# New Year, New Deer

Nori continued to lie back on his couch, looking up at the phone he held in front of his face.  The eastern dragon was clad only in a pair of boxers that covered little of his red-scaled form as one of his clawed hands rubbed idly against the dark brown of his belly.  There was no need for modesty as he was the only one that resided in the apartment, which was also made apparent by the small piles of clothes and dishes that were strewn about.  While he thought in the back of his head that he should probably take care of such a thing the dragon found himself continuing to just scroll the site until his screen suddenly changed.

It was an advertisement for a gym, one of several that he had gotten ever since New Years when he had resolved to work out and get in better shape.  Of course just like with his apartment it had been a resolution that he hadn't gotten around to doing yet, or even starting as he quickly dismissed the ad.  Just as he did another one popped up and this time mentioned that it was in his area, something that caused him to frown.  It wasn't the fact that they were being invasive but the fact that the picture posted had buff, muscular men posing on it.

His gaze drifted down towards his own stomach and Nori let out a sigh.  Part of the reason that he had been so hesitant to go to a gym even with one being fairly close by was that he was worried about the perception of others.  All those hot guys lifting weights... how many of their eyes would look at him in judgement as his somewhat chubby form made his way through?  That just fed more into his desire to remain sedentary on the couch and the cycle merely continued as he preferred to scroll on his phone than actually go out.

The closest he had gotten to actually getting to the gym was when he had started to look for clothing that he could wear while he worked out.  It turned out to be a fruitless search as he couldn't find anything that would flatter him, but as he continued to scroll through his live feed he heard the doorbell ring.  Strange... he wasn't expecting any company as he quickly went to the nearest pile of clothing to put something on over his boxers.  He had found a pair of sweats that worked for him and nearly stumbled as he went to his door and opened it only to find that there was no one there.

But there wasn't necessarily nothing there as Nori looked down to see that there was a package sitting at his front door.  He found himself scratching the teal mane between his horns as he tried to think of what he could have possibly ordered that was supposed to come today.  When he hunched down and picked up the package he found that it was his name and address and instead of a return address it had the silhouette of a bull on it.  It still left him no closer to figuring out where the package had come from, eventually his curiosity getting the better of him as he brought it inside and put it on his table before opening it.

To his surprise he found himself looking at a piece of shiny black fabric, the material slipping through his fingers as he held it up to the light.  It didn't take him long to figure out it was some sort of singlet that wrestlers might wear when they go into the ring.  It was definitely not something that he would order even to work out in and yet as he held onto it he could imagine that this was something the buff guys at the gym would use as part of their attire.  Perhaps he had accidentally ordered it in his quest to get more in shape but when he looked back at the packaging he couldn't find anything that indicated where it came from.

As he continued to stand there in his kitchen holding it a strange thought came over Nori, more of an impulse then anything to see what he looked like with the singlet on.  Though he immediately dismissed it he couldn't help but continue to muse on it as more images of muscular men wearing something similar crossed through his mind.  Maybe he would look good in it... and it wasn't like there was anyone around in his apartment that would judge him.  Plus if he felt silly with it on he could just as easily take it off again and no one would be the wiser, and eventually the somewhat intrusive thoughts won out as he found himself stripping out of his shorts and shirt before doing the same to his underwear.

Even though he heard himself saying that this was ridiculous there was a growing part of him that was curious to see what the piece of athletic gear would look like while on him.  It didn't take him long to figure out how to get it on and before he knew it he was standing there with the shiny black fabric clinging onto his scales.  Though it wasn't very tight it left little to the imagination on his body type, though he was surprised to find that the singlet had a slimming effect on his body while he ran his hands down the front of it.  It felt really good... but there was still no way that he would wear this anywhere outside his apartment as he twisted around to check out his backside.

As he examined himself Nori caught a piece of paper that was on the floor near his feet.  Strange, the dragon thought as he bent down to pick it up, he didn't see that before when he opened the package.  He reasoned it must have been in the suit and fallen out while he was putting it on as he read the card to see what it said.  While he had been expecting to find company details or information on his purchase instead it was an advertisement claiming that any workout he did while wearing the singlet promised to increase his muscles and boost his confidence, even after the first one.

