

Muscle in the Fam – part 3

The Hunt

Claire woke up the next morning and was really sore. Not only from her unbelievably intense leg workout with Elena, but also from the blow she took from her brother Travis. Her shoulder and head both hurt, but she couldn't call in sick to school. Claire knew Ethan watched her workout video almost 20 times and she was dying to see him. She had held a crush on him for several years and now that she knew he was somewhat interested in her, she had to see him.

It was a cold day in late January and everyone would be dressed in heavy clothes and not showing off any skin. She decided she would make herself stick out a bit and decided to risk it. She slipped on a white skirt and cute, white, short cowboy boots. She had longer boots that would have been more appropriate, but they covered up her calves, and she was on a mission. Her legs were still looking amazing from the intense workout yesterday and she wanted to show off every inch of their beautifully developed muscle.

For her upper body, Claire did cover up a bit and wore a tight, white jacket, that was warm enough even though it was kind of skin tight. Zipped up, her nicely developed breasts looked really perky and, in the cold, her nipples would probably be trying to burst through the material. The tightness of the sleeves actually contoured perfectly to her rounded, muscular shoulders and arms, and she was really hoping Ethan liked the look.

After a quick review and final little curl added to her long, wavy, dirty blonde hair, Claire headed off to school. It was a short walk of only a quarter mile and the walk got the blood rushing to her legs anyway and they were nicely full and pumped by the time she hit campus. She knew where Ethan's first class was and made sure to walk by that area.

As Claire walked down the appropriate hallway, sure enough she saw Ethan speaking with a couple of friends. Unfortunately, Kim, Ethan's girlfriend was there too. Claire really wanted to see him alone and hoped she would catch him by himself walking into class. Kim and Claire knew each other a little from going to school over the years, but they never got along. Kim always seemed jealous of other attractive girls and pushed Claire away the couple of times she tried to be friendly. Disappointed, Claire decided to avoid even dealing with her so she was about to turn around and approach Ethan another time. But just as she was deciding to bolt, Ethan saw her and gave her a friendly head nod.

"Shit." Claire thought. She had done all this prep work, was scantily clad and now her plan was unraveling as Kim would be there the whole time, keeping her from really trying to subtly hit on Ethan. Claire knew Ethan had watched her workout video, and she was too embarrassed to flex her muscular legs in front of Kim and his friend. If she saw Ethan alone, she was hoping to

mention something about her hard workout and get Ethan to peer at and maybe even feel her quads. That pre-planned move now had to be scraped and she figured she'd do a quick flyby.

While everyone else was pretty covered up, and on a cold day like this, not too worried about their appearance, Claire looked like a million bucks. She strode up to Ethan, his friend and Kim to say a quick hello. Kim did an obvious up and down look on Claire and wondered why the hell she was dressed like this, did a half smile and didn't even say hello. Ethan's friend was more friendly and at least said Hi.

In her pre-rehearsed way, Claire then slowly dragged a bit of hair over her ear and softly looked at Ethan. She could tell his eyes were bugging out of his head at the sight of her perky tits and exposed, muscle-bound legs. She had a warm, rewarding buzz of excitement go through her as she noticed his obviously impressed reaction and she leaned into him for a hug. Ethan eagerly reached his arms out and immediately embraced her.

"Ouch!" Claire screamed as the squeeze on her shoulder shot a lightning bolt of pain through her body.

"Oh Shit. Sorry Claire...I barely hugged you." He said quickly, confused on how it hurt her so much. "What's wrong?"

"Oh, it's not your fault Ethan. Travis shoved me into the cupboard at home last night and I fell into it and hit my head and shoulder?" Claire responded quickly.

"What the Fuck! Why did he do that?" Ethan had to ask.

"Because he's an asshole, I guess. I think he hates me." She replied.

"Did you tell your mom?" Ethan followed.

"Ya, she knows and she actually made me apologize to him and pay for the broken cupboard. He can do no wrong in her eyes and I'm always at fault."

Ethan felt really bad for her and started to offer some more moral support when Kim had to butt in. She didn't like Ethan talking to any other girls, and didn't care that Claire was his cousin, or that she was hurt. "So, ya Claire...too bad about that and all, but Ethan was just about to walk me to class. C'mon Ethan!" she finished while forcefully grabbing Ethan's hand and pulling him away.

