

### The Gift

Claire's one-piece red bathing suit was still soaking wet from the dip with Kim. She rung out her long hair and flipped it forward over her hulking right shoulder. She threw a small shawl around her waist, put on some flip flops, grabbed her back pack and made her way out of the girl's locker room. Booming with confidence and pride, now that she had neutralized the current problem child, she was eager to meet up with her cute cousin for lunch and let him know what happened. She could have thrown on her school clothes...but she knew her cousin had been admiring her muscular physique on SNAP and IG, so she decided to meet up with him in her swimsuit...and show off the bod.

She expected to beat Ethan to his car, but as she approached, she could see that he was already there, leaning against the door. Ethan spotted someone approaching and looked up. It was a tall, muscular, gorgeous girl in a red one-piece swim suit. He knew right away that it was Claire. He ogled her bulging, defined, separated quad muscles as she walked sternly towards him. She was soaking wet and water droplets still covered her beautiful face, her chest and her heavily muscled arms.

As soon as she got to him, Ethan reached out his thin arms and embraced his loving cousin. He didn't care about how wet she was and was eager to feel her firm body in his grasp. "Why the hell are you all wet?" He had to ask.

"Oh, I took a little swim with Kim a few minutes ago." Claire answered.

"But I thought you hated her...and I thought your P.E. class was fifth period, not third." Ethan questioned.

"Not today Eth. I had to have a little chat with Kim about her posts...so I decided to alter my class schedule today." She said with a wry smile on her face.

"Oh shit Claire...what did you do?" Ethan asked eagerly.

"Just a little girl talk, Eth. You wouldn't understand...but she did agree to take down her bullshit posts and never bug us again." Claire bragged.

"Wow! You keep impressing me more and more Claire. I feel like I owe you some lunch today...and maybe the rest of the semester for that!" Eth complimented her, while also hinting that he would love to spend more time with her.

"Oh Eth..." Claire responded as she pushed her hard pec backed breasts firmly into his chest and brought her nose just an inch or so from his. "I think I can get used to spending my lunches with you from now on..." and she leaned in further, breathed on him softly and gave him a moist, delicious smooch on the lips.

She then grabbed his wrist and pulled his hand down and around, and placed his palm on her right glute muscle. As his hand pressed hard into its gorgeously plump and firm, rounded surface, she flexed her ass as stiff as she could. The muscle jumped up rapidly and became as solid as granite. She then proceeded to flex and relax it over and over again. Ethan closed his eyes and she could see the absolute, uncontrollable pleasure he was experiencing just by feeling her muscular ass. She then pressed her pelvis closely into him and felt the hardening shaft in his shorts. "See Ethan." She added, "I think maybe we're meant to be together...don't you agree?"

Still with his eyes closed and consuming this pleasure-filled moment for all that it was worth, Ethan simply nodded his head and quietly moaned, "Umm Humm."

"Good!" Claire responded. "Now let's get the hell out of here and go grab that lunch you owe me."

Ethan woke up from his brief trance and quickly opened the passenger door for his cousin and ran around to jump in the driver's seat. Claire then reached over and placed her palm on his thigh as they drove off campus and out to Main street.

Feeling free from the clutches of Kim, Ethan had a grin on his face from ear to ear. He couldn't help but steal constant glances over at his gorgeously built cousin on the way to the restaurant. He knew she loved sushi and made his way quickly to the best place in town. "Ooo, Sushi! That's an expensive lunch isn't it?" Claire said as they parked in front.

"C'mon Claire...I owe you for today...and I do want to hear what happened." Ethan answered.

He quickly got out of the car and walked over to open her door. As he did, he caught a glimpse of the bloody scratches on her side. "Oh shit Claire...what the hell happened to your side." He blurted out as he kneeled down to take a closer look.

"Oh, just a little desperate move by Kim to keep me from drowning her." Claire answered matter of factually.

"Drowning her?" he asked.

"Oh, she was just freaking out Eth...I would never have done that, but I held her under water enough to make her think I would. After a couple of dunks...she was crying like a little school girl and became very cooperative to my requests." Claire admitted.

"Well, what do you mean...you just kind of held her underwater a few times and she relented to your requests?" he poked.

