

## 24 Hour Fitness in Costa Mesa, CA

I'm very much a hot or cold fitness buff...I'll work out several times a week for 6 months to a year and get in really good shape and feel pretty strong, then I'll not go once for a year and basically be weak as fuck and have to start all over again. I've done this same thing ever since high school and just remembered an incident a few years ago on my first week back after a long "off" period when I was just running for fitness and really lost a lot of muscle tone.

At 5-10 and 175 pounds, I looked pretty fit, but was actually very weak after only running for a year or so. I went to the 24 Hour Fitness in Costa Mesa and decided I would do bench press and triceps the first day. As a female muscle fan, I immediately noticed this amazingly buff Asian woman, probably 5'3" and 140 -150 pounds. She was stocky, but had large arms and legs with some definition. Her long black hair was in a pony-tail...which I love!

We made eye contact a couple of times and I simply gave her a smile and kind of nodded my head to say "hi" once. She smiled back, but that was it for our quick, personal interaction. She was also doing chest and triceps so we were in the same area the whole time, but unfortunately, she had already done bench press so I didn't see how strong she was. At one point, she was doing cable pull downs and her triceps muscle was bulging, I was mesmerized by it, and her but managed to not get caught staring. There were more bench and triceps areas further away, but she chose to keep working out near me, which I was very happy about.

I started my bench workout and threw 25's on the bar to get in some quick warm up sets. However, after not working out in a long time, the weight, only 95 pounds, actually felt heavy. I pumped out 8 reps and noticed the Asian girl looking my way a couple of times. I was aware that she saw me lifting this small amount of weight so I threw 2 45 pound weights on the bar to bring it to 135 pounds. Unfortunately, I was so fucking weak, I barely pumped out 8 reps at that weight and knew I was burnt. The muscular Asian girl, probably in her late 20's walked by me to the girls room right then, and I was a bit embarrassed that she saw me struggling with that light weight.

2 days later I went in again after work to do back and biceps. Sure enough, the buff Asian girl was there too. She was wearing really thin black workout tights that came down to just below her knee, showing off her buff thighs and muscular calves. She was also wearing a white workout bra, so her gorgeous shoulders, traps and arms were in full display. She didn't have a six-pack, but her midsection was tight and firm. I did Back first which actually tires your biceps a little, so I was kind of toast already when I walked over to the dumbbell area.

Sure enough, she was set up on an open bench two down from me performing dumbbell curls. I spied her in the mirror and was impressed as her biceps bulged nicely with each rep. I grabbed 2 - 20's and knocked out 10 warm up reps. I then grabbed 2 - 25's and did ten. I struggled a bit with the 25's since I hadn't trained in forever and was burnt from working back. Lastly, I grabbed 2 30's and forced out 6 reps before my biceps caught on fire. Just as I was finishing that, the Asian girl walked her beautiful buff legs and ass right in front of me and put 2 - 35 pound weights on the rack. I quickly realized that she was curling more than me and I had a half hard on immediately.

She again walked away for a few and I headed over to the easy-curl bars, which were set up kind of in an open area on two A-Frame type racks. I grabbed the 45 pound bar, took a step or two back and began to curl it. It felt pretty heavy since my arms were worn. To my surprise, the hot Asian girl walked right up next to me and grabbed the 50 pound bar. She started doing slow, controlled curls as I waited a couple minutes to begin my next set. I obviously peaked out of the corner of my eye at her amazing biceps as she worked. She did at least 12 reps and they did not seem to be difficult for her. She put the 50 down and walked a few meters away to have a drink from her bottle. I moved in and grabbed the 55 pound bar. As I started my set, I immediately realized there was no way I was getting 10 reps. As the Asian girl stood nearby, waiting for her next set, I struggled to rep out about 7 or 8. I figured she was waiting for the 55 since she just used the 50 pound bar, but as I put the 55 back on the rack, she stepped up and grabbed the 60. Again she started doing slow, controlled reps and I was again embarrassed that she surely knew that she was stronger than me.

She looked at me with a rye grin as she finished her set and placed the 60 back on the rack. Again, she walked away to her bottle so I grabbed the 60. It took some body English, but I managed to put up about 3 reps before failure...remembering that she had just repped out 12 in total control. The really embarrassing part was that, the 60 pound bar had been located on one of the higher rungs on the A-Frame rack, and as she started walking back towards me, I tried to lift the bar up to the rack and failed, hitting the bar on the bottom of the rack and making a huge clanking sound. She kind of laughed as she surely knew what had just happened. I said "ooops" surely red-faced and used a huge amount of body English to swing the weight up to and BARELY set it back on the rack. I then walked away to grab my towel and bottle. We didn't make eye contact, but as I walked towards the men's room, I noticed that she was now curling the 65 pound bar.

After a few minutes of splashing some water in my face and going to the rest room, I walked back into the gym floor and noticed the Asian girl was gone. I walked up to the easy-curl bar again and quickly grabbed the 65 pound bar that the Asian girl had been curling in full control. I literally could not lift it a single rep.

I went home totally consumed with the picture of the hot, muscular Asian girl out-muscling me easily at the curl bars. I felt like I definitely should have talked to her. I was dead set on striking up conversation with her the next time I saw her. To my dismay, I went back at that same time for 2 or 3 weeks straight and didn't see her again....damn it!