Nori scoffed at that and crumpled up the paper before tossing it aside.  There was nothing that he knew of that could get such results, much less from some piece of clothing that he just had to wear while he worked out.  Yet there was something about wearing the singlet that made him feel a bit more pumped, like he actually wanted to go and get some exercise for once rather than just sitting down on the couch.  Could it be that their claims were somehow true?  There was no way to know, at least not without doing some practical experimentation...

About an hour later Nori found himself walking through the door of the local gym on his block, clutching onto his jacket as he made his way inside.  Though he wasn't sure if it was even open he found that he was able to walk in and sign up right away without much trouble.  He was even given a free trial period for being a part of the neighborhood in order to entice him for a membership and he took it with gusto.  A chance to test this singlet of his for free was not something that he was going to pass up, especially since he was pretty sure that this wasn't going to work.

When he got into the locker room he found it blissfully empty.  Nori knew that he had to get rid of his coat eventually and when he did so he found himself shuddering from the exposure.  Even with the singlet on the dragon felt naked, but he strangely didn't mind it too much as he walked out into the bar area.  Even as he got into the main workout area and saw buff men stretching and lifting weights he kept himself focused on trying to do the workout.

Thirty minutes later Nori had finished with the treadmill that he had hopped on, the dragon letting out a few huffs after he had finished up.  Though he was winded he actually felt better then he had ever been before as he grinned and looked at himself in the mirror.  When he looked at himself he was surprised to find that the bit of flab he had on his stomach seemed to have disappeared.  At first he thought that it was just the spandex material pressing against his belly but as he pressed his fingers against the smooth fabric he found that the padding he was used to was no longer there.

It seemed impossible, but as he went to the locker room and took off the singlet he found that aside from the bit of chub that he had lost his body did look a little more defined.  Even his dick looked a little bigger as he shifted his naked body to the side to investigate his form.  Had one workout with the singlet really did what that note had told him?  Perhaps he was just seeing things in the hopes that he didn't have to work hard to get the body he wanted, but as he heard someone come in he quickly grabbed the singlet and stuffed it into his bag before getting dressed.

Just as he finished getting his regular clothing on Nori saw one of the men from the gym come in, the muscular shark giving the dragon a small nod as he passed by while taking off his shirt.  Though normally the dragon would have felt self-conscious about such a studly guy looking at him the lingering reminder of how he looked gave him a confidence boost.  He found himself smiling and just giving a small nod back before he left the locker room.  As he walked out of the gym itself he could hear the receptionist wish him a good evening and hoped that he would be back, something that the dragon found himself smiling a little at as his hand reached down to the singlet within his bag...

For the rest of the week Nori found himself returning to the gym more often; after the first day he had went back for over an hour, and then when he finished his workout and saw that his arms had expanded by a few inches and his waist was noticeably trimmer he found himself staying longer each subsequent day.  As the time increased so did the gains and when the weekend finally rolled around the dragon found himself looking in the mirror to find that his muscles had improved considerably.  He had also been spending more time dressed in the singlet, not just because of how much it was making him grow but also from the feel of it pressing against his scales.  When Saturday had started he had woke up with the singlet still on and his sizable erection pushing out the front of it.

"Hello to you too," Nori said with a grin as he gave his shaft a squeeze underneath the smooth fabric, feeling the pulse of pleasure in response before slowly getting out of bed.  As his feet hit the floor they felt a bit cramped and he wondered if perhaps he had overdone it with the late night workout session he had attempted to pull off.  The results had been definitely worth it though as he pushed his thick arms up in the air and felt his back muscles stretching, the thick cords moving about underneath his scales as he let out a groan of pleasure.  One thing that had also been increasing besides his gains and his confidence was his libido, especially since he had been hanging around those hot men at the gym as he found himself licking his lips.