"Um...well, ya. I mean, I made sure she was scared enough to think I'd hold her down till the end. It was a bit touch and go...but it worked." Claire admitted.

“Well, I guess she got more scared than hurt cuz. Thanks again for that. Now let me put something on your scratches.”

Claire stood there patiently as Ethan grabbed some alcohol swipes out of the center console of his car. He opened up the pack, took out the soaked tissue and applied it to her wound.

“Owww!” Claire blurted out.

“I know it stings a bit Claire, but we gotta make sure it doesn’t get infected.” He replied as he gently rubbed the scratches, which laid upon her bulging, ripped oblique muscles. They were so intoxicatingly attractive that even the bloody scratches couldn’t take away from the utter beauty of her muscular torso.

He finished wiping the sanitizing wipe on Claire, tossed the used item into the car and wrapped his arm around her shoulder. As they walked towards the restaurant, he was amazed at the thickness of her back and the buff, hard, rounded, pumpkin shaped muscle beneath his palm. Her shoulders were really starting to develop and they felt immensely powerful to him.

They walked in and grabbed a seat outside on the patio to take in a bit of the sun’s rays and warmth. Claire looked gorgeous in her swimsuit and almost transparent waist covering. As she stared down at her menu, Ethan couldn’t help but stare at her towering trap muscles and wide looking arms and forearms. He was starting to think she could not only kick Kim’s butt, but maybe his as well. Just the thought of his slightly younger cousin being such a bad ass aroused him greatly and he could again feel a half woodie developing in his shorts.

As she flipped through the few pages of the menu, Ethan watched the sinewy muscle move and flex in her forearm, veins crisscrossed its gorgeous, tanned surface. He then looked down at his own arms. They were thin, had a little bit of muscle and maybe one visible vein running through them. “Wow.” He thought, “Claire’s forearms were probably bigger than his...and her biceps looked bigger as well.” Ethan knew she was working out and had bodybuilder aspirations...but there was still a little shock value in realizing she was now bigger and more muscular than him.

She finally decided and looked up and across at Ethan. God her face was stunningly beautiful and athletic looking. “Ready to order?” she asked sweetly.

“Oh...Ya...of course.” He responded erratically. But in reality, he hadn’t even looked at the menu, he had just ogled his cousin’s trained, tanned muscles for the past few minutes...unable to take his attention away from her arms and muscular chest.

They ordered three plates. Shrimp, Tuna and Salmon. As expected, Claire devoured two plates worth of the sushi while Ethan barely had his one. She was consuming massive amounts of food at home, he noticed, and their lunch was no different. That’s how she was able to pack on so much new muscle over the past school semester. Ethan truly admired her dedication and found that just as attractive as her physical stature.

Although Claire was making a point to make subtle comments to Ethan and somehow convince him she was worthy of being his girlfriend, now that Kim was out of the picture...when it came to food, she was singularly focused on that. She had barely said a word while devouring the fish and had barely breathed while making satisfied expressions as she enjoyed the amazing meal. Ethan was happy to accommodate her that way for helping him with his girl problem.

She thanked him profusely for the sushi as they finished up the lunch and hopped back in the car. She again rested her warm, firm hand on his thigh as he drove, but she was a little surprised when he took a left at the street that led back to school...instead of a right.

“Where are we going Eth?” she had to ask.

“Just an early birthday gift for you.” He mentioned with a wry smile on his face.

She was just a week away from her birthday and as a senior in high school, was considered one of the last of her friends to become “Of age.”

Claire insisted he didn’t have to get her anything, but it was a polite gesture at best. In reality, she was smitten that he was already thinking of her birthday, even though it was a week away.

Just a few minutes later, they pulled up to a Golds Gym. “Why are we here Ethan, I have all the equipment I need to train at home?”

“I know Claire...but I did some research, and this place had THE BEST Bodybuilding supplements around...and I called in with your info and goals...and they put together a hard-core bodybuilding nutrition and supplement package for you.”

Excited, surprised, shocked, Claire leaned over and gave Ethan the biggest, hardest hug ever. “Oh my god Eth...you’re the best. I can’t believe how awesome you are right now.”

She damn near squeezed the life out of him, but after an elongated embrace, she relaxed her powerful muscles and leaned back to get out of the car. As always, Ethan ran over really quickly to open the door and then escorted her inside.

