

Stingers – part 9

The Bout

Lu got up the next morning and seemed extra energized. The Red Fox and Eagle Blast supplements were really doing wonders for her biology and besides her muscles getting extra pumped and extra strong with each successive workout, her overall energy and confidence level were also off the charts. She was really looking forward to this morning's gym session since she was going to spar with her trainer Adela.

Adela was well known as the toughest woman kicker and puncher in the gym. She was not only the toughest chick, she had also beat many of the guys in the gym when sparring. So including all of the guys and girls, she was probably ranked in the top 4. But Lu was making tremendous progress. Lu was getting faster and stronger and this would be a true measurement for how far she had progressed.

Instead of just a training spar session, this was actually going to be a practice fight. They would be wearing head, hand and shin gear and one of the male trainers was going to referee the three round bout. As Lu and Janet drove to the gym, Lu was bouncing around her seat with nervous anticipation.

"Calm down Lu." Janet told her daughter, "It's just a practice fight."

But Lu just stared back at her mom with steely eyes of determination. At that moment, Janet knew her daughter was taking this practice fight very seriously.

Lu sat on the bench outside the ring and slipped on her silky, shiny kick boxing shorts and pulled the sports bra over her head, securing it nicely over the top of her expanding, muscular, rock-hard pecs. Her hair was back in a ponytail and she looked fierce as she began putting on the protective gear. She wasn't in a real jovial mood at the gym as she knew she had a potentially scary opponent in front of her, so her agitated mood continued.

Once she put on all of her protective gear, the male trainer came over and made sure it was all properly fastened. He then held up the ropes and Lu entered the ring. Adela was in the ring already. She had a business like look on her face too. She wanted to gain a lot from this bout and wanted to teach Lu some valuable lessons as well. Adela had been taking it slightly easy on Lu during their sparring sessions, so it was time to hit her with full force and make Lu realize what a real, highly trained kick boxer can do.

Even so, as Adela stared across the ring at her opponent. She definitely noticed the increased muscle size in Lu. Lu's quads were carrying pounds and pounds of separated, strong looking muscle bodies. Her calves were stretching the shin guards to their max. Lu's biceps were full and buff with noticeable thick veins running down their surface. Lu now resembled a budding

physique competitor, much more so than the high jumping track star that had first come to her gym many months before.

The ref made a ding sound and started the bout. With training in hand, Lu began to kind of hop up and down on her feet, trying to move easily and swiftly as Adela forced her to kind of circle around the ring in a defensive posture. Lu knew that Adela was the far more experienced and better fighter, so she figured playing defense and then trying to counter strike would be the best tactic.

The ploy didn't work great though. Adela was able to kind of force Lu into the corner and then quickly delivered two side torso kicks to her. But Lu had been trained well to defend and her reflexes were quick. She had forced her arm down and basically blocked the kicks. The sting in her arm seemed much lighter than in past sparring sessions with Adela and she was a little disappointed her trainer might be taking it easy on her.

"C'mon Adela." Lu demanded, "Give me your best."

Adela kind of shook her head in question. She had given Lu her hardest side-kicks.

Taking Lu's comment as some very early shit-talking, Adela did get a little more aggressive with her next barrage. Boom! Boom! Brap! Brap! Adela threw two kicks to Lu's thigh and then two more up at her head. The thigh kicks landed, but again, Lu was able to defend the next two with her arm and gloves.

"Great reflexes Lu!" Adela yelled, "Nice Blocks."

Adela had thrown her quickest strikes at her opponent, but to her surprise, Lu had blocked them perfectly. She decided to try Lu's right side. So with pinpoint accuracy, she kicked at Lu's other thigh and that side of her head. This time, Lu jumped back by the second leg kick and then easily blocked the two shots up top.

"Wow!" the male trainer/ref blurted out. "You're getting quick Lu!"

Janet also cheered out in admiration for Lu's cat-like reflexes. It did seem to all that Adela really did give it her best and honest effort to strike Lu, but she was easily defended. The rest of the round went similarly, with Adela sending out kick after kick, only to have Lu defend them in text-book fashion. By the end of the round, Lu stood back and rested in her corner against the ropes as her mom wiped down her sweat covered body with a towel. Lu's muscles were a bit reddened from the blocks of Adela's strikes, but they seemed to be filling with blood and were starting to look pretty swoll!

Even as the next round began, Adela looked over at her opponent, it was almost like Lu had grown before her eyes. Without even attempting a kick of her own in the first round, Lu decided she would try to land a couple of her own in Round 2.

Lu stood in the same defensive position as she had taken the entire first round, but she had decided that this time, she would strike first. As Adela began her standard circling maneuver, instead of backing up, Lu faked a lean back and then without warning lashed out a massive torso kick. WHAM!!!

The strike blasted Adela in the side without her expecting it or attempting a defensive block. The force was immense and the sound was so loud, Lu could tell she had completely knocked the wind out of her opponent. Adela fell to one knee and had both her palms down on the canvas, struggling to take in her next breath. The ref quickly pushed Lu back in case she was thinking of taking another shot. Lu backed into her corner and couldn't believe she had just dolted Adela a standing ten count with her first kick of the match.

