

## The Proposal

It had been a couple of weeks since the reveal by Andrea and to be honest, the three of us had basically become inseparable. I was more than happy to be petted and caressed and treated like a queen by the two buffest females on the planet. I loved sucking my wife's thick, foot-long cock on a daily basis, but it was fun giving Andrea head every day too, and watching her own little baby love rod grow. She couldn't keep her hands off of it, and if we stopped for even 30 minutes to watch a show on Apple TV, she would have her hand down her shorts the whole show. At the same time, Teresa was still adding muscle and her 20" forearms were bigger than 99% of male's biceps and her 25" biceps were bigger than most men's legs. Looking at her from behind, she could easily be confused for a Mr. Olympia competitor and would possibly even win the damn thing.

For a goof, I took a picture of her from behind wearing her purple male bodybuilder posing bikini. She had her hair up and inside a baseball cap and she hit a rear double-biceps pose. She had her right leg slightly extended out in front of her while the left leg was back towards me. This allowed the huge, front upper thigh sweep in her 34" right leg to be visible from behind while a slightly relaxed hamstring hung down massively. The hammy hung beautifully with a sag effect that let you know there were dozens of pounds of muscle inside her tight skin just waiting to be activated. That calf muscle was more stationary and gave it an elongated diamond shape that led down to her strong angle and gorgeous foot.

The left leg was a different story. Because it was extended behind her, towards me, it forced the left glute muscle to tighten up tremendously, forming a huge concave, bundled up muscle body on that side of her ass. It also now extended back further than her gorgeously rounded right ass cheek, making the most delicious looking butt I'd ever seen in my life. It would make Ronnie Colman jealous of the huge size, shape and development.

Her left hamstring muscle was also a bundle of herculean muscle bodies and it had three areas of separation in it. I didn't even know the ham could become that large, ripped and separated, but Teresa was proving to be a new breed of human, with monster sized muscles that also contained tremendous amounts of definition and separation. It was hard to take my eyes off of her best in the business hammy, but I had to ogle one of my favorite body parts. Her left calf was flexed massively and the razor like sharpness to the muscle left all of the tight, ripped angles in all the right places. The diamond shaped and diamond hard muscle was separated into two distinct muscle bodies. One on the left and one that jetted way out to the right. Her

calf had to be at least 24 or 25 inches now, and there was no way she could even fit them into a pair of boots or pants.

I then veered up to the waist. It was no longer as thin as it used to be. The insane muscle gain on her body had also added tons of heavy muscle to her torso. There were two distinct, long, 7 inch wide slabs of muscle that ran all the way up each side of her spine and connected beautifully into the huge, protruding trap muscles that made gigantic opposing “C” shapes behind her shoulder blades. Countless smaller muscles bulged up everywhere. Her lats were so fucking wide, they extended out to double the width of her torso. They also hung low and then extended up in a wing-like shape to the bottom of her rear delts and tied into her lower arm. I’d guess there was 30 pounds of muscle in each wing!

Finally, I tracked my eyes up to her rear biceps pose. It was a misleading definition because the triceps and unbelievably huge muscle capped shoulders were also well displayed. The rounded rear shoulders extended high above the neckline and had three different protruding muscle groups visible. The arm was equally impressive. There was the highly rounded biceps peak, with another large, separated muscle body just below it. Then there was the triceps muscle which made up the bottom half of her flexed arm and it also had two huge, well developed and separated muscles. Finally, her forearms were these 21”+ mounds of muscle that extended inward and outward and were bigger than my legs when I was a runner. It was hard to believe my wife could become this large, but she was putting professional male bodybuilders to shame in my opinion and I decided to find out for sure.

I took the rear biceps picture of my wife, super-imposed it onto a Mr. Olympia picture next to Multiple-time champ Phil Heath. I then titled it *The Next Mr. Olympia* and posted it to the internet in one of the bodybuilding forums. Within days there was a ton of debate and over 100 responses on who this was. Several experts were arguing that Teresa was better developed in the glutes and hamstrings than Phil and almost equal to him in the upper body. These were actual experts, and they were basically saying my wife could compete with and possibly defeat Phil in his prime. It was an absolute ego boost for Teresa and I was so happy I was married to her and got to lay on and caress her male bodybuilder sized muscles all day long.

