

Muscle in the Fam – part 13

Home is where the love is

What an unbelievable way to celebrate his last track meet. On the shoulders of his hot, muscle-laden cousin and with Ethan's surprisingly more and more attractive muscular little sister. He expected Claire to eventually put him down as Ethan's 160ish pounds had to be weighing heavily on her. But she didn't. Claire was proud of her strength surely and she walked him back all the way to the track team area. It was over 100 yards and she was really giddy and proud to be the one hoisting Ethan upon her shoulders.

It sent a definite message to any of the girls on the track team that Ethan was hers. With Claire's thighs bulging massively with each step, and the biceps in her arms clearly on display, there was no chick that would dare challenge her for him!

Eth was pretty elated to have his cousin so honored to be celebrating with him. And was stoked to have won the championship as well. With a smile and a wink, Claire eventually put her cute, sweat covered cousin down and allowed him to accept congratulatory high-fives and hugs from teammates. Elena and Claire stood nearby and it was clear that the muscles in their physiques outclassed all of the track girls and almost all of the track guys too. The coach noticed their muscles and immediately walked over to try recruiting Elena for the team next year...possibly to throw the shot put or discuss.

Elena was flattered. She was being actively recruited by a coach based on her now muscular physique. She didn't know if it was something she wanted to do the following season, but she was appreciative of the offer.

Ethan's event was the last event of the day, so as soon as the tents were broken down, all team members gathered up their backpacks and were to head back to the bus. Elena walked over and gave Ethan a huge, long hug and a sweet kiss. Then Claire walked up, wrapped her cousin in her muscular arms and gave him a lengthy kiss...then two more follow up pecks on the lips. It was definitely more than a simple quick peck and anyone watching would see a spark between them. She then gave his ass a squeeze and Ethan in-turn placed his hand on her rounded, half covered glute and clasped his hand firmly upon it.

Her rounded ass was absolutely magnificent and just feeling it, and barely being able to make a dent in it with his strongest grasp proved to him how muscular and powerful it was. Claire returned the hard squeeze and was able to crush enough butt mass into such a small density that Ethan actually belted out a little painful scream.

"Owwww!" he said loudly as the pain shot through his behind.

"Hahaha." She laughed and then said, "Jeez Ethan, I barely gave it a pinch."

“Well shit Claire.” he responded, “I think you’re a little stronger than you think!”

“Oh sorry Eth. But is that a good thing or a bad thing?” She asked as he stared eye to eye into her gorgeous, athletic, muscle filled face.

Eth thought for a second, got a wry grin on his face and answered, “Ya...I guess I kind of like how strong you’re becoming Claire.”

Hearing that, and maybe a bit jealous, Elena had to join in on the fun. She stepped forward quickly, grabbed a hand full of ass cheek and then squeezed mightily.

“God Damn It E!” He yelled as her pinch was purposely painful.

She and Claire now laughed hysterically and Ethan realized he was easily held motionless in Claire’s arms as Elena pinched and pinched.

“Stop E...Stop!” Ethan yelled again as he tried in vain to escape his cousin’s strong hold.

It was useless as Claire was far stronger than him, and Elena got in a couple more painful pinches. The girls laughed hysterically and enjoyed grabbing Eth’s posterior and causing some discomfort. Elena and he had grown up wrestling around and being physically engaged with each other. But this was new to Claire and Ethan could tell she really enjoyed it too.

Finally, Claire released her vice-like grip and her cousin was able to back off a step or two and rub the pain out of the now reddened ass cheeks. The track coach had some announcement and instructions for the team, so Claire and Elena reluctantly said they’d see Ethan later at home and headed off as he had to travel back with the rest of the runners. But as they turned and marched away, his gaze was again frozen on their gorgeous, boot-cuff-squeezed calf muscles and flared out quads. Of course, the very bottom of their protruding, muscular asses were more than visible and their tight torso’s and wide shoulders made them look damn near like linebackers from the football team. But he knew he’d see them later and honestly couldn’t wait.

...

Now back on the bus, Ethan’s sister and cousin had started a bit of a buzz. One of the girls that was also a distance runner and probably 5’7” and 120 pounds sat in the seat in front of him. She had always kind of had eyes for Ethan, but of course, he was dating Kim at the time.

“Hey Ethan.” She said, “I had heard a rumor that you and Kim aren’t dating anymore. Is that true?”

“Ya Maria. It’s true, we just kind of grew apart and had to end it.” Ethan answered.

“Umm, that was your sister and cousin at our tents earlier, right?” Maria followed.

“Ya, the taller one was my cousin Claire and the shorter one was my sister Elena.” He answered again.

“So, you looked pretty friendly with them. You’re not dating Claire, are you?” she asked sheepishly.