Though he thought about just relaxing back in bed and giving his meat a few strokes to start the day he found himself motivated to go out and do the errands he had been neglecting while on his workout journey.  The first thing as he sniffed himself was a shower, though the musk wasn't so bad as it reminded him of a gym.  While it almost pained him to have to take it off he stripped down naked while the water began to run to the desired temperature.  One good thing about stripping down was it gave him access to his cock, which he began to stroke while he waited for things to heat up.

Just as he was about to step inside when steam poured out of it Nori noticed something that caused him to pause.  Instead of the cyan tuft of fur on the otherwise dark scales of his chest he noticed that the fur looked like it had been completely drained of color.  It also looked like it had spread, and while he had noticed it before he just attributed it to the fact that his chest had swollen into a pair of rather impressive pectorals.  Looking at it now however it was definitely a patch of fur that shouldn't be there and as his other hand continued to stroke his shaft he saw that there was more of it growing around his groin.

That was... strange, and as he looked over into his mirror he found that it didn't just stop with the fur on his chest.  As he looked at himself in the reflection it seemed like his horns were longer and thinner, his whiskers shorter, and his draconic snout seemed to have shrunk.  He had been so preoccupied with his body that he didn't even realize that his face was changing, though as he put his hand up to his head he let out a slight gasp at seeing his claws were blunted and brown fur had started to grow on the back of his hands.  As he wondered how this could have possibly happened his gaze drifted back to the singlet that he had left on the floor, but the paper had just said nothing about changing species...

...right?

Almost immediately Nori's attention turned back to the piece of paper that he had so casually discarded a few days ago.  He made his way back towards the kitchen and hastily dug around in his trash can until he found the note that had been crumpled up and carefully undid the wrinkles he had made.  At first all he saw was the message saying that the singlet could help with muscle growth, something that he could attest to as he found his gaze looking back at his bicep holding the note, but just when it looked like that was all he noticed some smaller print on the opposite side of it.  It was a warning... prolonged exposure to the singlet could cause unexpected mutations, and for best results without the potential for side-effects to only wear it once a week for an hour.

Nori found himself swallowing hard as he thought back to all the time that he had spent in it, looking down at his stomach that had gone from being a bit on the pudgy side to starting to have definition in the form of abs.  Considering his sizable transformation already it was likely the note was telling the truth just like it had with the actual muscle growth, and he knew in his mind that he should probably take heed and cool it on the workouts.  Before he even walked back into his bathroom where the shower was still running however his mind was already drifting back to the gains that he had made.  He wondered if he did only the recommended workouts if his body would start to revert, and as he began to stroke his cock again he found that was something he didn't want to do.

Plus the changes weren't exactly bad; the horns growing on his head made him look even more virile and the excess fur gave his body a more masculine feel to it.  Never mind the fact that his teal mane was starting to spread over his back and shoulders while shifting to a brown color or that his feet had started to grow excess nails that were starting to merge his toes together, all he could focus on was thrusting his throbbing maleness into his hand while feeling the surge of pleasure that came with it.  Perhaps he would slow down a little bit on the exercise, he thought to himself as he leaned against the sink while stroking himself, but it didn't have to stop entirely.  Plus in his own mind he knew that he could stop whenever he wanted...

A few hours later Nori found himself in the gym once more, huffing loudly as he pumped the weights that he had racked up for himself.  With it being a little earlier in the evening the usual crowd of men weren't there and the dragon took advantage of it by going on the more popular machines that were usually occupied.  The note and the warning it had on it were quickly forgotten as he lost himself in the euphoria of the pump, watching his arms with a big grin as they seemed to stretch and swell with each rep.  When he was finished with that he had moved on to his legs and as he pushed the plate down he could see his thighs straining not only with the added weight but the additional cords of muscle that were starting to cause the singlet to stretch a bit.

With how much he had been wearing the singlet the muscle growth had seemed to accelerate even more than before, but it was once more a condition that Nori's increasingly lustful mind found himself enjoying even as his ears shifted and his tail shrank.  Fur had started to creep visibly over his scales but he was so horny he didn't care as his eyes darted hungrily around for the next machine to use.  It was only when he sat up from the leg press and found himself starting to bulge out his singlet did he finally snap out of his reverie to take stock of the situation.  With his pecs growing even bigger and his glutes swelling to match the fabric of his singlet was starting to look a little strained... and something in his mind told him that perhaps it would not be wise to push it any further if he wanted to keep things manageable.