Claire was pissed that she was taking him away, just as she was sharing an emotional moment with him. Ethan was not happy to be leaving either, but let Kim drag him several feet down the hallway. "Sorry about Travis. I'll...I'll call you later." Ethan said loudly as he was moving rapidly away.

As they hurried down the hallway, Kim shot out, "What do you mean you'll call her later? We're going to the movies tonight; you don't have time to call her."

"I don't know Kim...I mean, she's my cousin and her brother shoved her into the fucking cupboard. I should probably let her vent."

"Well, I know, but it sounds like they have a fucked-up family and you should probably stay as far away from them as possible. And she's weird anyway Ethan...and did you see her gross legs, they look like a guy's legs, she should keep those hidden...she's probably a lesbian." Kim said negatively and with a better than everyone type of attitude.

Ethan just said, "Ya." And changed the subject quickly as he walked Kim the rest of the way to her class before running back to his 1st period room.

Lunch

Class began and Ethan sat there paying no attention to the instructor or anything he was teaching. He wasn't thinking about Kim and taking her to the movies that night. He just couldn't get the thought of Claire out of his mind. Her legs looked absolutely phenomenal and the image of her muscular, diamond shaped calves and the bulging of her quads as she was walking towards him was burned into his mind. He wondered if the snapchat video of her and Elena working out was still up.

Ethan pulled up his phone, opened the app and tapped the post. Sure enough, the video was still active. He opened it again and watched as Claire performed her deep squats with some crazy ass, unknown weight on the bar. As great as her legs looked on video, the sight of her bulging quads and calves in real life was beyond stunning. He knew the weather was supposed to be even worse over the next few days and was desperate to see her gorgeous legs again.

Claire was bummed as she sat in her first period class knowing the chance to hit on Ethan and try a few moves on him had passed. She didn't know if it was worth the effort anyway. Kim was tall, thin and pretty. Even though she knew Ethan had watched her and Elena's video a bunch of times the previous night, maybe he still liked Kim's body type more. Trying not to be too disheartened, Claire decided to focus on class and not think about it.

As the period was about to end, Claire's phone buzzed. She looked down to see who texted her and saw a message from Elena. It read: *Hey Claire, keeping an eye on our video...Ethan just watched it 5 more times in the last hour!*

How do you know? Claire texted back.

I looked before class and saw he had watched it a total of 19 times...now it's up to 24!!! Elena answered back.

Elena was excited to know that her hero and older brother, whom she always looked up to, obviously was taking an interest in her and Claire's workouts. Claire was excited for her own

personal reasons. She had developed a crush on her older cousin and had even tried to act upon it earlier in the day.

The thoughts of Ethan remained in Claire's head the rest of that period and into the second. She knew he always went to lunch with Kim but needed another opportunity to see him. She decided to play on his big heart and be a bit deceitful and shot him a text.

Ethan, my shoulder's really hurting and I made a 12:30 doctor's appointment to have it looked at. My mom's not available so is there any way you can skip lunch with your friends and take me? Claire wrote.

It took a few minutes but Ethan eventually answered, *I gotta check but I'll let you know. Sorry your shoulder is hurting so bad!*

Claire waited for another ten minutes, knowing full well Kim was probably being a bitch about it and trying to make him go to lunch with her. But the wait was finally over and she got the good news. *Ya Claire, no problem. Meet ya at my truck at lunch.*

A huge smile covered Claire's face. Her deceitful little plan had worked and she was going to be able to spend a little time alone with Ethan. As she thought about it, she realized that she had never really had any alone time with Ethan. She had always been around him with Elena, or their family, or at school. With giddy nervousness, she left her last class before lunch a few minutes early. She headed into the girls room and reapplied a little lip gloss and did a bunch of air squats to give her muscular legs a little bit of a pump. She then looked in the mirror, adjusted her shirt and hiked it up just slightly...showing off even more thigh.

