

Steamed for Muscle Mons

By: Firingwall

Commission done for XpGamer12 of FurAffinity

Jacob panted, wiping his forehead. *Maybe... maybe they're right. Maybe I haven't been getting enough exercise.*

"Heeeey, Jake!" The cheery voice of his friend, Justin, greeted him from the side. "How's the run going?"

Jacob kept his eyes forward, trying to focus. "F-fine." He didn't want to break his pace at this time, even if he was very tired.

"Well, whenever you're done there, Brian wants us to move to something else."

And like that, Jacob stopped caring about running. He hit a button on the treadmill, bringing it to a stop. He slowly got off, his legs weak and wobbly. "I-I'm good t-to go."

"Great! Follow me." Jake nodded and followed Justin out of the room to another part of the gym. The two of them had been invited to the place by their other friend, Brian. The gym had just opened its doors a few weeks ago, and their friend had been going there regularly.

When he sprung the idea of joining him for a session, Justin was all for it. He was already fairly athletic and worked out quite a lot. Trying out a new gym with friends just seemed like the perfect time for him already. He didn't need any bit of convincing or thinking it over.

Jacob was the opposite. He was not athletic at all, barely exercising or doing anything healthy. Going to the gym wasn't remotely his idea of fun. However, seeing how into it his friends were, he decided to go along with it.

Though being there made him painfully aware of his physical condition. As he walked with Justin, he looked down at himself. He was so chubby compared to his friend. Justin was fit, toned, and a bit dense with his musculature. He was definitely at the peak of physical fitness compared to him.

Jacob blushed, a ping of jealousy ringing in him briefly. However, he shook his head. *It's my fault I'm like this. Not his. Still...* He looked Justin over again. *It must be nice to be that in shape. Maybe... maybe I should try walking more.*

Eventually, after a bit more walking, the two found Brian waiting for them at the back of the building, standing outside of a series of wooden doors. Jacob looked at his friend closely as he approached. The guy was so skinny and lanky like always. *He's definitely overexaggerating how much he comes here, isn't he?*

Brian clasped his hands together, smiling brightly. "Hey, guys! How have things been?"

"Good." Justin flexed an arm, sweat dripping off of it. "Just been doing some lifting and feeling that "burn", ya know."

"Fine. Just fine." Jacob quietly spoke, feeling weak. Even though he wasn't sure how much Brian was actually working out, it was probably far more than him.

"Okay!" Brian smiled. "Since we got those muscles moving, it's time to sweat!" He motioned to the door behind him. Looking at it, Jacob noticed the words, "Steam Room" on a plaque for the first time.

"I find this helps out a lot after working out for a little bit," continued Brian, "It helps relieve any current muscle tension and encourages growth. It certainly makes me feel good after a bit of working out." He flexed one of his arms, which still looked unimpressively small.

Their friend opened the door and the two looked inside, finding it empty. "Trust me! Spend some time in there and you'll feel completely recharged!"

Jacob nodded. *Well, maybe this won't be so bad. Be nice to relax a little.*

"He recommends it but doesn't even bother joining us."

"Well, he did say he wanted to finish his "routine" or whatever."

"Dat skinny meathead," Justin chuckled, shaking his head.

Jacob and Justin were alone in the steam room, wearing only towels around their waists. The two sat across from each other with a large basin in the center filled with coals. Steam rose from it, having filled the room.

The two hadn't been in for long, but the results were evident for Jacob. He felt a lot better now, most of his stress having been "steamed" away in his mind. Sitting there with his thoughts,

he realized he had been silly. He didn't need to be so hung up about his weight and fitness compared to his pals.

Take it nice and slow, he thought, I'll catch up eventually. ...maybe eat better? Eh, I'll figure it out.

"He was right." Justin sighed. He looked far more tense, hunching over. "This is pretty good, but I think it could be better. Mind if I kick it up a bit?"

"Go for it." Justin got up and went over to a tightly closed box near them. He opened it up and pulled out a few pieces of coal. However, they were quite odd from the looks of them, being both red and white instead of black.