“Oh, ya, no. No, we’re not dating at all, just super close I guess.” He said in the most convincing, unconcerned way possible. Which was actually true anyway at this point...but Ethan was hoping to make it so.

“Good.” Maria answered. “I mean, she dressed kind of cute, but it’s obvious she’s gay...so sorry I asked.”

“What do you mean, It’s obvious she’s gay?” Ethan asked back quickly.

“Well, I mean, she’s all muscly and gross. I mean, she has more muscle than you and me together. She’s obviously trying to look like a dude, so I didn’t think you’d be with her at all. It’s just, you guys seemed like super-friendly at the tents, so I had to ask.”

Not wanting to give any indication that he was interested in or possibly dating Claire, “Ethan responded, “No, No, I don’t think she’s gay Maria. She and Elena are just going through a phase I guess, and working out every day. She’s had some issues at home with her mom and brother, so maybe it’s her way of relieving stress.”

“Oh, well I hope she figures it out before she gets any more muscular. She’s actually kind of cute, just way too many muscles, right?” Maria admitted.

Again, not wanting to give up that he was attracted to his cousin at all he said, “Ya, a little I guess, but you’re right, she is really pretty.”

“Well, anyway Ethan, since you’re not seeing Kim any more, I was going to see if you were available, I’d give you my SNAP and we could hang out.” Maria put her move on.

“Ya, for sure Maria.” Ethan fibbed to get her to quit questioning him about his cousin. “Here’s my SNAP.”

Maria proceeded to chat Ethan up the rest of the ride back to school. She saw an opportunity to move in on Ethan now that Kim was out of the picture. But Ethan was just entertaining her out of being trapped next to her on the bus. She was cute, but way too skinny for him now. After spending the better part of that year watching Claire and Elena put on pounds and pounds of sculpted muscle, he had transformed. Every cell in his body was now attracted to strong, muscular girls and the thought of being with anyone else but a motivated, gym nut with pounds and pounds of meaty biceps and quads wasn’t even conceivable to him.

They eventually made it back to campus and Ethan couldn’t wait to get home. He hurried off the bus, grabbed his stuff and rushed out of the locker room. The girls were mouth-watering

gorgeous in their white boots, small shorts and tiny tops. Their thick, bulging muscles were on full display and Ethan wanted to see them and possibly feel them again in his comforting hands ASAP.

...

He got home as the girls were busy getting ready for Claire's birthday dinner that would be at a nice Italian restaurant. Unfortunately, the door was closed, so Ethan simply hopped in the shower and cleaned up as well. He then threw on some nice designer jeans, his white shoes which were the current trend and a cool button down shirt, being sure to roll the sleeves part way up. He threw a little spray in his wavy hair and a bit of cologne. He put on a cool gold necklace with a small emblem and he was good to go.

Ethan then went down stairs and eagerly awaited Claire and Elena's arrival. He and his mom were chatting about his awesome victory that day. But time was getting short and if the girls took any longer, they were all going to be late.

Finally, they heard a bit of rumbling and the girls started making their way down the stairs. As they got closer Ethan's jaw dropped to the floor. Claire was leading and she looked like a gift from heaven. She was wearing a gold colored, body tight dress that had two small spaghetti straps over her muscular shoulders. They supported her almost completely exposed upper breasts and there must have been some sort of tightening, support-action going on because they looked bigger than ever. Her hair was long and draped over the front of her shoulders as well. It was slightly curled and hung down to mid-breast level. She had on a gold bracelet that matched the dress and black high-heeled shoes.

The dress only went down to mid-thigh, so with each step, her quad muscles flexed massively and were on full display. In addition, because of the high-heels, her calves were in a constant flex, showing off their exquisite, hard, diamond shape. The dress was so tight and so thin, he could even make out the ripped abs underneath. In addition, her bulging shoulders and thick, defined biceps also looked insane. Lastly, Claire had put on a little makeup and her beautiful face was absolutely glowing. She looked fucking perfect and Ethan was already half-wood by the time she walked up to him and Linda.

Claire had grown slightly that semester and was equal height with Ethan. But because of her high heels, she now stood several inches above him. He had never seen her so towering and it sent his hormones rushing to look up at his taller, muscle-bound cousin. Ethan wanted to reach out and get a huge hug and kiss, but like I mentioned, Claire looked so insanely perfect, he didn't want to mess anything up. He settled for her required lean downward and brief, quick peck.

