

Feel that Wolf Burn

By: Firingwall

Suzie took a deep, long, tired breath of relief as she looked exhaustedly at the setup before her. After an hour of struggling and moving furniture around to make space, she had finally finished setting up her bench press workout station. She got the bench together, the power rack, and even setup her barbell with 20lb weights on each end all by herself.

“Damn frickin’ deliveryman,” she grumbled as she wiped the sweat from her brow, “Couldn’t even bother to help me setup this crap up or move the boxes into this room at least.”

After finally getting a steady job that paid well and comfortable living arrangements in a nice apartment, the young blonde decided to get back into the dating scene again. Put herself out there and meet someone nice that maybe she could fall in love with. Problem was, she was a bit self-conscious about the weight she had put on in recent months.

However, with a quick search on Craigslist’s to find a used workout station, Suzie was up one bench press station and finally ready to work on burning off all of her excess body fat. Being neither fan of running or jump rope, she felt this was the perfect thing for her. Plus, she could build up some muscle to fight off any idiot who’d try to steal her purse or what not.

“Well at least it’s done,” she sighed, scratching the back of her neck, “...just hope it doesn’t fall apart.” Reflecting back on it, it did seem a bit odd that Suzie was able to get this bench press set and tons of weights for about fifty bucks. Was there something wrong with it or was the person just that desperate to get rid of it?

Either way, it was hers now and it was a bit too late to start second guessing herself on the purchase. All dressed in her workout clothing, blue gym shorts and a spaghetti-strapped grey t-shirt, Suzie approached the bench and got onto it.

Getting into position and remembering how the guys she watched on YouTube did it, she tightened her back and carefully grabbed the bar. She set her barefoot feet tight on the ground and lifted it off its rack. Weighing over forty pounds, Suzie found herself having problems gently lowering the bar onto her chest. It was surprisingly heavy.

Crap, she thought angrily, I should... should not be having this much trouble bench pressing forty pounds... I really am out of shape... She managed to safely bring the bar down to her chest though and then began pushing it back up.

However, raising the bar up, it was strangely easier. She found herself almost effortlessly pushing the bar back up into place with less struggle and strain on her arms. *Weird, she thought, should it be this easy? I mean, I’m not going to complain but this seems weird...*

As she had pushed the bar back up, something strange and miraculous began to occur. Her finger- and toenails turned pitch black all of a sudden and started growing and growing. They also thickened up, getting bulkier as they grew longer. Soon, jutting out from each digit on her hands and feet, she had black claws.

She did not notice such a change and instead, simply brought the bar back down to her chest. Again, it was even easier for her than before, baffling the young women further. As she did that though, the skin on the bottom of her fingers and toes began to inflate and expand. They turned bright pink and swelled, bulging more out of her tips like little animal pads.

She pushed the bar back up into the air, even easier than before. At that moment, her hands began swelling, growing larger as the muscles and tendons strengthened and bulged. Her skin stretched as her hands and fingers grew. Short black fur sprouted out around her pads and then over her fingertips, encompassing all of her digits. White fur grew over the palm and back of her hands instead, the black fur stopping at their base.

Her feet stretched out as well, lengthening several inches and also expanding in size. The bones within them cracked and shifted as her feet stretched and pushed against the ground during her bench pressing. White fur erupted from her feet and covered them completely. Eventually, the bones and tendons in them shifted so that she could only walk on the balls and pads of them and her toes.

However, instead of going to do another press, she put the barbell back in its rack. *This isn't bad*, she thought, standing back up, *but... it's just too easy... I need more of a challenge if I want to get into shape!*

A few minutes later, Suzie changed out the weights and now the barbell weighed around sixty pounds instead. She got back down onto the bench and into position. With a big huff, she lifted the bar out of the rack and tried again.

Once more, it felt very heavy on her thick, furry hands and she strained bringing it back down to her chest. Despite that, she felt satisfied that she was getting a challenge once again. Once the bar reached her chest though, her body morphed some more again.