Justin seemed to agree, looking them over as he closed the box. "Can coal be red and white?"

"I dunno," Jacob answered honestly. After a bit of staring, Justin shrugged and placed the rocks with the rest in the room's center. He picked up a bucket nearby, carefully pouring some of its water onto them.

The steam began to thicken, the room growing warmer and obscuring vision. The heat was wonderful, Jacob letting out a sigh and sinking into his seat. *So good... feels so good.* He smiled. His body truly felt wonderful and almost lighter.

It felt so much lighter that he looked down at himself. Sure enough, his belly and moobs were still there. He chuckled and went back to leaning back, closing his eyes. *Being silly... but would've been nice. Just relax and enjoy it.*

It was such a pleasant feeling that made him wiggle in his seat a little. The sudden movement caused his towel to loosen up. It dipped down his hips, showing his ass crack.

There, his skin bulged. Right at the base of his spine, just above his crack, a nub popped out. It started small but slowly grew longer and longer. Hairs sprouted from it, growing just as long. They were thick, fluffy, and creamy yellow.

His body stopped wiggling. Instead, the new growth shook, wagging like a happy dog's tail would.

Jacob noticed not a thing. His eyes opened and looked across the way at his friend. Justin seemed to be doing better, sitting back down. He was no longer hunching over, leaning back in his spot and his shoulders drooping. It was nice to see him not as tense anymore.

Though, squinting at him, something seemed off. Perhaps it was the steam obscuring things or the heat playing with his mind, but there appeared to be something on the bench beside his gym rat friend. It was deep, dark ocean blue and rather glossy with the way the light was on it. It seemed like a tail, almost as long as half his leg, that had an arrowhead fluke at its end, a tannish brown frill in its center.

Said tail seemed to be coming from Justin himself. *That can't be right...* Jacob cleared his throat, looking at his friend. "Hey... Justin?"

"Hmmm?"

"Are... are you-" A cold chill went up Jacob's back. In such a hot room, the sensation was beyond peculiar. The chill went straight into his mind, things becoming hard to focus on or think about.

The man groaned, hunching forward. His short brown hair ruffled about like a breeze had suddenly blown through it. Rising from its roots, a rich, creamy yellow washed away its original color. Locks became fuller and thicker, growing puffy and wild on his head while more flowed down the back of his neck and onto his back.

"Are I what?" Justin asked, curiously looking at his friend.

"I... I..." Jacob rubbed his face, sitting back up straight. After a moment, he looked at his friend again. He saw the tail, still there. Part of him wanted to say something, to point out the odd addition to his buff companion.

However, he couldn't. Confusion and bafflement were gone as if the steam and chill had made them vanish. Jacob eventually just settled on a shrug and leaned back, his own tail still wagging. "Nevermind. It's nothing."

Justin gave him an odd look for a moment before his own eyes started to look down. They look down in the same way Jacob's had earlier when he saw that blue tail. Justin's brow furrowed as he began to speak.

"Ah... I... ah... okay." And like that, whatever was on his mind seemed to have left him as well. Justin went back to soaking in the steam.

Jacob stared at him, wondering what he could've possibly said. At that moment, he saw his friend's hair ruffle and shake. Its fuller locks began to shrink, thinning out to a buzz cut. Its striking blond color brightened further, turning to a bright, silvery white.

Hair... Jacob trembled, biting his bottom. Feels... feels like there's a problem here. He rubbed his eyes. But... but I don't know.

Concern evaporated as soon as it came to him. Jacob just couldn't understand it. He kept staring at his friend, hoping the words could come to him. Justin's eyes closed as he leaned further back into his seat, unaware of being watched.

Jacob kept looking as he struggled to come up with the right words. He stared at his friend's head. He stared at his friend's new tail. He stared at his friend's body.

He stared for quite a while at his friend's muscular, well-defined body. Jacob slowly began to blush as his eyes focused on Justin's muscles. *He's so big... so very **big**.* He knew his friend worked out a lot, often joking about his "swollage". He wasn't lying with the way his clothing clung to him usually. Without any clothes, he seemed even bigger.