Claire then hustled out to Ethan's truck and was happy to see him alone and not with Kim. She made sure to give her walk a little bit of a strut and was happy to again see her cousin peering down at her muscular legs as she approached. As she arrived, she jumped in the passenger seat while he jumped in the driver's side. She purposely let her skirt kind of catch on the seat as she put on her seatbelt, and her left leg was now almost completely exposed up to her glutes.

Ethan looked over a couple of times while at stop lights on the way to the doctor. It was a covert move, but Claire noticed his gazes down and was elated to see him have to adjust his pants at one point on the drive. It was clear to her now that he found her muscles attractive, but he had a girlfriend, he would never make a first move. She knew she would have to be the aggressor and needed to think hard and deep into her romance novel book memory to conjure a quick plan.

As they sat at a stop light Claire set her plan in action. “Oh shoot.” She said in a disgust. “My doctor just texted and cancelled my appointment. Apparently he had to rush to the hospital for some sort of emergency.”

“Oh damn!” Ethan replied, “That sucks!”

“Ya.” Claire followed, “but he can see me tomorrow...I guess I can wait...but...since you were so nice to take me today, let me buy you some lunch.”

“You don’t have to do that Claire.” Ethan replied.

“I insist cuz...seriously!” She answered, “There’s a new poke bowl place near the mall I heard is great. I’m dying to try it and it’s only a few minutes from here.”

Claire knew Ethan loved poke bowls so it was no surprise when he agreed.

They drove to the restaurant and Claire quickly referred to her books of knowledge and wanted to create some more physical contact. As they walked up to the door, she wrapped her arm inside of his and briefly nudged her head against his shoulder and thanked him again for taking her. He had a great fondness for Claire and seemed pretty happy to have her next to him.

The place was definitely made for millennials as it had some really cool wooden tables and chairs for dining. But it was also populated with some comfortable couches to relax on with small coffee tables in front of them, just large enough for a computer, a small poke bowl and a drink. There was reclaimed wood everywhere and it had a super relaxed vibe. The place was perfect and Claire was glad she thought about bringing him here.

They got their bowls and Ethan took a seat at one of the tables. Claire thought quickly and suggested they grab one of the comfy couches instead. She then led the way over to one of the smaller ones, being sure to flex her calves as much as possible on the walk over. Although she couldn’t see it, she was sure her cousin was checking them out as he was several feet behind her. She plopped down on one, but not all the way on the edge. She left a larger space available for Ethan, but clearly they were going to be pretty cozy sitting next to each other.

As Ethan sat and put his bowl on the small table in front of him, Claire extended her leg out and kind of laid back into the couch. Her little table was right next to his, so her leg was pushing firmly against Ethan’s, but it continued to stick out straight and rested on her table while his bent down and to the ground. Her head was behind his as she was further back on the couch, but she had an eagle eye on the side of his face.

As soon as he kind of peered down towards her extended thigh, she made small talk but consciously, slowly started to flex it and let the muscles gradually grow as he watched...eventually flexing completely and forming three beautifully developed, separated muscles on the top of her leg. The gorgeous teardrop shaped muscle on her inner quad enveloped her kneecap and bulged up greatly as well. At the same time, her calf was pressed

firmly onto the small table and it pushed the muscle out and made it seem even bigger than it already was.

Her muscle-bound leg was now the elephant in the room and Ethan reached down with his left hand and adjusted his member, hoping Claire didn't notice. With her leg firmly pressed into the side of Ethan's leg she was dying to have him feel it. But he was being too reserved...too polite. She felt like she had done everything she needed to do, but Ethan wasn't taking the bait. Finally, out of desperation, Claire acted.

"Ow, Ow, Ow, Ow, Ow!" Claire exclaimed in pain.

"What, what, what?" Ethan said immediately in response. "What's the matter?"

"My leg!" Claire winced in pain. "It's cramping up."

Ethan looked down at her leg again to see it absolutely, 100% flexed to maximum level. The muscles were bulging like crazy and even her calf was now completely flexed and its hardness was raising her entire leg up and off the small table.

"What can I do, how can I help?" Ethan asked energetically.

"Rub, please rub it...owwwwww!" Claire again said in a fit of pain.