I started getting DM’s from all kinds of supplement and other bodybuilding related companies. They wanted to sponsor this insanely developed athlete. I showed Teresa and Andrea and we laughed at the fact, that she had now become so gigantically muscled, that she would actually have a chance of becoming Mr. Olympia and earning tens of thousands in bodybuilding sponsor

revenue. Andrea was encouraging me to respond to the different companies. But I knew we had too much to risk with the DNA enhancement equipment and tech we had. We would become a target for sure, and I wanted to avoid that kind of attention.

I felt like I had peaked with my muscle development at 165 pounds and wanted to simply maintain my female physique competitor level of fitness. I already had plenty of muscle and liked the fact that I could get dressed up, throw on a little make-up and look girly enough for Andrea and Teresa when needed. Also, one of us needed to be able to go to the store without attracting the attention of every person in the place. I could still throw on a baseball cap and some sweat pants and get in and out without too much attention. Andrea and Teresa always attracted a few comments, selfies and sometimes a pretty big crowd.

In public, many people recognized Andrea and obviously would assume Teresa was an Olympia competitor too. They would stop them and ask all kinds of fitness questions and ask to feel their muscles. So, for most mundane tasks, other than the supplement store or the gym, I was the one who had to go out and do it. If that was the price I had to pay, to live with these two mountains of cock wielding muscle...I was happy to do it.

And I loved the fact that my wife was becoming so massive and so wide, she had to actually turn her entire body slightly to fit through a standard doorway. Her slabs of herculean muscle in her lats made her arms sway way out to the sides and she looked like a beast, about to devour anyone in her way as she waddled around. I wanted a gargantuan beast of a wife with a foot long cock and 300+ pounds of power-laden muscle. She was close to that already and feeling her tight skin, with that kind of heavy mass and power within made me moist 24 hours a day!

The post and all of the responses and admiration was awesome, but I did decide to finally remove it as it was starting to draw too much attention. But I was going to wait till Teresa put on another twenty pounds or so and then see if she had outgrown Phil, even in the arms. Once she did that, I was going to post it again briefly and watch the forum explode with excitement again!

Just as I was deleting the post, I got a text from Audrey. It had been several weeks since I had seen her and she wanted to meet me at the gym. She asked for just me, and not Teresa and Andrea because she said she wanted to talk to me about something private. Maybe it was girl talk that she didn't think she could get with the cock carrying muscle beasts were living with in

Sarah, Andrea and Teresa. I wasn't sure, but let the girls know and told them we'd meet up later. I hadn't been that long since I had seen Audrey but I was pretty shocked at what I witnessed when I met her at the gym. The once, tall, thin, but fit ballet dancer was turning into quite the bodybuilder and her muscle growth was becoming very apparent. Not one to be shy, she showed up wearing what you might expect from a 1980's Cory Everson era photo shoot.

Audrey was wearing white, Reebok high-tops with long white socks that were bunched down below the calf. She had on a small, navy blue bikini bottom that had a thick, black band at the top of it that kind of resembled a belt. And she was wearing a matching, navy blue sports bra. Her hair was in a pony-tail, held in place with a thick, white scrunchy. I was a bit ticked off in that I would have loved to dress the part of a late 80's early 90's female bodybuilder, but I didn't know. I showed up in a boring short pair of black LuLu Lemon workout tights and a matching sports bra. I didn't say anything though, as she obviously had something more important on her mind since she asked me to come alone to workout with her.

At 5'8" tall and 165 pounds of muscle, I had just won the amateur women's physique class at the Olympia. That said, I almost felt dwarfed by the towering muscle beauty that Audrey had become. She was 6'0" tall to begin with, which made all of her limbs really long. Normally it's hard for tall girls to put on mass, but she was absolutely filling out. Her quads and calves were as large as mine but much longer. Her shoulders were starting to put on a lot of thick, rounded muscle and her biceps had to be over 14" or 15". Because of her height, she definitely had put on a lot more muscle than I had. But I was curious...

"Audrey. You're looking really jacked right now!" I complimented her.

"You too babe." She replied pleasantly.

"I've gotta ask you." I followed, "How much muscle have you put on in the last month?"