Though, was he always that big? Jacob frowned, staring closer and really taking in his friend. His musculature looked far more defined and sculpted with the way his form bulged. He seemed even taller, his towel skimpier on him it felt like.

Also, even stranger, his skin looked glossy. The way the fogged lights of the room shined on it made his buddy seem almost hairless and with sleek skin.

There's something up. Jacob rubbed his head, trying to wrap his brain around it. *Something is going on with Justin...* He looked back at him, his eyes going instantly to those thick, dense, bulging muscles. He shivered, biting his bottom lip.

His heart throbbed briefly, hands clenching his knees. *Must be nice...* Jacob shifted in his seat. *Must be nice to be that big and strong. I... I wish I was ripped like that.*

Yeah... have those abs and everything. His hand unconsciously moved to his tummy, rubbing the soft, pudgy mass. As he did though, the area began to recede. It pulled back and back, flattening to a fitter, toned form.

Can't have everything though... Jacob sighed, leaning back and relaxing. Everything he wanted to ask or was on his mind before faded out, only the thought of fitness remaining. Anything else would be too difficult to remember, especially as it felt like the room was heating up even more.

However, it wasn't that the room was heating up, but him gaining more hair. His creamy, yellow hair grew thicker and spread. It covered a lot of his forehead, especially in the center, and ran to part of his nose's bridge. Hair was spreading all over his neck like a mane, going partially onto his shoulders and dipping down to his collarbone.

The puffy, thick hair began to crop up elsewhere too. Thick tufts grew out of his elbows and ankles, just as dense and wild as his mane. His crotch hair began to lighten and thicken, cloaking the entire area and going further. It crawled out of his towel as a thick bush, stretching and narrowing as it went to his belly button, forming a happy trail.

The new coat only made him pant. Brushing his hairy forehead, he noticed the new fuzz. *Hmm? Do I need a haircut or something? Why am I-*

"Yooo, Jake!" Jacob snapped to attention, looking back over at Justin. His friend was stroking his chin, giving him a curious look. As he stroked, thick, scruffy silver-white hairs were sprouting along his jaw and chin, forming a beard. More hair grew on opposite sides of his nose, forming two thick 'staches that grew out like whiskers.

Okay, what the hell is going on? His eyes weren't deceiving him and the steam wasn't getting to him. Justin just grew a beard in front of him. Where did that come from? Why does he have a beard now? And...

His heartbeat increased. *Why does it look good on him?* Jacob trembled as a rosy red came to his cheeks. *He looks... handsome and...* His hands clenched his knees. *What's wrong with me? Why... why am I thinking-*

"Jake," Justin started again, his friend trying to pull himself away from ogling to just listening, "When did you start working out?"

"Working out?"

Justin smiled. "Yeah! I didn't know you were putting in the work before this. Sorry for not noticing sooner!"

"B-but, I haven't..." Jacob looked down. His arms were looking pretty good now. The layer of chubbiness to them was gone. They were trimmer with actual muscle definition to them. Not a lot, but they were certainly in better shape now.

Looking past them, the same thing was happening with his legs. They were fitter, leaner, and in far more shape. It was like he ran every day.

What the... Jacob looked repeatedly between his arms and legs. I only just started working out today, but now... my legs and... and my arms...

He gulped. *Is this real?* He lifted one of his arms, clenching his hand into a fist. He gave his limb a good flex, his body instantly reacting with quivers and shakes. Goosebumps broke out, his towel bulging in the crotch.

W-whoa... That surge of power he felt within him from that flex. His bicep only bulged a little, but the effects were incredible. *That felt good.*

His body trembled, the shakes flowing into his fingers and toes, all of his digits clenching. Their nails began thickening, turning black. They jutted to the tips, looking like claws. The skin on his palms and soles bulged and inflated, turning into black pads. Lastly, orange fur sprouted around the claws and pads, giving him furry paws.

Jacob stared at his hand paw, unclenching it. He started to bring it closer when... “Yeah! You’re looking ripped there, dude!”

Justin had walked over, getting in close for a better look at his arm. He had left his towel behind, standing before his friend nude and shameless.