Ethan immediately reached down with both hands and began rubbing her fully flexed muscles as hard and deeply as possible. Her leg was strong, powerful and as hard as a rock. "Jesus Christ Claire!" Ethan exclaimed, "Your leg is so fucking muscular, I can barely make a dent in it."

"I know, I know, but I think it's working Ethan. Please don't stop. Please don't stop!" She answered back vigorously.

Ethan kept digging in hard, kept rubbing up and down her protruding, powerful, muscle-bound quads. As he did, Claire leaned back hard into the couch, closed her eyes and then slowly started relaxing and then flash-flexing the muscle. His hands were firmly pushing into her thigh and she knew he was getting the full effect of each successive round of her alternating states of hardness. She let him massage her leg muscles for at least another three or four minutes and then slowly let the leg settle into a state of hard, but relaxed rest.

"Oh my God. Thank you so much Ethan...I don't know what I would have done without you today." Claire said softly and sincerely and she reached up and gave him a simple, but sweet kiss on the cheek and a gentle hug.

"No problem Claire." Ethan answered earnestly, "I just hope you feel better soon."

His hands were still slowly massaging the now relaxed, muscular quad and he wasn't sure if he should stop or not. He was now having un-pure thoughts about his cousin and was starting to really enjoy feeling her muscles. She was also really enjoying his warm hands upon her and leaned back into the couch, again closed her eyes and then asked, "Can you just get my leg a

little bit higher?" At the same time, she reached down, grabbed his closest hand, placing it dangerously close to her pelvis and asked him to rub that particular spot as it still was a bit tight.

Ethan was now stroking that area but wanted to be stroking another. He was now completely turned on and was hoping his shirt hung down low enough to keep any onlookers in the restaurant from seeing. Ethan wanted to keep feeling her muscular legs, but the heat was becoming too much to take, he finally had to stop himself and said, "I'll be right back Claire, I just have to hit the restroom real quick."

She reached out, grabbed his hand and said, "Thanks again...you saved my life right there." And then smiled and watched him walk very uncomfortably towards the boy's room.

As he turned the corner, Claire was beside herself she was so happy. She shook her head in disbelief that her "cramp-trick", worked and she was able to talk Ethan in to giving her a ten minute leg massage. She didn't feel great for lying about the doctor's appointment, but it was obvious he enjoyed rubbing her muscles. Claire was smitten with her older cousin and the warmth and excited feeling that coursed through her veins made her day!

When Ethan returned to the couch, Claire was sitting upright and enjoying her poke bowl. As they made eye contact, they were both smiling widely and there was definitely a spark. He sat tightly beside her, his right leg solidly planted next to her left. Significant physical connection between them, Ethan picked up his bowl and began to eat as well.

"Thanks again." She said sweetly, again complimenting him and letting him know he was her hero of the day.

Ethan shook his head and smiled, taking a bite of the fish.

After several minutes of sitting there eating, and feeling like she had made some definite progress with Ethan, she had to ask. "So, just curious if you're still following me and Elena's posts on snap?"

"Oh, um, ya I think so. I catch one of you guys working out every once in a while I guess." He answered casually...lying through his teeth.

Knowing he had watched that video at least 24 times, Claire was laughing inside as she replied, "Oh, well you should see the last one we posted before it expires. We added it to snapchat last night after our leg workout. It was crazy intense and Elena and I hit PR's on squats. We did 255 pounds for reps. That's why my quads are so blasted and they cramped up on me today."

"Damn!" Ethan exclaimed, "255 pounds? That seems like a lot. We don't do squats for track and cross country, so I'm not sure how heavy that is, but it seems heavy."

"Oh my God! Super Heavy. If you're around tonight, Elena and I are working out again and I'll show you."

“Sounds fun, ya, but I’m taking Kim to a movie tonight, so I’ll have to catch up with you guys in the gym another night.” Ethan answered weakly.

Claire now knew he was hiding his admiration for her. She knew he had to, since he had a girlfriend and also because she and Ethan were cousins. But she didn’t care. If he truly found her growing, flexing muscles addictively attracting, then he should be with her anyway. He shouldn’t be with thin, un-athletic Kim. Claire was trying to justify to herself that they should possibly be together...