Behind Claire, Elena slowly walked up as well. She was equally gorgeous in her own way. She wore a body-tight black dress that was a solid piece and wrapped her muscular torso from about half pec level down to mid-thigh. There was no strap for support, but Elena didn't really

have breasts, so she didn't really need them. It did leave the beautiful muscular crevasse between her pecs visible and Ethan noticed that amazing feature on her instantly. Her long hair was kind of parted to where most of it hung over her muscular right shoulder and a small amount hung behind her exposed tall, thick trap and rounded left shoulder cap. She had on a small silver watch and matching silver necklace. Her black high-heeled shoes also made her look much taller than normal and of course, her highly developed calf muscles flexed greatly.

With her heels on, Elena stood only an inch or so lower than Ethan and with her make-up on, she looked easily 4 or 5 years older. She was absolutely stunning and Ethan was awestruck by her ravishing presence. She leaned in though and gave her brother a much more physical hug and kiss.

"Well, you girls look fucking Amazing!!!" Ethan blurted out loud.

Elena said, "Thanks Eth!"

She then half turned, exposing her profile to him. Her glutes protruded way out and the tight material of her black dress even hugged the concave shape she had developed in the sides of them. It looked marvelous perched above her muscular hamstrings and Ethan felt another un-pure thought regarding the absolute hotness of his little sister.

She then kicked her leg up, to where her foot almost reached her own ass. This made the glute and hamstring grow even larger and she asked, "Does this dress make my ass look big?"

"Um...Absolutely!" Ethan answered with a sarcastic laugh and wry smile.

"Good!" Elena responded and she made a cute little half turn back towards her brother and mom and put her foot back down.

Linda just rolled her eyes in fun and said, "Ok kids...let's go. We're going to be late."

...

There was much chit-chat on the way to the restaurant. Ethan filled Linda in on how the girls showed up in his old track shirts. He told her how they cheered him to victory and then finished by talking about his parade down the front-stretch on Claire's shoulders. The girls in turn told Linda about the actual race and how awesome Ethan was. How he went out for the lead, then had to out kick the previous champion down the final 60 yards to get the win.

Linda was happy to hear about the win and also glad that she was able to watch it on the school feed to their YouTube channel.

They got to the Italian restaurant and as predicted, they were a few minutes late. When they were escorted to the round table that Jan had reserved, they all greeted each other and said hello. Also as predicted, Travis barely even said Hi to his little sister. His half fake smile looked like he was forced to be there by his mom and not at all happy about it. He wore some baggy

jeans and a half wrinkled t-shirt, so he was making it an obvious point to everyone else that he didn't give two shits about his little sister's birthday.

Jan and Linda sat next to each other with Travis next to his mom. Elena quickly sat next to Linda and that left only two seats. Elena wanted Ethan to sit next to her, so that left Claire next to Ethan, but also next to her brother.

Jan looked across at Elena and said, "You look stunning my dear!"

"Thanks Aunt Janet. Not used to the whole make-up thing you know." Elena answered politely.

"Well, you did a great job it." Jan responded quickly.

There seemed to be a brief pause, but Jan then looked at her daughter and said, "Claire, your make-up looks great too."

"Thanks mom!" Claire responded. Glad her mom, who she'd barely spoken too the last few weeks since Janet took Travis's side of the argument, had something nice to say to her.

Travis didn't compliment either of the girls and was just waiting to order some food and get out of there for anything else.

Luckily for Ethan, Claire wanted to be as far away from her brother as possible. She scooted her chair 6" closer to and up against his chair, giving her some elbow room between her and Travis. Not to be outdone, Elena then scooted her chair up against Ethan's as well. He was now basically squished between the two, gorgeous, muscle-bound girls and he loved the feeling of their large quads and wide shoulders rubbing into him. Again it got him half hard, and if he had to go to the bathroom, he would have to calm himself down before he got up.

He couldn't help himself though and Ethan reached under the white long tablecloth and placed his right hand on Elena's thick thigh. He then simultaneously placed his left hand on Claire's muscular quad. The girls then instinctively began extending their legs under the big table and flexing them as hard as they could. Ethan felt the rock-hard separated quad muscles grow immensely under his palms. The feeling of their powerful, muscle-bound legs was intense. They knew he loved it and continued to flex and relax their stems over and over for him. The girls were giddy and quietly laughing as they played this fun game and gave Ethan some obvious pleasure...

Eventually though, they ordered their food and made basic small talk. But the elephant in the room was definitely Claire and Elena's growing muscles. The dresses they wore left nothing to the imagination and as the girls ate, and moved their arms around, biceps were flexing constantly. Ethan was happily ogling their big, rounded muscles during the meal. But Janet couldn't hold herself back any more.

“Claire.” Jan started, “I know you’re hitting those weights. But with all this and that.” She continued as she motioned towards her own traps and biceps to show Claire what she was concerned about.

Jan continued in a condescending tone, “I mean, when is enough, enough? It just doesn’t look healthy or feminine. You look like a damn linebacker for crying out loud.”

