

Plot Summary:

Plot: Template

Notes for VA:

Max is a deeper voiced female, Abby is a higher voiced female.

Script:

[General]

5 seconds of silence for noise cancellation purposes.

[Narrator]

Mako-Chii~ Reads: Muscle Growth at the Gym - Written by SGA

[Abby]

Woooww~

[Narrator]

Max looked down at the small girl next to her as she finished her set.

[Max]

doing weight-lifting reps

[Max]

Ahh~ Why hello,

[Abby] *kinda nervous*

Hello... You have pretty big muscles.

[Max]

Ahaha~ Yes, well I come here a lot.

[Abby]

Ah, it's my first time. Sorry I'm kinda nervous.

[Max]

That's alright. Please, call me Max. Who're you?

[Abby]

Oh, Abby.

[Max]

I take it you're here to work out?

[Abby]

Well, try too. I really wanna get big muscles like yours.

[Max]

Ahaha~ Well, if you come here a lot and work out properly, then I'm sure you can in a couple of years.

[Abby]

A couple of years? Really? Aww~

[Max]

Yeah, muscles like these take a while.

[Narrator]

She gave a mock flex to Abby, who's eyes remained stary in adoration.

[Max]

Well, I'm done for today, how about I help you get started?

[Abby]

Oh, uh, sure! I don't really know what I'm doing.

[Max]

Well, generally you build up a workout routine. Tell you what, let's start you off on this thing. You pull the bars towards you and they lift up these weights over here, you see?

[Abby]

Mhmm, okay.

[Narrator]

Abby hopped into the chair while Max adjusted the weights on the machine to something she felt the slimmer girl could manage.

[Max]

There we are, now, when you're ready.

[Abby]

Okay... *effort*

[Abby]

effort reps to go under narration

[Narrator]

As Max watched, something incredible happened. Miraculously, the thing girl's body began to expand with muscle. As she watched, her form noticeably grew more muscular with each repetition. Her biceps swelled, and her pecs and abs became more defined.

[Max]

B-But that's impossible...

[Narrator]

Abby's muscles grew the amount Max's had over months and months of regular training in only a few seconds of repetitions.

[Abby] *e* is an effort sound

e wow, this is getting *e* kind of light now *e* when am I meant to *e* stop?

[Max]

Uh, whenever you're tired I guess.

[Abby]

smaller decreasing effort reps to go under narration

[Narrator]

This wasn't quite correct, but Max was lost for words as the once so thin girl kept swelling with more and more muscle. Her growth was actually slowing down as she became so strong that the weights on the machine weren't providing much resistance.

[Abby]

Wow, this got really easy really quick. I guess that means I finished this one!

[Narrator]

As she hopped up, Max noticed something else.

[Max]

Y-You got taller?

[Abby]

Oh, I did! Look at that, I'm almost as tall as you! Ahaha~ Sweet! I thought you said it'd take years, but I've come so far already! What other fun things are in here? Ooh!

[Narrator]

Abby dashed off further into the Gym, and Max followed curious.

[Abby]

I wanna try this thing!

[Narrator]

Abby was indicating the bench press.

[Max]

You've gotta be careful, that bar is really heavy even on it's own.

[Abby]

I'll be fine!

[Narrator]

Abby lied down on the bench-press and placed her hands on the bar.

[Abby]

long effort 1! Whew, this is heavy *long effort* 2!

[Abby]

long efforts with counting up to 12 to go under narration

[Narrator]

Again with each effort she made, Abby's body surged larger with muscles. Her biceps quickly swelled to 15 inches around, her pecs were suddenly straining her exercise top, and her abs were looking even more defined than ever, her 6 pack gleaming with a light sweat as she continued her workout. Max watched as her legs actually extended down the bench press as her body grew longer, and her shoulders burdened across bench too.

[Abby]

Ahh~ wow, that is hard work.

[Narrator]

Abby got up off the bench, and then grinned widely at Max as she realised...

[Abby]

Wooow~ I'm taller than you now!

[Narrator]

Now it was Abby who did a mock Flex, her 17 inch bicep expanding out to 19 full inches when flexed.

[Abby]

flex sound Wow, awesome!

[Max]

How... How on earth did you do that?

[Abby]

Why, you jealous? Ahaha~ I can let you do it if you want.

[Max]

Huh? You can?