They finished their meal and needed to get back to school. Claire had more than accomplished her goal of spending some quality time with her cousin. But she did decide to give him one last moment of pleasure. As they pulled to a stop in the school parking lot, Claire got out and again winced in a bit of pain.

“Shit Claire.” Ethan exclaimed, “Is it your quads again?”

“No damn it...my calf...my damn calf is cramping.” She said loudly as Ethan quickly walked around the truck to her side.

This time she didn’t ask him anything. He just immediately squatted down and began feverishly rubbing and massaging her solidly flexed calf. “Jesus!” he asserted again. “Your calf is fucking huge...and rock-hard!”

“I know. Sorry.” She replied as he dug his palms and fingers in as hard as he could. “They’re getting too big I guess. Don’t you think?”

Ethan continued to press hard into the heavily muscled calf and answered honestly, “I don’t know. I mean, they’re big ya...but...I mean, they look good on you.”

Claire again wore a massive grin on her face. Enjoying the fact that he had finally admitted that the muscles looked good on her. She eventually relaxed her leg, allowing him to slowly massage the thick muscle for another couple of minutes for her pleasure...and his. But finally, the two minute bell rang. Claire turned to face her handsome cousin, gave him another brief hug and then scurried off to her afternoon class.

The workout

Claire rang the bell early over at Elena’s house. They normally didn’t work out till later, but Claire had texted that she wanted to work out at 4pm instead of 5 or 6. Obviously she had her own motives for this and luckily Elena didn’t have much going on so she could oblige.

Elena just threw on her basic black workout shorts and a white sports bra. Threw her hair into a ponytail and headed down to the gym. To her surprise, Claire was wearing a brand new pair of really high cut pink Lulu Lemon running shorts. She also had on the matching sports bra that

seemed a size to small as her cousins breasts were basically exploding out of them. Claire's face glowed a bit and it seemed like she even had on a very light shade of lip stick.

"Wow Claire! You look amazing!" Elena complimented.

"Thanks E. Just wanted to wear this new workout stuff I bought with the gift card my mom gave me for Christmas." Claire said back.

"Cool. Well, I got your text about your shoulder and your asshole brother, um, so I guess were doing abs."

"Yep." Claire answered back. "Gotta get those six-packs for summer right?"

Elena laughed and laid out the mats and turned on the music for their ab jam. They started with leg raises. Then went to butterfly leg kicks, then planks and finally a new exercise. Their midsections were already starting to look insane and Elena was sure they would have the desired six packs for summer. But Claire wanted to take it an extra mile. She saw a boxer with an insane level of ab and oblique development and got a copy of his workout.

With both of their ab muscles protruding and looking great, moist with sweat and full of blood, Claire handed Elena a 20 pound medicine ball.

"What am I supposed to do with this?" Elena asked.

"Well." Claire answered, "I'm going to hang from the pull-up bar and close my eyes. Without letting me know when, you're going to heave the ball into my abs. Throw from in front, or from either side, but be kind of quiet so I don't know where it's coming from."

"Oh shit Claire. That sounds insane." Elena yelled eagerly.

"I know!" Claire answered, "That's why it will probably work."

With that, Claire jumped up slightly and hung from the bar. The music was kind of loud, so drowned out where Elena might be. She stood back about four feet and without warning heaved the ball into Claire. THUD, the ball hit Claire right in front, crashing directly into her abs. The blow almost knocked the wind out of Claire and she quickly realized and now knew she needed to learn how to be half-flexed and ready at all times for the ball impact.

It took some getting used to, but ball after ball after ball crashed into Claire's midsection from all angles. After several rounds, beads of sweat were dripping from her forehead, shoulders and abs. But it was working. Although beat red from all of the impacts, strands of oblique muscles had become totally visible and a massively protruding six-pack was present and the start of an eight-pack slightly appeared. Elena was awe struck by the nicely defined muscle and ogled them while she felt them with her palms.

"Ok, my turn." Elena exclaimed, wanting her own abs of steel too.

Claire eagerly obliged and picked up the ball with her strong, sweaty hands. It's amazing how strong your hands get from the bar hangs, but she and Elena had been doing them every day, so they could hang forever by now.

