll just find you a meat-head in the gym who loves muscle mommies!" Ramona said with a smirk and a wink.

"Ya, you're right Ramona. I guess I'm just over reacting and freaking out a little bit at my own muscle growth. I mean, I do like it. I like the feeling of sore muscles. I love measuring them and seeing that they're getting bigger and more defined by the day it seems. But I just thought I would be hot as hell at 130 or 135 pounds. This gaining weight to this level is just freaking me out a bit." Hannah admitted.

Ramona just leaned in and gave her buff friend a big hug and kiss. She had plans of getting jacked, and Ramona was hoping she could bring her friend along the way. They've been best friends for so long, Ramona couldn't imagine going on this journey without her. Hannah hugged her back, feeling the rock-hard shoulders and wide back her friend was clearly developing.

"Speaking of muscles girl, you look absolutely huge right now." Hannah now complimented Ramona.

"Thanks H." she replied. "I've been following the same diet you've been and I know I've put on another five or so pounds of muscle too."

With that, Ramona hit a double biceps pose for her pal. The muscle balled up like never before and formed a gorgeous, rounded, rock hard, striated peak!

“Holy Shit!” Hannah exclaimed as she reached out and felt the ball of muscle mass her friend had so quickly developed. “That’s awesome!”

“See H.!” Ramona shot back quickly. “And that’s what Brian will say when he sees your bad-ass arms!”

Hannah just laughed and continued to feel and enjoy the rock-solid muscle beneath her palm. Ramona let her enjoy it just a bit longer and then nicely scooted Hannah to the side so she too could weight herself. Unlike Hannah though, Ramona was determined to add muscle and was hoping desperately that she was heavier.

As Hannah watched on, Ramona adjusted the scale. It bounced a bit as always...but Ramona was excited when she saw her results. 161 pounds of hard core muscle beast! Ramona jumped off the scale in joy and was stoked she was able to put on so much muscle on such a short amount of time. She wanted to get the biggest, most muscled up dudes in the gym and figured this was the way to do it. The nerdy book worm librarian was gone and it was pure muscle bunny left behind.

Ramona quickly grabbed her workout bag and threw all her stuff in it. She was eager to go have another meal and continue her muscle and weight gain. Hannah did the same and the two pumped up girls quickly walked out of the ladies room.

BOOM!

Just as Ramona was turning the corner, Tammy, the little TikTok workout princess, was about to head in. But she had run into a solid wall of muscle and bounced off Ramona’s rock hard body like a ping pong ball. Her little workout drink and phone went flying in the air and she crashed hard into the ground beneath Ramona’s sturdy feet.

“Oh my god. I’m so sorry! Are you OK?” Ramona asked. Even though it was just as much Tammy’s fault for staring down at her phone and not really watching where she was going.

Tammy just laid on the ground for a moment, reeling in pain from the hard fall. But as she regained her senses, she looked up and saw who she had collided with.

“Oh great. Why don’t you watch where you’re going you fucking dyke bitch.” Tammy blurted out loudly in anger.

“Bitch? Did you just call me bitch? You need to keep your head out of your fucking iphone and watch where the fuck you’re going!” Ramona blurted back at the prissy little chick.

Hannah grabbed hold of Ramona's muscular arm before she did something stupid. Ramona could have probably broken free from the grasp, but she let her friend hold her back, at least for the moment, as long as Tammy didn't dig deeper with the insults.

Just then, Derek was rounding the corner and coming out of the men's room. He could see the spilled workout drink, the bottle shaker and Tammy's other stuff on the ground. Ramona looked at him in surprise and shock, wanting to say something, but also freaking out that he might think she just physically attacked his girl.

"What happened Tammy? Are you Ok?" He asked her quickly.

"I guess." She responded, "But this big gross oaf just slammed into me on purpose."

"No I didn't!" Ramona shot back, defending herself in front of Derek.

"Ok, Ok, OK...everybody just calm down." Derek ordered. Seemingly more level headed than Ramona would have ever imagined for the school bully, but she liked it.

Over the next couple of minutes he diffused the situation and then heard each sided of the story. Almost like he had somehow been elected judge and jury of who was in the right and who was wrong. And as the girls each explained what happened, he pondered both sides and then chalked it all up to an accident and nobody's fault.

He then insisted the girls make amends and hug it out. Tammy was not happy. She thought Derek would quickly take her side and berate or somehow intimidate Ramona. But he didn't. She was pissed and gave Ramona a completely fake, half assed hug and then went huffing and puffing into the girls room.

As she did that, Ramona looked at Derek and said, "Thanks for being so cool there Derek. And she gave him a big smile."

He had found her more attractive every time he had seen her in the gym and she was definitely exciting him. Derek leaned in close to her and said, "Ya, well...Tammy's all fake this and fake that. She comes in here and barely lifts a weight and somehow has tens of thousands of followers because she's naturally thin and pretty. But you. You're the real deal. You come in here and get to work...and are definitely more my type."