“It’s my birthday mom...Really!!!...Really Mom!!!” Claire responded quickly.

“I know dear, it’s just that I’m concerned about your health and it’s obvious you’re still on all those drugs and well...you just need to stop Claire...I’m just telling you that...well, you’ve just got to stop!” Janet scolded her daughter.

The table went silent and as the seconds of silence ticked by Ethan looked over at Claire to see her absolutely seething mad. Ethan wrapped his arm around her thickly muscled shoulder, pulled her in towards him and began rubbing it lovingly to try to calm her down and give her moral support. He could see the tears kind of welling up in her eyes. He was about to say something witty to calm the situation down, but that’s when Travis chimed in.

“Jesus Christ Claire.” Travis said angrily, “If you’re trying to turn into a man, you can’t be crying every damn time you don’t like what someone says.”

“Not another word Travis!” Claire snapped back at her brother, “Not a word.”

“Fine Claire.” He answered her, paused...and then gave her a rough shove in the arm while blurting out, “Just don’t come near me when you start growing a fucking cock!”

As fast as lightning, Claire stood and lunged at Travis, grabbed the back of his head in her hand and slammed his face down into his spaghetti. “Shut the fuck up you ass hole!” Claire screamed as she was strong enough to hold his head in the pasta and sauce for a few seconds and really rub it in.

He swung his arm back and kind of hit her quad with his fist. It was way too weak of a swing to even dent her muscle-laden thigh, but it sent a message that he was fighting back. Claire was done with this situation anyway and started bolting for the door.

Travis stood up and began to give chase but Ethan saw it coming and jumped up immediately. He would have surely caught her in her heels so Ethan dove at Travis’ legs and tackled him to the ground.

“What the fuck dude?” Travis yelled at his cousin as he laid on the restaurant floor.

“Trav, you can’t be beating up your damn sister man...let it go.” Ethan yelled back.

Travis kind of tried to struggle free, but Ethan held onto his legs for 10 to fifteen more seconds and made sure he gave Claire enough time to get away. Elena had given chase and she would be there to support Claire in this shitty moment.

Finally, Ethan let go of his cousin's legs and walked over to get a big, cotton napkin. Travis's face was covered in spaghetti and sauce and Ethan tried not to laugh as he handed Trav the cloth. With sauce and pasta dripping from his face, Travis slowly began cleaning himself up. But he was mad now, and after being thoroughly embarrassed in front of everyone, Travis threatened Ethan and said, "Man, don't ever do something like that again."

"We're all family here, Trav. I was just trying to do what's best for everyone." Ethan answered.

"Well, if you want to do what's best for everyone, you'll keep your sister away from Claire before she starts looking like a fucking guy too!" Travis shot back angrily and sarcastically.

The evening was pretty much ruined and at this point, Linda paid the bill and told Jan she'd try to talk to Claire for her and calm things down. Janet was still convinced her daughter and possibly Elena were on steroids. Ethan tried to explain exactly what the girls were taking, but creatine and muscle-pump supplements sounded a lot like illegal, dangerous drugs to Jan and there seemed to be no convincing her otherwise.

The girls had basically walked into a nearby restaurant to hide out in case Travis got all agro and started looking for them. But he and Janet left so Ethan texted them to see where they were. As he approached them, Claire immediately noticed that he now had a rug burn and a little blood on his arm.

"Oh my god!" she said loudly, "Are you OK...what happened?"

"I just tackled Travis and I guess I kind of skinned up my arm in the dive." Ethan answered.

Claire immediately saw her crush in an even higher light...knowing that he had just taken on her bigger, older brother to defend her. She rushed in and held him in the bone breaking, tightest hug he'd ever been held in his life. Her large muscles tensed up around him and she knew she never wanted to let him go.

The moment lasted for a solid thirty seconds and the warmth and love they emoted between each other was intense. Now crying out of frustration from her mom and brother, and also in admiration of her hero and Cousin Ethan, Claire rested her head on his loving, comfortable shoulder. He slowly motioned his palm up and down her hard, thick, muscle covered back. Feeling the many meaty, powerful protrusions upon her back, he knew she had a gorgeous, soft hearted interior, covered by this growing, muscle-laden, intimidating exterior.

Ethan now understood why she was so determined to build up her physical presence. She was determined to create a protective layer. Her childhood obviously contained some mental hardship that Ethan and Elena's had not. He knew he would now do everything in his power to help her achieve whatever level of muscularity and power that would require.

Linda eventually brought up the car. The three kids piled in the back and as she drove them away, Ethan and Elena sat tightly against Claire's muscle-laden sides and held her tightly, letting her know she never had to go back home and her new, permanent home was with them...