

## Chapter 4 – New Beginnings

As Hannah let Ramona lead her into the shower, she had mixed feelings about the moment. She had never seen woman in any romantic light at all. Her crushes had always been boys. From Brad Pitt to Bradley Cooper to Channing Tatum and others like them. Yet as she followed Ramona into the stall, she couldn't help but have erotic, romantic feelings about her gorgeously built friend. In fact, as the weeks had progressed, Hannah found herself oddly attracted to Ramona's seemingly more and more beautiful face. Her more and more toned, good-looking body, and increasingly confident, attractive persona.

But apparently the feelings were mutual. Ramona had only ever talked to her about guys from school and the movies as well. Although Ramona seemed to like the bigger, more muscular types like Arnold Schwarzenegger and Chris Hemsworth.

The stalls in the gym were actually fairly large, and there was a frosted glass door that led into the individual shower rooms. A small lock allowed you to secure your privacy and there was a four foot by four foot area to place any dry clothing and towels onto a small bench. This led to a nice, softly lit shower stall area with a decent sized rainfall style nozzle coming out of the ceiling. Hannah had not yet showered here at the gym and she was very impressed by how nice they actually were.

Ramona walked in first, her muscular thighs and calves even more impressive now in the flesh than they were in her tight-fitting yoga pants. Hannah was kind of surprised at some of the definition she was showing and her ass was looking rock hard and really big and powerful. While Hannah's main goal when starting this fitness journey with her friend was to lose weight and get thin for college, Ramona's seemed to be to getting more muscular.

It was definitely working for Ramona, Hannah noticed and unfortunately working the same way for her. Instead of getting skinny, Hannah was noticing that she too seemed to be getting more bulky. She felt her own legs and arms and liked that they were getting really firm and strong. But would guys like that? She saw her Hollywood crushes with all these thin, skinny girls and figured that's what she needed to look like to get the GQ looking guys she was interested in.

But Hannah had committed to her best friend Ramona's workout plan for at least another month, so she'd embrace this more firm and bulky look till then. At that point, she figured, if she wanted to get thinner, she'd just cram in the cardio while Ramona lifted all the heavy weights and got super-buff.

As Hannah had all those thoughts racing through her mind, she slipped off her panties and joined Ramona under the hot, steamy water. Ramona had put a gob of shampoo in her hands and as she lifted her arms to lather up her hair, the biceps bulged in an alluring and very attractive way. Hannah couldn't help herself and instead of putting her hands on her friends exposed, large and perky tits, she found herself fondling Ramona's exquisite biceps muscles.

They were already developed with a large rounded bulge exploding from the top. She could see the mass of muscle move and dance in a large and mesmerizing way as her hands and arms moved while reaching back and applying her shampoo. Up until today, Hannah saw her friends' growing muscles as impressive...but now she saw them in an entirely new way. They were absolutely stunning and drew her in like tractor beams of lust. Ramona was Fucking Hot!

How had she suddenly become so damn invitingly gorgeous? Hannah reached over and filled her own hands with soap and began caressing her friend's ebony colored, bulging shoulders as well. It was like the body of a goddess already and they hadn't even been working out that long. Hannah now couldn't wait to see how much hotter Ramona was going to become. With those burning questions in her mind, she then moved on to Ramona's well-developed chest. Her boobs were so large and rounded and firm and perky and ...well...perfect.

Ramona found her best friend equally hot and it was an amazing transformation both of them had made in such a short time. From over-weight bookworms to growing muscle mommies in less than two months. Ramona thought it would have been great to discover those little yellow pills while still in high school...she would have been a rock star!

But that was ok. She was so happy with her own muscular progress and also that of her growing, gorgeous, innocent friend Hannah. Ramona knew already that Hannah would never reach that 125-pound weight goal and wondered if 225 pounds of muscle-laden hotness would actually be more realistic.

Hannah's hands were so comforting, so pleasurable upon Ramona's tight, pumped-up skin. Hannah spent a lot of time caressing Ramona's large breast, but eventually moved down to begin feeling her bulging six pack of muscle filled abs. At that point, both girls were in unfamiliar territory. Neither had ever held impure thoughts about another girl, but it was overwhelming them right now and they were clearly enthralled with each other's beautiful physiques.

After spending a bit of time on Ramona's mid-section, Hannah moved her lustful hands upon her friend's large, rounded, muscle filled ass. It was so perfectly formed and was easily the best ass in the gym already. So hard and firm, but with a delightfully pliable surface density with her tight skin covering it. Oh god she was sooo Hot!