As they approached the counter, it was hard not to notice the many pumped up bodybuilders and powerlifters populating the gym. The scent of sweat and hard work dissipated throughout the gym and there was a minor adrenaline rush flowing through Claire’s body immediately. She liked it. She really liked it. Her hormones were at full alert and she could sense the energy in the building for sure.

Ethan gave the clerk Apple Pay and grabbed two huge bags from him. He then turned towards his slightly distracted, wide-eyed cousin, handed them to her and said, “Happy Pre-Birthday Claire! You deserve it”

She swung her head back towards her cousin and couldn’t believe the number of nutritional supplements and pills and powders in the bags. It was mostly from a company called Mutant

Nutrition and their product looked bad-ass. It was clearly for SERIOUS weight-lifters. The days of her consuming the standard, run of the mill products you could find at the grocery store were over, and her bodybuilding journey was really about to kick in to overdrive!

Claire immediately started showering her cute cousin with hugs and kisses and Ethan was proud and happy and smiled from ear to ear as they walked out of Golds and jumped back in the car.

As Ethan started the drive back to school Claire couldn't help herself. She opened one of the smaller tubs and scooped a full helping of some orange colored powder. Without mixing it with water or any other liquid, she poured it into her mouth and swallowed. It was too much and she started to gag and cough. Ethan quickly handed her the water bottle from his door and she drank half of it, washing down the dusty particles. Once she started to breathe normally, they couldn't help but laugh at what a dork she was for trying to consume it without a shaker bottle.

"My god Claire." Ethan said, still kind of chuckling from her ill thought plan to just swallow a bunch of dry powder. "What the heck was that stuff you were so eager to try?"

She looked at him wide-eyed, wiped her lips with her beefy, muscle-laden forearm and answered, "Um, it's their pre-workout. It's called Orange Blaze and I guess it's supposed to get you super primed and then super pumped during the workout."

"Jeez C, calm down a little...you don't get out of school for a couple of hours...will it still be effective by then?" Ethan questioned.

"I doubt it Eth, but I was just super excited and wanted to try it for some reason." Claire answered him as she continued to rifle through the bags.

Ethan got a good tune going on the sound system and enjoyed watching his cousin acting so excited about his gift. He kept one eye on her and one eye on the road as he drove. He loved staring at her relaxed, buff muscles...their strong, graceful movements and miscellaneous little flexes sent him wild. But as he continued to drive, she started twitching. Just a few little ones at first, but then they became more and more frequent and seemed to be getting more forceful and erratic.

"Holy shit Claire, are you ok?" He asked as he was becoming very concerned.

"Ya, I mean I think so...It's just, well, these rumblings of energy are blasting through me right now and I'm having a hard time sitting still." She answered.

"Damn." Ethan mentioned, "Your face and arms are turning red. Look!"

Claire quickly pulled down the mirror and looked at her reflection. Sure enough, her face was red. She looked down at her arms and they were turning red too. "Oh wow!" Claire blurted out, "This shit is already working...drive me home Ethan...quick!"

He made a left turn towards home instead of driving straight back to school. Ethan wasn't sure what was going on with Claire, but he knew she'd be better off at home than in class right now. As he drove, she continued to grab and squeeze and feel her muscular biceps and forearms. "Wow Eth." She said, "I can really feel the energy flowing through my veins, I've got to get to the gym fast."

As they got less than a block from home, Claire was almost giddy with excitement. "Look Ethan!" she shouted as she flexed her right biceps for him.

It looked huge to Ethan and was definitely bigger than it had ever been. Ethan was dumbfounded by its size and the fact that a ball shaped muscle was now visibly defined and rock hard, with a huge vein running across its massive surface was awesome! "This is the biggest it's ever been Eth. I feel totally pumped already...and I haven't even worked out yet...I can't wait to see how big it gets after lifting a bunch of dumbbells." Claire said loudly.

The Orange Blaze was certainly sending gushes of blood into her muscles and making them appear super pumped. Ethan was already totally stoked he had decided to do some research and get Claire some quality bodybuilding sups and couldn't wait to see just how big she would get using them!

As they pulled up to the house, Claire practically jumped out of the car while it was still moving. She blasted inside the door and ran down the stairs to the basement. Ethan grabbed her bags of Mutant products and soon followed her inside and down to the weight room.