Jacob did his best not to look. His eyes stared everywhere else than that, falling back onto the blue, seal-like tail from before. At least he didn’t imagine that.

Seeing the tail again did remind him of what he wanted to say before. Clearing his throat, Jacob tried to speak. “H-hey, Just... there’s something-”

Ignoring him, or perhaps not even hearing him, Justin plopped down beside him. He held up his arm to his friend’s flexed one, doing the same motion. Seeing them side by side, even with how toned he was now, showed the big difference between them.

“Yeah, keep up what you’re doing and you’ll reach this level of swollenness in no time!” Jacob didn’t hear that though. He stared at Justin’s arm, briefly admiring the muscle mass of it and then noticing its strangeness. It had a shade of deep ocean blue, the skin looking rubbery and glossy to a degree.

“Yeah, I know.” Justin nodded, not getting why his pal was staring. “There’s a big difference between us, but again, you’ll get here soon with some practice!” He flexed his arm even harder.

His arm shook and trembled. Suddenly, it began rapidly expanding and shifting. Muscle mass increased even further, his limb's thickness surpassing Jacob's more than it already did. The blue, rubbery skin tone spread across his arm, going from hand to shoulder. His fingers twitched as they turned a darker shade of blue, fingernails jutting out into silverish claws.

Jacob could only watch in astonishment, watching his friend continue to grow and change. Even though he had only flexed one arm, the other arm grew and turned blue as well. His legs went down the same route, turning blue and gaining their own claws. His body slowly widened and bulked further, better fitting his strong legs.

As he rose two head heights taller than him, Jacob felt his heart beat faster. There was so much to say or ask his friend about. However, all he could feel was envy and that growing attraction. He fidgeted in his spot. *Why... why does he look so good? So... so fucking handsome.*

Jacob gritted his teeth. *I wish... I wish I had that beef.* His teeth turned sharper, more canine-like. His mane spread further out, cloaking his cheeks and falling onto his broadening shoulders. He was looking more inhuman by the second.

"Man, I wish I was that big and strong." At that moment, his heart skipped a beat. He had said that out loud without thinking. *Crap, he's gonna-*

"Heh," Justin spoke with an amused grin. He leaned further in, his face beginning to turn blue as his arms. "You want to be big and strong like me?" His grin only grew wider, two of his bottom teeth turning sharp and poking out from his bottom lip like an animal. "Well, who could blame ya?"

Jacob could see his friend change before his eyes, up close as Justin leaned in. He couldn't believe it, but he couldn't believe he wasn't shocked by it. His friend was transforming and all he felt was a certain feeling.

Attraction. It was growing stronger and stronger, shooting higher up the more inhuman Justin became. Jacob fidgeted in place. He could feel something awakening below, his towel tenting.

"Well..." Justin leaned further in, Jacob shivering as his friend went up beside his head. He could hear him coo. "I want you to be big as well."

Jacob's ears shivered as well, trembling with excitement. Fur rapidly sprouted over them as their shape morphed. Orange covered the outside while a creamy yellow cloaked the insides. They moved up the side of his head, pulling into triangular points.

The furry man's paws clenched tighter into his legs. He panted, mouth moving as he struggled to find the words. It was too much. He had to say something.

Leaning back, he looked into his blue-ifying friend. "Justin... something... something is going on here." Jacob looked between the two. "We're changing and... and I feel funny."

"Yeah, I noticed!" Justin stood back up. He seemed to be taller now and looking closely, he had bigger trapezius muscles and a broader neck.

Jacob didn't notice that for long. His eyes fell on his friend's blue, tight, firm rear. Even if it was obscured by his new tail, it was still quite the sight for him. The sight was even better when he noticed the large, dangling balls between his pal's legs.

"I feel funny too..." Justin walked over to the water bucket from before. "And, you know what?" He reached down and picked it up, slowly lifting it over the coal. "I want more."

Jacob tried to say something, but Justin poured the water before he could. A strong sizzle echoed through the room as it grew steamier. Everything became obscured, the heat beating down on his mind and slowing movement.