By now it was time to inspect Ramona's muscular quads. She had always had bigger legs, but now, after their intense training, they were massive and hard. Hannah loved the huge muscle body that made up the front of her friend's muscular leg. And was beyond impressed how there was an inward sweep in the side of her leg before again leading to the rounded, muscle laden hamstring muscles Ramona had grown. She slowly slid her hands up and down and around the beautifully sculpted muscle. It was making Ramona more than moist and she had some fun and impure thoughts about her best friend as she caressed her so erotically.

The warm water continued to rain down upon the two girls. The soap covered, slippery muscle was so enjoyable to feel and enjoy but as Hannah continued to slowly, methodically massage her friend's amazing muscles, she felt a tug upon her shoulders. Ramona had reached down and was pulling her friend up towards her. As Hannah stood, the two girls locked eyes. Ramona wrapped her hand around Hannah's head and pulled her lips towards her own.

Their wet, warm, firm lips met and they leaned into each other lovingly. Hannah's firm pecs were pushing hard into Ramona's breasts and her legs were leaning heavily into Ramona's muscle-bound quads. The water fell upon their drenched heads and muscular bodies as the two girls kissed passionately. They were trying to keep quiet but couldn't help but make small, faint moaning noises as their lips and bodies touched.

Ramona had reached her hand down and was now fingering herself rapidly as Hannah's lips and tongue played so aggressively with her own. She hit her own g-spot quickly, and her tight pussy was being penetrated wonderfully by her firm, twitching touch. As Hannah realized this, she couldn't help herself and began kissing and sucking Ramona's wonderfully built tits. They were gorgeous and large and Hannah was a bit jealous that she was growing muscular pecs and not larger and larger breasts like her friend. But they were there for her to enjoy and she was doing just that.

Ramona tilted her head back and rested it against the shower wall. Her eyes rolled back into her head and she was feeling erotic sensations course through her muscular body. First from Hannah's passionate mouth and tongue and second from her own hand. It became more and more intense and finally, without warning, Ramona let out a loud scream and quick sigh as she had brought herself to orgasm.

She eventually slowed her own hand and then brought it up to Hannah's mouth. Hannah eagerly took Ramona's seasoned fingers in her mouth and sucked them clean.

The image of these two, young, passionate, naked, muscular, wet girls bumping and leaning into each other as the room filled with steam was incredible. Any guy in the world would be lucky to be positioned between them. Neither Ramona nor Hannah had ever felt in any way passionately attracted to the other during their entire friendship. But over the last few weeks, they had both been overwhelmed with the increasing attractiveness of the other. This was definitely going to be a friends-with-benefits situation moving forward.

Hysterically laughing and with giddy, schoolgirl looks on their faces, Ramona and Hannah eventually calmed down and finished cleaning each other up. They had both greatly improved their physiques and the mutual admiration was evident. Still remaining touchy and feely, the girls dried off and threw on some clothes to leave the gym and ride home.

But as they were walking out of the gym, Derek was walking in. Ramona was still wet from the shower and wearing her skimpy workout wear. The look of satisfied happiness was written all

over her face and before she could say anything to him, Derek actually said, "Hey Ramona! Hope you had a good workout."

Ramona almost fell over. Derek had never even acknowledged her existence except to ask her to move out of the way for his TikTok friend. How the hell did he even know her name and why was he all of a sudden friendly?

Somehow, she was a bit stunned but came back to reality quickly enough to respond, "Thanks Derek...it was...have a good one too."

He nodded and smiled and then kept walking into the gym. As Hannah and Ramona rounded the corner to get to their bikes, Ramona's knees almost buckled at the shock that Derek had actually been nice to her.

"Oh my God Hannah!" Ramona exclaimed, "Can you believe it? Can you believe that?"

"Of course, I can Ramona! You're hot! Every guy here should be trying to talk to you. Just not sure why your so into that muscle-headed bully." Hannah said back.

Ramona was in heaven though. She didn't care that Hannah wasn't in to him. In fact, that made it even better. Ramona was more into the muscle-heads while H liked the more lean, athletic types. At least they wouldn't be fighting over the same guys in college Ramona thought.

As they rode home, Ramona was still on cloud nine and she floated all the way. Hannah was still giddy about her fun experience with her friend and feeling joyous from a nice pump, a steamy shower and her passion filled time with her best friend. By the time they got to Ramona's house, they shared a quick embrace and a nice wet kiss and then separated to relax a bit before their second session of the day later that evening.

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Hannah got home and was in an amazing mood. She ran upstairs to relax a bit and chill out. As she walked into her room, she caught a glimpse of herself in her full-length mirror. Still wearing baggy sweats, she stood still and just peered into her own reflection. She was really excited about who she saw. The girl in the reflection was pretty, confident, glowing! Not the nerdy, overweight girl she looked at her entire life until now. It was the same feeling she now had when looking at Ramona. Not a super lustful reaction, but one of overwhelming natural attractiveness.