Ramona's knees almost buckled. She held out her hand down low to grab his and gave it a firm squeeze. "Thanks Derek." She replied with as she blushed and smiled back, "You're definitely more my type...see ya here tomorrow?" She asked with a hint of confidence.

"Absolutely! Hope to see you here then." He replied back, and the flirting was definitely started!

As the girls left the gym and rode home, Hannah could tell her friend was absolutely gushing with happiness. Derek was definitely interested in Ramona and after ignoring her and them for

the first six weeks they worked out at Blasters, now he seemed VERY interested. Ramona had let Hannah know that she liked Derek from day one, but the mutual admiration did not seem like it was there. But Ramona looked like a million bucks.

Her hard work had definitely payed off. As Hannah rode her bike behind Ramona's she couldn't help but notice the muscle-laden calves and muscular quads she had developed as she stroked down on the pedals. She loved how Ramona's quads flared out so wide she looked like a giant on a little mini bike! Her calves also bulged outward greatly and the size she was growing in all of her muscle bodies was really turning Hannah on.

Ramona's ebony skin was so beautiful and silky smooth. "She was so lucky to have such amazing skin." Hannah thought. It exaggerated and highlighted every pumped up muscle on Ramona's growing, muscle-bound body. As the sun hit its surface, it glistened and gorgeously soaked in the light.

As Ramona held onto the handlebars of the bike, her triceps were flexing and bulging massively. Even from several feet back, the muscle was extremely noticeable. Her shoulders were now rounded and curved as well and they led up to her towering traps and thick neck. At the same time, Ramona had a wide back but it led down to a muscular, but thin torso and waist.

All in all, just watching her friend ride her bike several feet in front of her was making Hannah moist. She was already a little bummed that she hadn't insisted they take another shower together after their workout that day. Hannah still knew she was into guys, but desperately desired to have her silky hands all over Ramona's muscular body. Caressing her rounded back muscles...her glorious glutes...and her powerful legs.

As the two quickly arrived at Ramona's house, instead of keeping going with a quick goodbye, Hannah got off her bike too. As they walked into her garage, Hannah grabbed Ramona by the arm and kind of spun her around. Without warning, she fully embraced her friend and locked her lips upon Ramona's. Without hesitation, Ramona returned the passionate kiss and the two muscle-bound ex-bookworms were in full, make out mode.

Ramona wrapped her hands around Hannah's thick back and pulled her firmly against her own rock-hard body. Ramona had a little girl crush on Hannah for weeks now, but it seemed Hannah had now fully developed one for Ramona and she couldn't be happier. Her friend now kissed her with passion and love and her crush at the gym seemed to be in to her as well.

This was turning into the best summer that Ramona could have possibly imagined! She continued to play with Hannah's tongue while constantly motioning her head around and pushing her moist, hot, supple lips into her friend's. At the same time, Ramona was actually kind of amazed at the hard, rounded muscles she was now caressing with her hands. Hannah was definitely growing some large muscle bodies upon her back and was turning into quite the muscle-head herself.

Ramona decided not to say anything though as Hannah was enjoying the workouts and putting on some muscle...but Ramona feared that Hannah would stop working out if she realized just how absolutely muscle-bound she was really becoming. As fearful as Hannah seemed about becoming too muscular...Ramona had the exact opposite desire. She was doing everything in her power to build a huge, muscular physique. And she planned on taking her friend to that level too, right alongside her.

The girls were both feeling frisky and enjoying each other's wonderful taste. But eventually the kissing slowed to moans and sweet pecks. Their tight embrace softened and the two slightly backed off, both girls showing massive admiration and love for one another.

"I love you Ramona." Hannah said, with a smirk and smile on her face.

"I love you too girl!" Ramona replied with an equally large smile. "See you tomorrow ok...8am sharp!"

"Got it Sarge!" Hannah replied, making fun of her friend's military style leadership on this muscle building fitness journey they had been on this summer. She then hopped on her bike and started to ride away, twisting her head to give Ramona one last look over as she peddled down the street and around the corner...heading home for a meal and a nice, long, muscle caressing, steamy shower.

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The next day came swiftly and Hannah enjoyed a little morning playtime with herself as she stared at her muscular reflection in the mirror. As predicted, her muscles again grew slightly over night. She flexed her quad and enjoyed seeing the growing muscle bodies covering its surface...the teardrop muscle that was bulging and developing nicely on the inside of her kneecaps really turned her on. Her waist seemed small for having such large quads but she liked it. The six pack was looking ripped and strong and she liked how the ab muscles were kind of protruding outward now, instead of just being flat.

In addition, the pecs beneath her breasts were growing into noticeable slabs of muscle with a rigid and deep surface between them. She didn't know why she now found these muscles so attractive. They were muscles that she didn't even know existed just months before...and now she wore large ones with pride. Even she couldn't get over how much more pretty and hot her face looked. She was getting better looking by the day she thought...and it wasn't just conceited self-love...it was actually happening. Her face had an athletic look now, with fierce lines and sharp angles. The rounded, overweight bookworm look was gone and she was enjoying the new Hannah!