A soft coating of fur slowly ran up both sets of limbs. From her wrists to her elbows and from her feet to her knees, white fur crept up her arms and legs slowly, leaving no trace of skin as they washed over them. When the fur reached her knees and elbows, the coloring of it shifted from that to light grey and then to black, going all the way up to her hips and shoulders.

When the bar hit her chest, she lifted it up and like before, it felt slightly easier. Not too much at first, but the more it raised into the air, the stronger she felt. Her forearms and lower legs swelled as she boosted the piece of equipment, her muscles inflating and her skin stretching to contain their bulging form within.

What's going on? She pondered baffled, *why is this easy again? It was just difficult a second ago!* Bringing the bar back down to her chest was quicker, her upper arms and thighs bulging as well. While her arms were completely free of any clothing, her shorts tightened around her swollen, tight thighs. They looked almost form fitting on her when the bar reached her chest.

Pushing the bar back up into the rack with incredible ease, she grumbled, "Am I just not doing this right or something? I could have sworn I remembered all of those instructions in the video and was doing them just like they showed."

She sighed and started taking the weights off the bar again to switch them out. Doing so though, she was unaware of a new feature to her body: a small, stubby nub that was growing out just above her rear end. Unless one was looking really hard at the spot, no one would notice the new addition right away, let alone Suzie.

Changing the weights so that they would now weighed eighty pounds, Suzie got back onto the bench and carefully lifted the bar out of the rack. Yet again, it was heavy and stressful on her arms, forcing her to slowly lower the bar back down to her chest. *Much better*, she thought relieved, *this should work for me*.

As she brought the bar down, her body started to feel rather warm. Not in any sensual way, but more in just a basic, sweaty hot fashion. White fur was growing over the front of her torso, underneath her shirt at first. Black fur sprouted up along her sides and over her back, climbing all the way to her neck. The white fur eventually flowed out from underneath her t-shirt, covering her breasts and the front of her neck.

The bar reached her chest and there still seemed to be no signs of her suddenly getting stronger. *Maybe this will work?* She thought, *maybe this is the right... oh no... not again...*

She lifted the bar back up into the air with surprising ease, dispelling any hopes she may have had. She let out an annoyed sighed as she easily lifted the bar up without issue, the fur growth eventually reaching her face and spreading over it. White fur covered her lower face from her nose down to her jawline, while black fur crept over the rest of her mug. As the fur covered her hair and eyebrows, her long brown locks shrank away into her head and her eyebrows thickened, turning even darker to stand out amongst the black fur.

“This is getting annoying,” she grumbled, gritting her teeth as she lowered the bar once more to her chest with ease. The outside of her ears turned dark gray and furry, white fuzz growing on the inside of them. As the bar lowered, they moved into position more towards the upper back part of her skull, while also stretching out more into a wolfish point. Once in position and much larger, they flickered a bit as her hearing improved significantly.

Eventually, she just pushed the bar back into place on the rack, her frustration having grown larger than ever before. She got off the bench and started taking the weights off again, unaware that the stub on her backside had gotten even bigger. It had extended several inches out, thick, puffy black fur covering it in its entirety.

“What do I gotta do to get the most of this bench press?” Suzie grumbled, switching out the weights again, “Am I doing something wrong?! I just... what’s even happening?”

In a last act of desperation, the bar was now carrying a hundred and twenty pounds in weights. If this didn’t do the trick, then she had no idea what to do anymore. As she began to sit down, she wiped her furry brow with the back of her paw and mumbled, “Dang... getting all hot and sweaty here... need some relief.”

She took a quick swig from her water bottle and then, without hesitation or thought, yanked off her t-shirt. She took off her shorts, revealing a rather strange, foreign red speedo. Even besides

that, she unhooked and tossed to the side her workout bra, letting her breasts hanging free. She didn't care or seemed all that concern, just wanting to do away with most of her clothing.

“Much better,” she stated pleasantly, laying her half-nude body back down on the bench, “Let's give this one more shot and see how I do here.”