However, Jacob wouldn't try to do anything if he could. With that steam, a strong, pleasurable trembling rocketed through his very soul. He let out a low moan. He felt incredible.

He hunched forward, looking down and just vaguely making out his body. He was growing and growing fast, rising in his seat. Across his body, fur was rapidly appearing and cloaking his skin. Orange fuzz sprouted upon his arms and across his sides, a sharp black running from his collarbone to his crotch.

Even with that fur, it couldn't hide his muscles. His fitter arms and legs had jumped up in width, now comparable to Justin's original muscle mass and swiftly reaching his new size. It looked like he seriously worked out every day. His torso widened, his chest heaving forward into bulging pecs. Abs rose on his stomach like bread baking in an oven.

Jacob bit his bottom lip, his paws immediately going to his body and feeling it. They carefully rubbed, stroked, and groped his musculature, taking in its density. *So much beef.* He moaned louder, his crotch twitching and pressing against his towel further.

Eventually, his cock poked through, the cotton fabric far too small to fully cloak it. Making itself known, it was clear that it was different now too. His rod was red, canine-shaped with a thick knob at its base. It sprung forth from a black sheath, big, furry balls beneath it.

“There we go!” Jacob panted, looking ahead. The steam was starting to thin. “Now this is what I’m talking about!” Justin’s outline came into view.

And soon, Jacob got a good, full look at him. Justin was completely blue from top to bottom. The only difference was the shade of blue with a lighter one cloaking his chest and stomach. His skin was definitely glossy now and looked rubbery, almost like a seal’s. What stayed the same though were his muscles, still as bulging and impressive as before.

“Heh, now we’re talking!” Justin chuckled, eyeing Jacob up. He stroked his chin, his ears wobbling and turning pointy. They shifted up the sides of his head to the top, more triangular and animal-like.

“Now you’re looking big just like me.” Jacob shivered at that. Yeah, he was big like his friend. It felt... wonderful.

Justin leaned back and breathed in, his animal snout turning pink. “And you smell pretty damn good too.”

Smell? Jacob hadn’t been paying attention to anything scent-related. He decided to breathe in as well, taking a big snort of the room. His nose twitched, turning black and bumpy. Nostrils flared as its shape morphed into something befitting a canine.

His rod throbbed, trembling breaking out again. There was a strong, rich musk in the air mixed in with the sweat and steam. It flowed off of him naturally.

It emanated from Justin as well. Jacob leaned in and breathed deeper. His cock churned more as he soaked everything in and gazed. *God, Justin is so hot... I... I want him.* Black stripes appeared amongst the orange fur on his arms and legs. *I want him baaaaad.*

Now... Jacob stood up, leaving his towel behind on the seat. “This feels so different.” He trudged over to Justin, standing at perfect height with him. “Different, but I like it!”

“So do I,” snickered Justin. With the two close, the blue man reached over without hesitation and began groping Jacob’s peccs.

Jacob moaned again, pre dripping from his rod. “L-like that?” the canine man growled and chuckled. His mane spread partially down his back. “C-can’t blame you. My bod is fucking hawt like yours now. Just... just like yours.”

With a snicker himself, the canine reached around and put his paws on the seal man's bum. He moaned as well, his jaws cracking. With a few pops, his face pushed forward into a short but strong muzzle, one befitting the sea beast he was.

Justin panted, trying to regain his composure. "Glad you appreciate a bod this awesome too!" With a smirk, he pushed himself against Jacob. Pectoral went to pectoral, dick went to dick. The two quivered simultaneously.

"Who wouldn't appreciate a godly body like yours, eh?" Jacob moaned. "I want it... I want all of it!"

"Same." They leaned in, Jacob's face pushing forward. Like with Justin's, his jaws cracked and popped as they went out. His nose shifted to the tip of it, forming a canine snout.

"I need you now," moaned the blue beast, "I want you badly on the ground so I can ram--"

Something clicked within Jacob's mind, something primal and hungry. The canine man growled. "No, seal boy. I want you against the wall. I'm the one who's doing the fucking here."