Was this how people now saw her and Ramona. Were they now perceived as these two, hot, confident, glowing, alluring girls? Only one quick way to find out.

Hannah took off her hoodie, crashed onto her bed, grabbed her phone and took a SNAP to send to Brian. It was of her upper chest...just above the nipple, shoulders and head. You could easily

make out the crevasse that was now forming between and atop her developing pecs, the roundness of her shoulders, the athletic, almost muscular neck and of course her glowing face, She thought she might be waiting a bit for a response, but within a minute, Brian returned the SNAP with a pic of himself.

Her youthful crush had almost immediately responded and Hannah was most definitely someone he wanted to know more.

*You look great Hannah! Are you going to be at the gym later?* He texted her quickly.

*So do you Brian! Yes, Me and Ramona will be there at 4.* She responded back.

They had a bit of chit chat back and forth but ended with agreeing to see each other later that day back at the gym. Hannah was super excited. She hadn't even been on a date in high school because she was a bit dumpy, a bit nerdy and never saw herself as pretty. But after only half a summer, she was already fit, athletic, jock-like and although she still couldn't believe it herself when looking in the mirror...pretty.

The afternoon flew by as Hannah was still in a dreamy haze after her earlier encounter with Ramona in the shower, followed by her brief conversation with Brian. She spent quite a while looking at his Instagram pics of him playing soccer, hanging out at the lake and spending time with his family and friends. The girls in them pics he was hanging with were all petite and very pretty...she hoped he'd be able to veer off that path a bit and find her bigger body-type attractive. She liked his lean, athletic look and was getting more and more excited and nervous about seeing him at the gym.

Hannah had eaten her muscle building meals and supplements as prescribed by Ramona, readied herself and hopped on her bike to head out. Riding over to her friend's house took almost no time or effort now that she was in such great shape and so much stronger. And as she rode up to meet her friend, Ramona's jaw dropped to the floor.

"My God you're fucking hot!" Ramona told Hannah as she approached and stopped on the driveway.

Unlike before, Hannah had completely changed her look and got rid of the baggy clothes. Hannah was rocking a pair of tight, thin, ghost white yoga pants. They outlined her shapely leg muscles exquisitely and made them look bigger than ever. They were practically see-thru. Her calf and quads flexed and expanded beautifully with each pedal stroke. Looking massive and powerful.

Another shocking change was that her ab muscles were now completely exposed. Hannah had found a smaller hoodie in her closet and cut off the midriff. Her once flabby torso was now an ab-laden ripped midsection. The hoodie was really tight fitting in the arms and shoulder and it looked like her biceps might burst through the material at any moment. Hannah's hair was pulled back and her gorgeous, athletic face and jawline were stunning.

Ramona was having a near heart attack just ogling her friend's incredible new look and wanted to have her back in that gym shower immediately.

"So much for the thin look Hannah." Ramona said with a smile, "You're looking pretty fucking jacked right now."

"I know Ramona. I just seem to be growing bigger and harder muscles by the day. I've taken a few measurements and my thighs, my calves and my biceps keep getting a little larger every morning." Hannah admitted.

"Mine too." Ramona said back, "Isn't it awesome?"

Hannah kind of flexed her right biceps muscle. A large bulge started to protrude out, stretching the sleeve material to the absolute brink. "Ya Ramona, it kind of is awesome. I hope Brian likes muscles."

"Ha!" Ramona laughed, "He's going to fall head over heels for you girl...guaranteed."

Hannah was stoked to hear that from her friend. She gave her a wink, kind of turned her bike towards the street and said, "Well then...let's go find out."

They took a little yellow pill and downed some pre-workout liquid, then quickly rode the distance to the gym that used to feel like a little workout, but now didn't even register to them as exercise. Ramona locked up their bikes and they headed over to the cardio to hit the treadmill at the highest incline level to get a little moisture on their tight bodies before heading to the machines.

After finishing that, their leg muscles were already looking pumped. Hannah's large quads were bursting through the tight white yoga pants and she knew she was looking buff. She led the way over to the machines and walked right up to Brian, who was on the leg extension station.

Hannah thought he recognized her as she approached, but his jaw was on the floor and his eyes were bulging out of their sockets. He probably was shocked to see her looking like such a muscle-bound, jacked bad-ass.

"Hey Brian, glad to see you!" Hannah said sweetly as she stood just a couple feet from him.

"Oh, hi, uh,...Hannah. Shit, I almost didn't recognize you." He stuttered back at her.

"Really. Why not?" Hannah asked back playfully.

He wasn't sure how to answer and just kind of mumbled and stumbled for the right words as the intimidation and hotness shock factor was sky high.

"Probably didn't expect me to be so in shape...right." Hannah asked.

"Umm, umm, ya. Ya, just wasn't expecting you to be so, ummm."