With that, she grabbed ahold of the bar and slowly lifted it out of its rack. The pressure extruded on her hands and arms was rather intense, the bar almost falling out of her grip. Thankfully, she kept her paws on it tightly and slowly, began to lower it.

She chuckled pleasantly, “There we go! Now this is what I'm **talking about! A real, nice challenge for me to tackle!**”

Her voice deepened immensely as she lowered the barbell. Her Adam's Apple had grown large and pressed more against her neck. On top of all of that, testosterone had started pumping and flowing through her veins, her muscles swelling and tightening. She felt stronger and more eager than ever before, but the bar remained a challenge to lower.

She managed to slowly bring the bar back down to her chest and after taking a moment for a deep breath, she slowly lifted it back into the air. This time though, it was an actual struggle, not suddenly and randomly getting easier on her for some inexplicable reason.

She grinned, her teeth white and sharp, and chuckled, “**Yeah! Here we go! Now this is working just right!**”

As she lifted the large bar into the air, her nose was the next to change. It pushed upwards a bit into the air, allowing people to visibly see up her nose head on. From there, the skin texture turned bumpy, cold, and black. It extended outwards a bit and stretched to the sides, forming a rather canine-shaped snout.

Her sense of smell ratcheted up, becoming stronger and more powerful than ever before. She could smell the food in her kitchen several rooms away or the fresh air outside her closed window. However, what she really smelt was the sweat and musk emanating off of her body now. It was quite powerful and rather male-ish, which rather excited her for some reason.

She pumped the bar high above her head and slowly brought it back down, pleased that it was still providing challenge for her. Her head radically shifted as she lowered it, her skull and jaw bone shrinking and growing. The shape of her head became more dome-like and less human, her eyes shifting more to the side as her face, nose and all, pushed outwards into a strong muzzle. Once set into place, she licked her long tongue over her chops without even noticing a thing.

She eventually lowered the barbell once again to her chest, squishing it against her breasts. However, it almost seemed like it mashed them too much since her mounds didn't plump back up again. In fact, as she rose her arms, her breasts started shrinking rapidly, melting away into her body. They shrunk, growing smaller and smaller by the second until they were gone.

However, something appeared to replace them. Her chest region widened and expanded, turning thick underneath her soft fur. The area grew wide and large, becoming a set of strong

pectorals that were far larger than her breasts. Their shape was somewhat masked by her fur, but their outlines could still be seen well enough.

“Feeling it now,” she growled happily. She began to bench press the bar up and down repeatedly. It remained heavy in her hands, but the right kind of heavy that she wanted. Her own stomach and torso began to swell in response. Her waist pushed out and her stomach toned, giving her a rather manly, fit body form than before. Any fat melted quickly and was replaced by a rather stunning outline of a six-pack on her torso.

“Yes,” she(?) growled eagerly, **“I can do this! I can do this!”** Her(?) legs spread open as her pumping increased at a faster pace. Testosterone coursed throughout the anthro, sweat mixing with fur and musk, fueling the creature even more.

Soon, a bulge started appearing within her/his speedo. It pressed against the underwear gently, not doing much at first, but gradually growing bigger. With his legs spread out, the bulge was free to grow as large as it wanted, stretching and pushing the red speedo to its limits as its shape was strongly outlined.

“I am feeling...” he huffed, pushing the barbell up into the air one last time, declaring triumphantly, **“...GREAT!”** With that final push, his large male equipment swelled out into the size of a large cantaloupe, really testing the limits of the new wolf’s underwear.

He put the barbell back onto the rack and stood up, stretching his thick muscles and thrusting his crotch and chest out. **“Oh yeah,”** he chuckled, **“I’m really feelin’ it! This workstation was perfect and now I’m feeling all swolle!”**

He looked down at himself proudly, running his paws over his thick abs and pecs. He even flexed one of his arms pleasantly, seeing his muscles bulge under his skin and fur. **“This workout station was the best money I ever spent,”** he triumphantly declared, **“I mean, who can argue with results like these bad boys?”**

THE END