"I'm not sure." She answered, "But we can hit the scale in the locker room after the workout."

I was hoping for an immediate answer, but I figured I could wait.

Audrey loved showing off and as we did our stretches all the guys and girls in the gym were staring in our direction. After ten minutes of that, the bench press area we were stationed at began to get a little more crowded. People try not to make it overly obvious, but it was a little sparse in our area when we started our stretching, and now, every piece of equipment in our vicinity was occupied.

We finished up with the stretches and started to do some warm-up reps on the bench we had already laid our towels on and claimed. A couple of college guys had grabbed the bench next to

us, and I'm sure they were going to try to show off and garner our attention by grunting and making loud noises as they lifted some impressive weight.

Audrey and I started to warm up with just 25's on the bar, while the college guys warmed up with 45's. It was a subtle show off on their part, and we made brief eye contact and smiled in their direction. As they bullshitted, Audrey and I put 45's on our bar and did another warm-up set. I liked to do really slow reps and control the weight on the way up and down for maximum benefit, but in this instance, I decided to have some fun. I repped out ten reps as fast as possible and slammed the bar back onto the rack after I finished. They were shocked at how easily I had lifted the weight and knew they were going to have to step up their game to impress us. Audrey just laughed out loud and we decided to step it up to 185 pounds on the bar.

The college guys also put 185 on their bar and at this point we were doing reps with then at the same weight. They didn't really struggle with the 185, but it didn't look super easy either. They then changed to two plates on the bar and were now pushing 225. In sync, we changed our bar to 225 pounds as well. I could see the guys kind of nod their head in amazement that these two chicks were about to bench 225, but our physiques were phenomenal and I'm sure they knew we were experienced in the gym.

Both guys were muscular, but one of them only put 225 up 4 times before needing a spot, while the other guy got all 10. I laid under the bar, adjusted my tight ass on the correct spot on the bench and heaved up the 225. Again, trying to do it with speed, I quickly completed 10 reps and slammed the bar on the rack again. "Holy Shit!" the guys blurted out, after watching this 165 pound chick just out class them on the bench. As they were still in a bit of amazement, Audrey positioned her perfectly sculpted, muscle bound physique on the bench. She lifted the bar and easily ripped out 10 before also placing the bar back on the rack with authority.

As the two guys shook their heads, they decided to add another 25 pound plate to each side of their bar, bringing it to 275. This time, we just waited patiently for them to go. The first guy got all of 1 rep, while the bigger kid pumped out three reps before needing a spot to complete two more.

Just as they finished, Audrey walked over and asked, "Hey, since you guys obviously won't need them, can we borrow two plates from your rack?" Their jaws kind of dropped. They had just maxed out at 275 and here we were, women, asking them for two 45's so we could bring our weight up to 315 pounds. "Ahhh, ya...Sure...I mean, wow...can you lift that much?" he asked genuinely.

Audrey just snickered and answered, "Ya...we can lift that much boys. Hang out and have a watch why don't you." She finished. Wanting them to stick around and watch us crush more reps with way more weight than they could lift. "OK." They answered her back as she pulled a 45 pound plate from their station and handed it to me. I pushed it on the end of the bar, which

already had two plates on it while Audrey grabbed another plate from them and pushed it on her side of the bar.

With several onlookers now watching our every move, I slid my muscular frame under the bar and reached up for it. I was getting stronger by the day, even if my physique might not look like it. We were all finding that we were becoming a lot stronger than we looked and the density of our muscles was becoming almost un-human. Without a spot, I heaved the bar off the rack and lowered it to my perfectly formed breasts. Just as the bar tickled my nipples, I shoved it up forcefully. The 315 pounds was not a problem and I again lowered it slowly, then rocketed it up to the top as fast as I could. To everyone watching, it was clear that I was not having a problem with the 3 plates. I continued to perform rep after rep and didn't even need a spot from Audrey till the 9<sup>th</sup> rep. She helped me mildly with 9 and 10 before I slammed the bar back on the rack.

I loved the pump my chest just got. The pecs under my C cup breasts were heaving outward with each breath. My triceps were also full of oxygen pumping blood and they felt hard as a rock and huge. As much as I knew I wanted to stay at about 165 pounds of muscle, I knew it would be difficult to not continue to grow and pack on the pounds.