“Buff!” Ramona interjected as Brian obviously struggled to speak.

“Ha. I mean ya, I guess Ramona.” Brian said to the two.

“Well.” Ramona asked, “Pretty hot huh? Muscle Mommies is the new TikTok trend, right?”

“Ya. Ya. It is and yep, you guys definitely qualify.” Brian answered back as he began to find some composure.

“Thanks Brian.” Hannah replied. “Hey, is it cool if we work in with you on this? We’re kind of pressed for time.”

“Ya, sure. No problem.” Brian responded and he quickly popped up out of the seat to let Hannah situate herself on the machine.

Hannah sat down and waited to make sure he was watching her and not looking away or at Ramona. She then reached over, moved the pin from where Brian had it in the weight stack, down to a much lower position, obviously adding a solid fifty or sixty pounds. She knew she had his attention and then quickly started extending her legs and lifting the stack. Hannah could tell by the surprised look on his face that he was quickly realizing just how much stronger than him she was. At the same time, the muscles in her quads were blowing up in size and hardness.

Ramona knew what her friend was up to and had to add to the show-off factor by saying, “Oh, that’s a nice warm-up weight Hannah...good idea. No need to lift too heavy on the first set.”

Brian stood there in disbelief as Hannah and Ramona continued to add way more weight to the stack than he could even dream of lifting. By the fourth and final set, they were lifting 80 more pounds. And as Hannah began that final set, she handed her phone to Brian and asked, “Hey, can you video this set for me? I want to do a quick TikTok post.”

He gladly obliged and held the phone and started the video. And as Hannah began to extend her massively pumped up, meaty legs, she decided to add another feature. With one arm remaining down and holding onto a small handle, she lifted her other arm and gave Brian a bicep flex. The muscle grew instantly into a huge, ball shaped half sphere. It was rock hard and stretched the material greatly.

Brian had not yet seen her awesome biceps and he was again overwhelmed with the sight of it. It was way larger than his own arm and Brian knew it. He continued to video, but Hannah was keenly watching his crotch and saw some movement and a bit of a bulge in his shorts. As he finished the video and handed the camera back to Hannah, he did a quick half turn, thought he was being sly, and adjusted his member.

Hannah was elated that he obviously found her muscles attractive. She had never known that any guy had ever thought she was good-looking. Yet here she was, a month and a half into hitting the gym and now that had all changed. She had to have Brian and kept standing near

him as they all rotated through the exercise. Her ass was exploding out of the back of her thin yoga pants and she was purposely turning it towards him as much as possible.

The fact that she had hard, strong, muscular legs was really turning Brian on. He wondered why he now found Hannah and her muscular body so alluring, but he did. It was his ah-ha moment in realizing that muscles on a girl were hot. He tried to play it off like he wasn't absolutely smitten over them, but as the workout and different machines went on, Hannah and Ramona could tell, he was terrible at keeping his emotions hidden and they could see that he was constantly checking out their legs, asses and muscular abs.

Finally, Ramona had left them to chat a bit as she headed over to the free-weights, since their circuit of the machines had come to an end. Brian was completely gassed from the machines and trying to lift as much as he possibly could in an effort to try not to be completely embarrassed at how much stronger Ramona and Hannah were. Even though the girls were only half way done with their workout, he was finished and about to leave, but he had to ask.

With just himself and Hannah finishing up their last set, Brian couldn't wait any longer. He would have had all the confidence in the world to talk to Hannah just months before, thinking she would be honored to be talking to a varsity athlete. But now, he was the one who felt honored to be talking to her.

"So, um Hannah, um, if you aren't busy or doing something else, um...would you, I don't know...do you wanna maybe catch a movie this weekend?"

Hannah smiled back at Brian, the old crush that she knew she would have never had a chance with just months before. "Ya Brian, of course I would. That will be fun."

He took his shot and hit the three-pointer. "Awesome." He replied, "Ya we'll have fun for sure."

"Cool, cool. I'll pick you up at 5pm on Saturday, just pin your house for me." Brian said with a giddy smile.

With all the confidence in the world, Hannah stood up, her growing, muscular body seemingly twice as wide as his and gave him a strong hug. Her large, strong biceps gripped his torso tightly and he immediately felt the immense power she contained. But it was a good feeling.

Why?...he wasn't sure, but he liked feeling her strength, she seemed so perfect to him for some reason...how had he never noticed how hot she was in high school???

"C ya then Bry." Hannah said with a wink, already giving him a cute nickname. She then slow turned, grabbed her workout bag and walked over to the free-weights to join Ramona.

Brian stood and watched her every motion. The muscles in her glutes, thighs and calves bulged with each confident, powerful step and Brian again noticed a nice bulge in his own pants...eager to take her out and see where the night might lead.