She didn't really go out of her way to look super-hot and do any light make-up or anything...not like she needed it. Brian had been out of town with his family for the last few days and she knew she wasn't going to see him till their date night on Saturday. So she threw on some grey, tight yoga pants and a green hoodie. She was still dressing like she was trying to sweat off

several pounds by wearing warmer clothes to workout in. Ramona always laughed at her for doing that, but she still was trying...lol.

As Hannah rode up to Ramona's house she saw her beautiful friend. "Oh my god Ramona, you look absolutely gorgeous!"

"Ramona smiled back and said "Thanks H!"

Ramona had been up for over an hour trying on all of her workout outfits in hopes of finding the perfect one that made her look the hottest for her next encounter with Derek this morning. And she had definitely succeeded.

Ramona's silky, long, black hair was flowing and had a slight curl to it. The left side elegantly rested upon her right shoulder and down, covering part of her left breast. The right side was equally flowing but was lying upon her back, behind her towering trap which was full of meaty, strong muscle. Her inner pecs were absolutely huge and were partially covered by her workout top. It was exquisite and was black, with small, really thin shiny, silver horizontal stripes on it. In addition, it had a thin silver border that made up the edges of the top.

It was small though and barely covered the underside of her rock hard breasts and pecs. In fact, a small amount of noticeable lower pec muscle protruded below it and Hannah knew that would definitely get Derek's attention. Her torso was completely exposed and she had lathered some wonderful vanilla scented lotion upon it. The muscles glistened and also smelled amazing at the same time.

Finally, Hannah looked down to see Ramona's silver, paper thin, yoga pants. They looked like they were painted on as you could still see every muscular striation she had in her gorgeously developed quads and calves. Ramona loved that her friend was obviously impressed with her display, so she turned to the side so Hannah could get a good look at her ass. The glute muscles jettied outward tremendously and as Ramona flexed her butt, huge concave surfaces formed on its sides and muscular striations and bulges became visible through the thin material.

"Jesus Christ girl!" Hannah exclaimed, "I could eat you up right now, you look delicious."

"Ha, Ha, Ha!" Ramona laughed and replied with a smile, "Saving this for Derek, H. Be patient, you'll get your turn too."

Hannah couldn't help herself so she reached out and grabbed her friend's insanely developed ass muscle in her hand and said, "I better!"

They both laughed and embraced and then hopped on their bikes for the quick ride to Blasters. As they arrived, Ramona was glad to see Derek's Bronco in the parking lot. They locked up their bikes, kind of adjusted and fixed themselves up, and then walked into the gym.

As they walked in, Hannah assumed they would be starting with the little treadmill warm-up routine. But Ramona had other ideas. She looked and saw Derek over at the free weights. He

was already doing some curls and had Tammy a few feet away, kind of doing some stretches, and looking pretty, but again, not really working out. I mean, she might actually sweat a little bit if she worked out, and that might mess up her make-up.

Derek was doing some curls and working on his biceps. And just as he put down his first set with the 35's Ramona strutted right up, stood on her tip toes to look extra long and gorgeous and gave him a quick hug. "Hi Derek, you're looking good this morning." She said with full confidence and didn't even care that Tammy was standing there just a few feet away.

His jaw dropped and he shook his head in disbelief. "uh, uh, uh, oh hi Ramona...Holy shit, you look amazing this morning."

"Ya, well...you know, just trying to look my best for a certain someone here today." She said with a big smile and a wink to him.

He knew she meant him and he was stoked. Tammy looked on in horror from a few feet away as she could tell Ramona was hitting on him. "Hey, Ramona, we're using this area right now...could you find somewhere else to work out???" Tammy demanded.

Ramona just half looked over at Tammy, waved the back of her hand at her, in a motion to step back and said, "Buzz away TikTok...let the real bodybuilders talk ok." And she turned her head away from Tammy and looked back into Derek's peering eyes.

Tammy was completely offended and dismayed that someone would actually talk trash to her. She was the most popular girl in their high school and no one had ever talked shit to her before. Derek obviously wasn't backing her up, so Tammy turned in a huff and walked back over to her workout bag to stew and get a drink from her Pink, stainless steel bottle.

Ramona kind of stepped back to the weights, grabbed the 30 pounder that Derek had just warmed up with and started to curl it. "Using these for a warm-up huh?" Ramona asked him, "Ya, me too." She finished with a grin and look of total confidence.

She then began curling the heavy dumbbell. One, two, three, four, five. It was no problem for her now and Derek looked in amazement as her biceps muscle bulged and formed into a massive baseball sized muscle with each rep.

Her hair was gorgeous, her top was beautiful, her smell was alluring. Derek was going into an uncontrolled fit of heat. He was now insanely attracted to her every inch. From her massive, muscular quads and ripped abs, to her rounded, bulging shoulders and gargantuan biceps. He tried to control his feelings...but he was terrible at that.

With his cock already at half hardness and soon to be exploding through his pants, he leaned in and whispered something in Ramona's ear. As he moved his head back and looked in her eyes, a huge smile came across her face. She just nodded her head up and down, smiled and said, "Absolutely!...let's go!" ...