People were amazed that I could lift such heavy weight at only 165 pounds and even the biggest guys in the gym gave a couple of shouts of encouragement. Audrey walked around the bar, pressed her gorgeous, muscle-bound physique up against mine, grabbed my ass in her palm and laid a long, wet, congratulatory kiss on my lips. The college dudes about fell off the bench next to us that they were sitting on and one of them had his phone out. He was definitely videoing us, surely to show to his buddies or use for himself later that night.

By the time Audrey slithered her stunning muscle-bod on to the bench, more than a dozen people held out their iPhones. It was normally frowned upon in the gym, but the crowd knew we were encouraging it, so they did it anyway. I was unsure how much Audrey could bench. I had always been stronger than her, but it was obvious that she and Sarah must have been hitting the weights and the food at full tilt, since she had probably put on 10 to 15 pounds of jacked muscle in the last month.

Audrey also lifted the bar off the rack without a spot and lowered it to her chest. Unlike by slow then rapid motion, Audrey just pumped out methodical rep after methodical rep. She did it with such grace, like the former ballet dancer she was. I loved how as she lifted, she bent her legs back and flexed her calves. She started with beautiful calves from her dance background and they were getting absolutely enormous. I then took my spot behind the rack in case she needed a spot. As she lifted, the crowd began counting for us. "Five, six, Seven, Eight..." they counted out.

I reached out my buff arms in expectation of having to provide her a spot, but Audrey didn't need one. For fun, she lifted the bar a 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and finally a 12<sup>th</sup> time. She slammed the bar on the rack and jumped up from the bench. Before I could make my way around, people were already coming up to her and giving her high-fives. They were into it bigtime and a few even asked her to take a selfie with them. Audrey was tall, beautiful, muscular and beyond graceful. It was a combination that made her irresistibly sexy and I could see why my sister was so enamored with her.

I assumed we would be wrapping up our workout, but it had become too much of an event. Now that the crowd was making so much noise, people from all over the gym were now gathered around. The gym manager even walked up and asked if her could video us and post it to the gym Instagram account. Of course we agreed and it was time to add some more weight and show off what we could do.

Again, I went first and waved to the manager and all the IG followers as I placed myself perfectly under the bar. There were now 4 plates on the bar which brought the total up to 405 pounds. I was nervous as hell, but just did 10 at 315 so figured I had a chance. As I lifted the bar off the rack, I immediately felt the weight in my arms and shoulders. Encouraged by the crowd and Audrey, I lowered the bar to my chest and pressed hard. My pecs and triceps flexed massively and the weight began to rise. It was a slow lift, but I made it all the way up. Now that my muscles and mind were used to the heavy load, I lifted it again. I then pumped out one more rep, before my arms hit a stopping point and Audrey had to give me a spot.

“Holy Shit!!!” Audrey exclaimed, “That was awesome D!!!!” and she jumped on me as soon as I stood up. I wrapped my pumped up arms around her tight torso and we again shared a beautiful, fun kiss for ourselves and the crowd. Like everything else, even Audrey's kiss was full of elegance and grace. Her thickening biceps muscles squeezed me tightly and for the first time since we'd met, I felt a little pain in her powerful grasp. It really turned me on as even with Audrey, I enjoyed a confident, strong ALPHA woman!

She was turning into exactly that. I knew at this point she could out-lift me, and I just dropped a 3 spot at 405 pounds. With the crowd gathered round, Audrey sat on the bench, lifted her hands repeatedly in the air, encouraging the crowd of at least 15 to 20 people to cheer. They began whistling, cheering and clapping loudly.

Audrey then laid down, looking almost naked in her small bikini and tiny sports bra. Her long black hair had come out of its scrunchy and was now draped down on both sides of the bench, almost touching the floor. I took my position behind the rack and watched Audrey powerfully lift the bar high into position. With a deep breath, she then lowered the bar down to her breasts and then pushed it just as easily up to the top. The clapping and cheering got louder and louder as she reped out a 2<sup>nd</sup>, a 3<sup>rd</sup>, a 4<sup>th</sup> and even a 5<sup>th</sup> rep with no problem. Her pace slowed for the 6<sup>th</sup> rep and I helped spot her for the 7<sup>th</sup> before slamming the bar back on the rack.