With that, Jacob grabbed Justin and pushed him toward a wall. He shoved him against it, positioning his rear out. Instinct was taking over, fueled by lust. Jacob was no longer himself, the same as Justin. They were just an Arcanine and Samurott, both teaming with heavenly muscles and deep hunger.

The dog grabbed the seal's tail, lifting it to fully expose his rear. Using his other arm to hold the seal man in place, the Arcanine rammed his cock right into Samurott. Their pupils dilated at the same time as inhuman roars bellowed from their maws.

The Arcanine pulled back and thrust back in, his entire body quaking. He pounded his eager friend over and over and over. Slowly, he grew further. He rose above the Samurott by an extra head height, his body broadening considerably. The dog was the new superior one, and he just loved it.

The two went at it long, growing rougher by the second. It felt like the world around them was fading out, growing hazier. Was it the lust or were they in the room for too long? It was hard to say, everything so difficult to focus on other than their own fun.

However, through the fog, Jacob could hear a familiar voice. "Looks like some people are enjoying themselves."

The voice brought a tiny amount of clarity to the Arcanine, his eyes drifting over to it. Near the door, Brian stood watching. He was smiling and... looking different? He seemed taller and actually buff. Also, he seemed fuzzier than before.

His smile turned a full-on grin, flashing canine teeth. "Mind if I join you beasts?"

The steam room door opened and three figures stepped out. They were large, incredibly well-built, and stood high above all other patrons of the gym. They were anthro Pokemon.

A Samurott, Arcanine, and Lucario had exited together, casually talking and joking amongst themselves. They all wore towels around their waists, but they didn't do much good, their equipment pushing or poking through or under them. They smelled of sweat and sex as they headed over to the locker room for a change of clothing.

"Still can't believe you didn't want to join in right away if you knew this was gonna happen," the Samurott said to the Lucario, "I figure you want to see the action happening."

"Eh," Brian chuckled, giving a half-hearted shrug, "I rather you guys enjoy the surprise for yourselves first. I think I would've probably spoiled it if I was there watching."

"Yeah, I bet!" the seal laughed, patting the blue canine on the back, "You probably would've been snickering the whole time or-"

Jacob was not listening to his friends. The Arcanine was busy with himself. He felt his arms and abs for what felt like the tenth time again. It still hadn't fully sunk in that he was really that ripped and shredded now.

Talk about skipping months of working out and getting straight to the results! The Arcanine smiled more, feeling his face. Being a big dog isn't too bad. I could totally get used to this! I wonder how long this lasts?

As they entered the locker room, a small bit of sadness went over him. Guess I gotta put clothes on now. Shame. Don't wanna cover this bod up! It's made to be seen and loved!

Jacob walked over to his locker and started to open it. "Hey!" Lucario called, Justin and him having walked over to a different locker, "Weren't you listening? Over here!"

Opening it up, Brian pulled out a few pairs of large swim trunks. “Come on! Let’s cool down with a swim! Gotta get out of all that steam and stink before we leave, right? Showering would be boring!”

“Oh, right.” Jacob walked over and took a pair from him. “Wait... since I’m a Fire Type, wouldn’t swimming be a hazard for me?”

“Well, you can relax in the shallow end for a bit or try the hot tub,” Brian said with a shrug. “I’m sure that’ll work. It’s not like you *can’t* get wet at all.”

True... Jacob slipped on his swim trunks. Despite being made for a beast as big as him, they felt just a tad snug. They were clutching his package, highlighting their huge, bulging shape. Though, that was the case with his friends’ swimwear too.

Still, Jacob didn’t mind that. He could do with a little showing off.

Following his friends to the pool, the Arcanine thought about things. When he got home, he was going to seriously need to go through his clothing. He needed to find stuff that fit him so he wouldn’t just tear through whatever shirt he put on.

Though, he was also going to need to find stuff that didn’t fit him *just* enough. He did still want to show off his muscles and physique. He finally had a body he could be proud of and be happy with it. It was a look that was worth worshiping and loving, and he was going to make the best of it as much as he could.

THE END