She wasn't sure how her 14 year old cousin would do, so Claire did a few light tosses into Elena's abs at first. But by the 8th or 10th throw, Elena was proving to be able to handle the ball, so Claire began to heave it harder. As she did, beads of sweat began to flow from Elena's midsection too and small oblique lines and a visible six pack appeared on her too. The two cousins were working out really hard and it was really starting to show on their muscular development. She went round after round after round and just as she was about done, she heard Ethan's truck pull up in the drive. It had some loud exhaust pipes on it and she had purposely left the door to the basement gym slightly ajar.

Claire dropped the medicine ball and raced up the stairs. Still dripping in sweat, with droplets of the moisture covering her thighs, arms, abs and face she stood next to the fridge in the kitchen, acting like she was looking for a sports drink. She timed it perfectly and Ethan walked in to the kitchen still a bit sweaty himself from track practice.

She was posed sideways, her legs flexed and her ass sticking out just a bit. Claire turned towards her cousin and said, "Oh, hey Ethan how was practice?" Ethan was almost too stunned at what he was witnessing to answer. His eyes were wide open as he stared at the sight of his gorgeous, muscle-laden cousin, covered in moisture in shorts so small her right, rock-hard glute was half bursting out of it.

"Soooooo?" She asked her seemingly star-struck cousin.

"Oh, um ya, well...wait, what did you ask me?" her confused cousin replied.

"How....was...practice?" Claire asked again in slow-motion...

"Um, it was ok I guess. Just wind-sprints today...so it was kind of boring." He finally answered her back.

Clair thought Ethan looked fantastic in his track outfit and excitedly grabbed his hand and said, "Hey, let me show you those squats before you head to the movies."

He didn't object and she was giddy, again knowing he was a bit awe struck by her sweaty, pumped up look. She brought him down the stairs, keeping contact with him by grasping his hand the whole way down. Elena was surprised to see her brother downstairs but as always was happy to see him.

"Hey Elena, I promised Ethan we'd show him how much weight we squatted yesterday." Claire announced loudly.

"Oh, cool." She answered and quickly grabbed a couple plates and put one on each side of the bar.

“So you don’t do squats.” Claire confirmed with Ethan.

“Nope.” He answered as he watched his little sister rep out 10 warm-ups with the 135 pound bar.

Claire waited for Elena to finish, then placed herself under the bar and did a half dozen slow, deep, controlled reps with the weight. She knew her muscles were pumped, moist and exposed in the super high-cut shorts she was wearing. Her glutes were tremendously powerful looking. Deep cups formed on the sides of them when she stood and flexed them at the top of each rep and were like nothing Ethan had ever seen in his life. He was again speechless as Claire looked over at him and said, “You’re turn.”

He was always up for a challenge and stood under the bar. He stepped back from the rack and did his first rep. It didn’t seem so heavy he thought and he did another, than another, than another. He thought he would do ten, but by rep six, his legs were starting to feel it and he re-racked the bar.

Elena threw on 25’s and brought the weight up to 185. She did rep after rep and as Ethan looked on, he noticed that her legs were looking full and pumped too. He had never had un-pure thoughts about his sister, but damn it, he found himself surprisingly attracted to her buff legs too. “What the fuck was going on?” he thought. Why the hell was he feeling an uncontrollable attraction to his muscle bound sister and cousin lately. He had always liked pretty, tall, thin model looking girls...now he was getting excited looking at all this muscle.

His sister soon finished and it was Claire’s turn again. She really poured it on this time and went even slower. It allowed her cousin to watch every muscle in her legs flex and fill with blood for maximum pump effect. She did six slow, methodical, mind entrancing reps. Claire then stood at the top, flexed her glutes even harder than last set and slowly placed the bar on the rack.

“Jesus Christ your hot Claire!” Elena exclaimed. “Don’t you think so bro?...or is muscle on a girl too gross for you?”

“No, no sis, um, you guys look great. Keep it up you know...” he answered back, still half mesmerized by what he had just watched in slow-motion.

Now his turn, Ethan stood under the bar and brought it out. He dipped and went down to the bottom before raising up. The weight seemed massively more heavy than the 135 and he wondered how the fuck Claire and his little 14 year old sister made it look so light. He planned on doing 6 reps like Claire, but at two, knew three or four would be the max. He made the third, but the fourth was a struggle and his legs got stuck a quarter of the way up. Elena ran over and gave the bar a slight lift and Ethan eventually stood up. He placed the bar on the rack and backed away.