"Hey there," a deep, somewhat gruff voice said that caused Nori to look back up and see who it belonged to.  He immediately recognized the shark that was standing next to him; the powerful male was named Alfi and he was one of the gym's regulars, which showed on his ripped physique that was hidden only by a thin tank top and pair of shorts.  "Are you new here?  I feel like I would have noticed someone like you before and introduced myself earlier."

In reality Alfi had already introduced himself to Nori, but it seemed that he didn't recognize him in this kind of shape after only just a few days.  "Yeah, I just started coming here a little while ago," Nori replied, not wanting to freak the guy out on his gains before looking at the bench press bar.  "Hey, since you're here do you think you could spot me?  I want to add a little extra weight and could use someone keeping an eye on me."

"That's what spotters are for," Alfi replied with a chuckle before patting Nori on the shoulder.  As those thick fingers moved through his fur they lingered for just a little longer then what would be considered friendly, and though that was only a fleeting moment it was enough to kick the transforming dragon's libido into overdrive.  He quickly got up and moved over to rack the weights while licking his lips, unaware that his already somewhat blunted muzzle had retracted with his whiskers disappearing into a far more cervine form.

Once they had gotten the plates on the bar, which was quite a bit more than what Nori was used to doing, the singlet clad man got into position underneath the bar while the shark remained standing.  With the way it was positioned his eyes were staring straight at the groin of the shark man and was even able to occasionally see up inside while getting into position.  The guy wasn't wearing any underwear... and as he saw the rather impressive piece of meat dangling from his groin he could see it twitching in arousal.  But as he heard Alfi start to encourage him to do his best he found his mind snapping back to the task at hand of gaining as much muscle as possible as his fingers curled around the metal bar.

The first rep caused Nori's arms to quiver from exertion, but as he gritted his teeth and slowly push it back up he could see that his biceps were responding quickly.  It was like someone had poured gasoline onto the fires of his growth and by the second rep he could feel his chest widening and his back stretching.  Though his focus was entirely on the bar he could see the eyes of the shark widening slightly as his entire body was starting to writhe not only from the exertion but also the growth that was happening.  The shoes that Nori had been wearing split at the sides as his feet twisted and warped into a pair of hooves while his horns grew bigger, finally thinning out into their final form as tears began to form in the spandex of the singlet.

Even as he could hear the singlet start to strain under his growing body Nori only let out a snort through his nostrils and did another rep.  The bar rose down and up more smoothly with the added strength in his bulked up arms while the singlet straps on his shoulder were beginning to tear at the seams.  The shark muttered something but the only thing that the transforming man could hear was the blood pounding in his ears as he felt himself reaching a climax, another rep causing the already stretched fabric of his groin to push up further.  With it being so early there was no one else in the gym at the moment that could see his lewd display as he did a few more reps in quick succession that molded his stomach into a set of washboard abs that any bodybuilder would be envious of.

As he reached the end of the ten reps he was aiming for Nori let out a shout of pure adrenaline and nearly knocked Alfi back as he pumped the bar up one more time quickly before slamming it back on the rack.  When he did every muscle in his body tensed and grew at once and finally the singlet could handle no more of the pressure, tearing right down the back at first before the fabric at his sides and groin followed suit.  He felt like he was becoming a hulk and as he sat up and flexed his new muscles he looked like it too, his blackened nostrils stretched and sucking in lungfuls of air as he pulled the rest of the destroyed singlet off of his body.  There was no need for it anymore, the newly minted muscular deer man thought to himself as he got up and struck a pose just so he could feel the strength in his new limbs while his nub of a tail twitched in the air.