[Abby]

Sure. Here, let me.

[Narrator]

Abby leaned over and placed her palm on Max's forehead. Max felt a strange energy flow into her brain, and then slowly spreading through her body.

[Max]

Whoaa~... This is... incredible!

[Abby]

Go on, try it out!

[Narrator]

Abby indicated the bench press.

[Max]

O-Okay.

[Narrator]

Max lied down cautiously, still getting used to the tingling that she could feel over her entire body now.

[Max]

long pleasurable effort

[Narrator]

Max felt her body surge larger and a huge pulse of pleasure accompanied it.

[Abby]

Oh yeah, I forgot it can feel really good if you aren't used to it.

[Max]

Y-Yeah *long pleasurable effort*

[Narrator]

She again pushed the bar away from her and felt her muscles swell. Her biceps expanded half an inch wider, her pecs too felt more dense. The pleasure too was overwhelming and she couldn't believe how Abby could've hidden it so well.

[Max]

long pleasurable efforts to go under narration

[Narrator]

Max did it again, and again swelled stronger. She got into a rhythm and continued to push the bar up, loving the feeling of her muscles swelling, her shoulders broadening. She could just feel her biceps swelling. 1 inch bigger, 2 inches bigger, 3... with each repetition it swelled larger. Max was amazed at the extent of the power she'd just been given by this random girl, she still couldn't even fathom how it was possible, but she was more than glad to feel the effects.

[Max]

Few...

[Abby]

Wow, you did great!

[Narrator]

Max replaced the barbell and got back up off the bench. Once more, she was taller than Abby by about an inch, but that meant she was far taller than she had been.

[Max]

B-But how is this even possible?

[Abby]

Boo~, the 'how' is boring! It's doing it that's fun, it's my turn again! In fact, I'm gonna need to load this up some more.

[Narrator]

Abby began attaching more weights to the barbell.

[Max]

W-Whoa... you sure about that?

[Abby]

Oh yeah, this'll be great!

[Narrator]

Abby loaded another few massive weights onto the barbell and then lied down on the bench.

[Max]

You can't possibly lift that much!

[Abby]

Oh yeah? Watch this! *long continuous straining + moaning to go under narration*

[Narrator]

Abby strained against the barbell, and even though it didn't move, her body exploded larger with muscles. All her clothing tore away and her feet surged down off the end of the bench in the explosion of muscle that occurred. Her biceps lurched from 17 inches straight to 25 inches around, and her shoulders also outgrew the bench and bent the bars holding the barbell up. Then, finally the barbell raised up a couple of centimeters, before she placed it back on what was left of its supports.

[Abby]

Phew, that was epic!!

[Narrator]

Abby struggled out from under the bench and got back to her feet. She smiled gleefully down at Max, who once again was shorter than her, though now she was a full foot shorter.

[Abby]

Well, do you start to understand how powerful this ability is?

[Max]

Yeah. I think I get the idea. Let's see... how about this!

[Narrator]

Max walked over to the dumbbell rack nearby and picked up a couple of the heaviest dumbbells the gym had.

[Max] *pe is a pleasure effort sound*

Now then *pe* let's do this *pe*

[Max]

pleasure effort sounds to go under narration

[Narrator]

As Max performed lifts with the dumbbells, she felt her muscles swell bigger once more. They didn't swell as fast as Abby's had, but as she kept lifting, they continued to swell and swell. She watched as her eyes were slowly rising past Abby's pecs before reaching her neck, her new

muscles pushing her taller. The once heavy dumbbells in her hands were quickly becoming easier and easier until they didn't provide much challenge at all.

[Max]

pleasurable effort decreasing to go under narration

[Max]

Ugh, I've gotta find something better... I know!

[Narrator]

Max dashed out through the doors of the gym, and Abby followed quickly to find Max next to a jeep.

[Max]

Here... goes... *long continuous pleasurable effort to go under narration*

[Narrator]

Max strained as her body began to expand again. As Abby's had, her body began to explode with muscle. Her shoulders broadened massively as her height shot upwards, every single inch of her huge body was stuffed to the brim with dense muscle, and she felt absolutely incredible! With one final heave, she lifted the truck clean off the ground and above her head!

[Max]

Whew! This is awesome!

[Abby]

Oh honey, if you think this is awesome, just you wait! I've got something even more awesome to show you.