Adela eventually took in some much needed breaths, and by the count of nine had stood back up. The ref put his hand between the two athletes and then raised it quickly, signaling the resumption of the match. Lu could sense some weakness in her opponent and the adrenaline overcame her. She had quickly taken an offensive attitude, and WHAM, WHAM, BAM! Lu let her feet and fists fly.

Lu had used all the speed and power in her large, muscular right leg and delivered two devastating shots to Adela's left thigh. It kind of buckled Adela's knee and when she dipped slightly, Lu came in with a crushing right hook to the head. Adela went flying as her head snapped back and her legs gave out. She flopped hard against the canvas and had just been dealt four blows in a row by her former student without even being able to offer a defense. Lu was somehow lightning fast and Adela had been way too slow to block her thumps.

This time, it was definitely a bit harder for Adela to rise. But instinct and experience had somehow got her back to her feet. However, now she was taking the defensive position. Unfortunately, she was experienced enough to dance around and avoid Lu the rest of the round and eventually the ref signaled time. Lu pranced back to her corner and Janet was waiting with a big high five. They knew Adela was on the run that second round and to both of their complete disbelief, it looked like Lu might be a half step quicker and more powerful.

After Janet again towed off Lu's heaving, sweaty muscles, the ref gave the signal to begin the final round. Lu's thick muscles looked really intimidating to Adela now, and she tried her best to disguise her fear. They met in the center of the ring for a customary hand touch and then began the round.

Now that Lu had knocked down her trainer twice, she wanted to see if she could withstand Adela's heavy blows. Like the first round, she kind of took a more defensive position. An experienced fighter like Adela would take advantage of that no matter how intimidated she might have been. On cue, Adela took a quick step forward and then delivered a forceful side-torso kick. This time, Lu easily saw it coming but decided not to block it. She simply tightened her abs and wanted to see how the un-defended strike would feel. It was forceful and made a

loud Whack! But the rock-hard, thick muscles in Lu's abs, oblique's and lats, completely absorbed the kick. Lu felt pressure, but no pain.

She kind of bounced back, hopped around a little bit and then purposely kind of exposed her other side to Adela. Again, like a seasoned vet, instinct immediately kicked in and Adela threw another strong strike. Once more, Lu let the shin blast into her muscle-laden side, unprotected. There was another loud impact sound, but again no pain. Her thick, strong musculature easily absorbed the kick.

Lu was really confident now and decided to slightly lower her hands. This had to que her opponent again. As expected, Adela threw three consecutive punches directly into Lu's head-gear covered face. Somehow, they felt more like little taps and Lu knew she could have counter-punched and nailed Adela right in the jaw. Instead, she bounced back several feet again to re-evaluate the situation.

Adela was fairly muscular and really strong, yet Lu had just taken her most powerful shots and whisked them off like a falling leaf. Doses of confidence rushed through Lu's veins and in an instant she struck. WHAM! WHAM! BLAST!

Lu kicked Adela as hard as she could in the left side, then in a continuous motion, kicked her in the right side. The forces of the blows again completely knocked the wind out of Adela. She somehow still stood...but in stunned silence, pain ripping threw her body and paralyzed for the moment. Lu then blasted her with a spinning back fist punch to the side of the head to finish her off.

Adela's eyes rolled back in her head and she fell heavily to the canvas, completely knocked out cold. "Oooos and ahhs!" were heard from the several members who had paused their own workouts to watch the match.

Lu jumped up in victory and stood on the ropes, looking out at the gym and then reaching down to hug her proud mom. Janet had just witnessed her daughter utterly destroy the gym "bad-ass" in a kick boxing match and it wasn't even close.

"I'm proud of you dear!" Janet shouted, "You're amazing!!!"

"Thanks mom." Was all Lu could think to say in this moment of triumph and accomplishment and she again gave her mom a victorious hug with her muscle-ripped, powerful arms.

Lu then hopped off the ropes and turned to make sure Adela was OK. The trainer was above her and removing the head-gear. Unfortunately, Adela was still completely unconscious and all her limbs were lifeless. The trainer kept calling her name and slightly touching her cheeks to see if he could sense any motion. The intensity was getting high as all of a sudden Lu was fearful that she might have actually killed her.

"Adela! Adela! Adela!" Lu started yelling at her, in hopes she would wake up.

Luckily, a few moments later, Adela began to groan heavily in pain and then eventually open her eyes. It was a welcome sight and the trainer and Lu were extremely relieved to see Adela begin to come back to life.

“What happened, who are you?” Adela asked with dilated pupils as she peered up at her partner in training and Lu, in total confusion.

“Oh shit.” The male trainer said, “She’s severely concussed.”

Lu looked back at her mom with a saddened face. She knew now she had really hurt Adela badly and the results of this practice fight had turned very serious. They eventually helped her to her feet and without delay, the trainer asked for help escorting her to his car so he could take her to urgent care.