When he walked down, Claire was already standing in front of the mirror doing biceps curls. She had ripped off the shawl and was simply working out in the tight, damp, red swimsuit and her pair of flip flops. Her gorgeous ass was perched out massively behind her and Ethan stared at it intently as she curled the weights. Little shockwaves of flexed muscle rippled through her glutes as her weight transferred during her set, and he was drooling as he stared at its utter perfection. It led down to her beautifully developed and flared out hamstring muscles and the tanned, taugth skin would be delicious in his mouth and tongue.

Ethan then began staring at his cousin's diamond shaped, razor sharp, rock-hard calves. They were growing by the week and their size and shape were already at a pro level he thought. He would have stood there and stared at her legs and ass forever, but his attention was distracted as she dropped the 25 pound dumbbells to the ground. 20 Reps was a good little warm-up for Claire but it was time to lift harder.

To most girls and some guys, that would be a good weight and set, but to Claire...it was an effortless warm-up. She was excited to see just how pumped her arms could get and quickly grabbed the 40's. To his surprise, Claire tightened her entire body, flexed her ripped, eight-pack midsection, and began slowly, methodically curling. 40 pounds was already more than Ethan figured he could lift, but she did it with perfect form and power. One became two, then three, then four...until she repped out a perfect set of 12.

He was dying to see her biceps flexed to maximum size, but Claire wanted to wait. She wanted to give the Orange Blaze even more time to work. She just kind of shook out her arms as she briefly paused. Even her arm shake definitely showed off some large muscles, but it wasn't the double-biceps shot Ethan was desperate to witness.

He figured she was going to proceed to the 45's. That would have been crazy impressive, but Claire was feeling too good...too energized! She reached out and grabbed the handles of the 50 pound dumbbells with her thick, meaty hands. She took a deep breath, flexed her shoulders, bringing their pumpkin shaped hugeness to light and then lifted the 50's off the rack. Ethan couldn't believe what he was witnessing and stood in utter silence and admiration.

Claire got a deadly serious look on her face, leaned back and then kind of threw the weight up. It was a slight cheating maneuver, but it worked; and with a grunt and groan, Claire curled the 560 pound dumbbell. She then lowered that one and with the left arm, performed the same move. Again, the heavy dumbbell raised upward and eventually to full height. Claire then heaved and hurled and moaned and groaned through rep after rep after rep. She wasn't going to win any form awards, but the loud noise and heavy weight she was lifting over and over and over again was pushing her arms to their absolute physical limit.

It seemed like she went on forever and just added a little more body weight into each lift as the set went on, but finally she had given it her all. With a huge THUD, she dropped the weights to the ground and bent over in total exhaustion. Ethan couldn't believe the fucking enormous effort and pain she had just put herself through, but he was absolutely awestruck at his gorgeous cousin. As she leaned over against the weight rack and fought to recover and breathe, she looked at her cousin and said, "Get the measuring tape."

Immediately, Ethan jetted over to the cabinet by the stairs and grabbed the tape. He rushed back over to Claire and kind of helped lift her muscular but exhausted torso up. As he did, she seemed bigger than life. She stood to full height and her shoulders and thick arms stuck out massively. They were completely pumped to a level he had never seen or imagined and she looked like a female Hulk her muscles were so jacked.

Claire slowly lifted her right arm, and with a bit of effort, hit a firm, powerful biceps pose. The size of the ball of the biceps exploded outward and upward and Ethan's hands actually began to tremble as he wrapped the tape around its surface. The muscle was filling the tight skin to the maximum and as he brought the lower half of the tape up and over, he was absolutely blown away. The Orange Blaze had helped somehow balloon her arms out and it measured 15.5". It was over an inch and a half bigger than her last measurement that he knew of and it was rock hard and breathtakingly beautiful. He leaned in and kissed it...then started licking the massive muscle.

Entranced, his eyes rolled back in his head, and Claire wrapped her free arm around his waist and brought him in tightly against her granite lick torso. "There, there." Claire whispered as he kissed and licked her biceps, "Enjoy all you want baby...I'll make more..."

They both laughed and Claire smiled massively as she held her crush so tightly and lovingly against her...never wanting to let him go...