It wasn't until he heard Alfi clear his throat did Nori remember that he was there, and though he was completely naked he found no reason to shy away from his exposure as he turned back to the other man.  Though he expected to be repremanded for the sudden display of nudity, or perhaps asked what just happened as the last of his draconic scales disappeared under a swath of white and brown fur, his eyes widened in both surprise and arousal as the shark simply pulled down his shorts and showed off his own half-hard cock.  "Well, since I spotted you," Alfi said seductively as he laid down on a nearby free weight bench while playing with his arousal.  "I think it's only fair that you return the favor."

Nori was far too horny to care why the shark was taking the sudden transformation of another patron from somewhat lanky dragon into musclebound deer and instead immediately made his way over to where he laid.  Whether or not Alfi was thinking about being on top Nori had already decided for him as he gave the other man a smirk before pushing him back against the bench.  The sight of this studly man yielding to him was almost as intoxicating as their muscular forms rubbing against one another, especially as they leaned in and shared a passionate kiss while the deer got into position.  The shark was clearly as turned on as he was from the act and as their thick chests pressed together along with their lips they remained like that for a while until Nori could no longer wait to claim what was being offered to him.

Fortunately it appeared the benches were reinforced as the webbed feet of the shark were brought up into the air, Nori rubbing his hands against the hardened muscle of the man's butt while Alfi did the same to him.  While the large tail of the other man wiggled between his thick legs the deer grabbed onto his throbbing member and guided it to the exposed hole that was being presented.  A week ago Nori would have never imagined him being in a scenario like this in a million years, normally the somewhat shy dragon wouldn't even imagine one of these men giving him the time of day.  But at the moment as he finished making out with shark and he leaned back to look into that studly face he could think of no other scenario other than taking this handsome creature right here in the gym.

The bench shook slightly from Alfi's body twitching as the head of the deer's thick cock began to spread him open, Nori spitting into his palm and using it as lube that he rubbed against his member before feeding it into the shark's tailhole.  The gorgeous muscles of both men tensed and strained from the insertion as Alfi's cock throbbed hard from the penetration, Nori hearing him steady his breathing and gripping onto the sides of the bench in order to make the insertion easier.  This one has had some practice taking it before, the deer thought as he began to push his heavy hips forward, though that would make sense given all working out was about repetition.  Nori only hoped that he would continue to be his workout partner for quite some time as those slick inner walls gripped against the sensitive flesh of his cock that was slowly working its way inside of him.

 "F-fuck, I should have brought my lube with me," Alfi exclaimed as Nori took a second to give the shark time to acclimate.  "Next time I'm going to be more prepared."

"I'm glad to hear there's going to be a next time," Nori replied with a grin as he took the break to get his breathing back, though seeing his maleness half-buried in the glistening white rear of the shark only made him more eager to push in more.  While he hadn't been sure if the changes that he was experiencing were permanent somewhere in the back of his mind he felt that it was, that as soon as the singlet had exploded off of his body that he wouldn't be going back to being a dragon anytime soon.  "You know, I live nearby, we could take this workout session to my place so we don't make the owner mad."

"Nah, if I know the owner he's not going to mind at all," Alfi stated with a sly smirk on his face.  "He's always eager to see fresh meat come in through the door, though I have to say you're probably the biggest one by far.  We should probably get going though before others show up, otherwise they may want to join in."

Though it was meant as a warning that didn't sound half bad to the horny deer, though he was already twitching just from the waiting he was doing.  He couldn't hold back any longer and once more pushed forward to slide deeper into the shark.  He found himself smirking slightly as an errant thought made him appreciate that he didn't skip leg day while his new hooves dug into the rubber of the mat below them.  Soon the weight bench began to shake as Nori got into a rhythm, eager to use those newfound muscles to thrust into the tight hole of the muscular shark as he happened to glance at the nearby mirror and admire his own cervine form...

Meanwhile in the office of the gym a solitary figure sat at the desk watching the events unfold after having locked the door in order to give the new deer and his shark companion time to fully enjoy himself.  Unlike the others that worked out around the former dragon he had been keeping a close eye on this one the second that he had walked into the gym, though in reality it had been far longer then that as a smile crossed his muzzle.  "Looks like another successful new years resolution has come to pass," the shadowy man said as he slowly stroked himself.  "Who says people can't be enticed to go into the gym after the first month of the year..."