As Lu helped with that and then walked back into the gym, she was starting to realize the effects of all the training and diet and the Red Fox and Eagle Blast supplements. In addition to the incredible muscle and strength gain, they had also gifted her lightning quick reflexes and Clarity of thought. She could almost sense what Adela was going to do before she did it.

Was this some sort of fucking super-power, or just extremely heightened natural senses, greatly increased from the supplements?

The gym was in a bit of a somber mood so most people showered up and went home, hoping to hear good news about Adela. Lu and Janet also gathered their stuff and headed home to get cleaned up before Janet started her workday and Lu went to school.

As they drove home, Janet looked at her daughter and said, “I can’t believe how quick and powerful you have become Lu. It’s really, truly amazing.”

“Hey mom, you’re only a month or so behind me in development. You’re going to be that quick and powerful too before long.” Lu reminded her.

Janet was so focused on watching and admiring her daughter’s progress, she hadn’t really taken the time to realize that she too was headed down the exact same path as her daughter. As she pondered the thought, a smile soon widened on her face and she looked forward to having those same attributes very soon.

Not even home yet, Lu’s phone rang with a call from Adela. “Oh my God!” Lu answered immediately. “Are you OK?...I’m sooooo sorry!”

In a bit of a slow, but positive sounding voice, Adela answered, “Ya Lu. I’m OK and kind of have my wits back. Wow you sure knocked the tar out of me girl.” She said honestly, “I’m proud of your unbelievable improvement. You are definitely the strongest woman I’ve ever fought in my life.”

“Oh, gosh...thanks. But still, again, I’m soooo sorry, I hope you’re OK!” Lu responded quickly.

“Again Lu. Please...don’t feel bad. I’ll be fine, just gonna need a day or two to recover you damn stud!” She said and then laughed.

“Thank goodness Adela. I love you, I am so happy you’re going to be fine. Maybe you taught me too well huh.” Lu responded and also laughed.

“Oh ya I did.” Adela answered her back. “But don’t think I taught you everything yet. I’ve still got some tricks to show you and your mom...so I’ll be back in a few days training your tall, young ass some more. Got it?”

“Got It!” Lu said and then said a few more kind words before hanging up the phone.

Lu and Janet now felt 100% better, knowing their friend was going to be well.

They got home and Lu walked into her bathroom. She slipped her MMA shorts slowly down her muscular, pumped up legs. They did still have red marks on them from Adela’s initial kicks, but Lu liked it for some reason. The heaving, powerful muscle, with marks of combat made her tingle inside. She knew she would want more. Next, she lifted the sports bra over her head and tossed it lightly on top of her sweat covered shorts. She then looked up at her reflection in the mirror. Her muscle-bound biceps were also carrying noticeable red marks from the blows they deflected in the first round of the match.

Her shoulders were covered in droplets of sweat and her huge, tall taps lifted wisps of her long hair upon their girth. The once flat chested girl she used to stare at in the mirror now boasted protruding, rounded, powerful pec muscles. She reached up and felt them with her warm hands, bouncing them for her own enjoyment. As she did, she couldn’t help but notice the blocks of heavy, separated muscle that made up her six-pack abs and angled oblique’s.

Lu knew she had become an absolute UNIT! Her torso was fantastically developed and sat on top of two billowing, outwardly rounded quad muscles. She finally peered down to her calves and even knew they were bigger than ever and their rock-hard diamond shape would make many professional bodybuilders jealous. As she continued to caress and feel her own, bouncing pecs, her little friend began growing massively between her legs.

Lu’s once internal clit had grown and grown and grown. She now sported a six inch plus, thick cock and it was sensitive as ever and turned on by the reflection and self-groping. With one hand firmly placed on a bouncing chest muscle, Lu grabbed her own shaft with the other hand and began stroking it as she stared at her gorgeous, muscle-bound image in the glass.

She couldn’t get over the muscular beauty she had become and her own body was the object of her own dreams. She loved the feel of her very own, totally erect cock and she pleased herself more and more rapidly. Her biceps and forearm muscle flexed nicely in her eyes and their quick motion upon herself was beyond pleasurable. The tingling got more and more and more intense and as she stared at the muscle laden UNIT in front of her she could no longer hold back. She exploded a burst of white goo out and upon her own reflection. As the liquid hit

the mirror, she continued to stroke herself more and more, blasting more white love juice on the glass.

She seemed to be full of an endless amount for some reason. And she couldn't help but dab a bit on her own fingers and have a taste. It was warm, and sticky and salty, but as she licked her lips and looked back up at the muscle-bound babe staring back at her she said to herself..."You know who else would like this....Jenny 'head fucking cheerleader' Chadwick!

With a sense of utter satisfaction and confidence, Lu turned her muscle covered frame and walked into the warm falling water in the shower. She pleasure herself a little more and then let the water and soap clean her off...ready to go to school and have a little encounter with Jenny...