The girls didn’t say a word and Elena simply took off the 25’s and replaced them with 45’s. Now at 225 pounds, she stood under it and walked it back. Elena liked doing her reps quickly and

she banged out 6 solid reps in a flash. Ethan knew it was way heavier than the weight he had just got stuck on, but thinking his little sister could lift more than him didn't compute.

Claire was next and she again performed six reps of 225 exactly how she had done six at 185. The moisture was now glistening upon her muscle-bound skin like something out of a photoshoot. The light reflected off each droplet and the muscle was bursting out of her skin. This time though, at the top of each rep, Claire flexed and then relaxed her glutes. The effect was insane as the muscle bulged insanely large and then tightened way up into the previously witnessed concave shape. Even Elena was astonished at the sheer magnificence of it and was getting turned on.

Claire gently placed the bar on the rack and motioned for Ethan to take his turn. Still in a zombie like trance, Ethan walked over and got under the bar. He knew four reps like at 185 was out of the question, but figured he'd just do a couple and re-rack the weight. As he lifted the weight and stepped back, the 225 pounds felt almost bone crushing upon his shoulders. He tried mightily to stand with a perfectly postured back but felt like he'd be broken in half any second. Ethan slowly squatted to the bottom position and as he attempted to stand, the poundage was far too great for him. His knees quivered and then all strength was lost and he fell backwards, dropping the bar loudly behind him as he went down.

Claire and Elena immediately grabbed him and helped him to his feet asking if he was ok. He said Yes, but he was now in a state of shock and embarrassment that his little sister and Claire had clearly out lifted him. They gave him a pat on the back for trying and then lifted the bar back to the rack. Not done though, Elena added two tens to each side.

Now with 265 on the bar, Elena looked over at Claire and Ethan and said, "OK, new PR if I lift this."

"You got this girl!" Claire yelled in support.

Elena took a deep breath, flexed her abs as tight as possible and lowered herself down. Her quads and ass jumped to attention and flexed mightily. Claire yelled and even Ethan started to cheer encouragement as his little sister began to rise. Her foundation was strong and powerful and without much hesitation, she stood up quickly and finished the lift. Claire immediately gave her a high five and Ethan gave her knuckles. Elena was grinning from ear to ear and realized she had just lifted 80 pounds more than her big brother.

Claire then walked over to the bar and added 10 pounds to each side. "Wow, 285 Claire, what gives?"

"Oh, I don't know Elena, figured I'd lift just a little bit more...I'm feeling it today!" she responded enthusiastically.

Claire positioned herself under the weight, wiggled her legs a little and took the bar onto her shoulders. Her legs were now fully pumped up from the workout and even standing still, the

quads bulged massively to the sides. Ethan was unwittingly attracted to the separation in the side of her muscle-bound thighs and her gorgeous, huge calves.

She slowly lowered her body. It was a smooth, methodical, powerful motion. The glutes were again bursting from her shorts. She paused for an instant, and then slowly, confidently rose up. The legs were completely flexed to maximum size and hardness. Ethan was falling in love with her muscle and he was beyond enamored by his beautiful, sandy blonde haired, sarcastic, funny, powerful younger cousin.

Claire racked the weight and Elena jumped for joy that she too had just hit a PR. Claire turned around for a huge high five from Elena and then a big hug from her cute cousin. He was shaking his head in disbelief that she was so much stronger than him, and a jolt of 100% admiration had filled his mind for her at that exact instant. He gave her a hug and now truly felt the muscular power she contained. They backed away and the spark they shared in the restaurant earlier that day had shown itself again ten-fold.

Ethan wanted to spend time with, and admire Claire's awesome muscles for a while longer, but his pone buzzed loudly. He looked down, realizing he had to go pick up Kim and take her to the movie he'd promised her earlier that day. As begrudgingly strode up the stairs, he shook his head and bewilderment realizing again how much stronger Claire and Elena had become...out lifting him by 80 and 100 pounds respectively...and making it look easy...