The fucking place erupted and again, she began hugging and high-fiving all of the people gathered around. It was a spectacle and I was enamored by her every movement and the beautiful, ear to ear smile covering her face. She was the star of the show and I was happy to be a part of it. Before she could even make her way over to me, for our customary embrace, the guys and girls were yelling “One more plate, One more plate, One more plate.”

That much weight didn't even seem possible to me. 495 pounds was a pipe dream, and I only thought Teresa and Sarah would ever be able to lift that much. As crazy as it sounded, Audrey waited till the crowd quieted down, paused for a moment and then said, “One more plate!”

We all went nuts and two guys quickly grabbed a plate from the other station and slid them onto our bar. I bowed out at this weight and it was all up to Audrey. She took a little bit of a break, then gave me a quick peck and then slid into position. I grabbed the bar and helped her move it out and directly above her. As the fans were going crazy with encouragement, Audrey began to lower the bar. Her thick arms were shaking and I knew it might be a failure. I put my hands under the barbell but was sure to keep them three or four inches beneath it, making sure everyone knew it was all Audrey at this point.

She grunted loudly and continued to do so as her arms shook and the weight started to rise. It seemed like she was stuck about 7 inches above her pecs, and I almost grabbed the bar. She saw what I was doing and said, “Me, Me, Me, Me!” I knew that meant that she didn't want my help just yet. Luckily, I didn't help, since first the right side started to rise a little, then the left, and then the entire bar in unison began to rise slowly. As it did, experienced gym goers knew she had it and they began to go crazy. They were jumping up and down, screaming out loud and high-fiving each other as Audrey finally raised the bar all the way up. I reached out, slammed the bar back toward me and secured it in the rack.



Even more than before, Audrey began running and jumping around the crowd. More selfies, more hugs, more high-fives were freely being had. I couldn't believe how fucking strong Audrey was becoming, and based on how much she loved the attention, I knew she was just getting started. She even did a quick interview for the manager and the IG account before finally making it over to me again. We shared a similar, embrace and I loved the feel of her ALPHA muscles against mine. I wanted to eat her out right then, but knew I'd have to wait.

We eventually finished our workout as the crowd got back to their own sessions. We still kept getting the occasional congrats or selfie request and Audrey was more than happy to grant them. She was a superstar for the day, and she was certainly enjoying every minute of it.

Audrey and I eventually made our way to the locker room and stowed our sweaty gym tights. Audrey's naked body was an absolute Leonardo da Vinci and I was mesmerized by her exquisite calf and ass development as we made our way to the showers. My pussy was as moist as it could possibly get after witnessing Audrey's amazing performance in the gym. I cupped her beautiful, perky ass as we walked into the stall and kept my hand on it, feeling it flex and relaxed with each stride as we walked under the shower head.

She turned to me and leaned her 6 foot tall head slightly down as we began making out and caressing each other's pumped up bodies under the warm, steamy water. I poured some body wash in my palms and then squatted down to rub it into her glorious quads and muscle-bound calves. As I did that, Audrey poured some shampoo in my long hair and began washing it and giving me an amazing head massage. It felt amazing, her strong hands were pushing into my scalp with the perfect amount of strength and my own hands were enjoying feeling the bulging muscles in her growing legs.

I eventually made my way up to the standing position but reached my arms around to clean her rounded, muscle-filled glutes. Their surface was perfectly sculpted and I loved how hard and slippery they felt. I couldn't hang out there for long before I decided to slip my fingers into her cunt. She jumped with the jolt of my fingers in her cooch and I quickly began finger banging her. I knew just how to stimulate her clit and I was rubbing it firmly and rapidly. She deserved every bit of pleasure I was providing her!

Today was about Audrey and I was happy to perform this erotic game with her. As I continued to gratify her immensely with my right hand, I closed my eyes, grasped her left glute muscle in my other hand and stroked her faster and faster. "Ohhh, Ohhh, Ohhh, Ohhh." She continued to say softly. But my magic fingers against her growing, hardening, little clit had her in a hypnotic trance. She leaned her head back and let the full force of the warm shower water hit her gorgeous pecs. The water streamed down her ripped abs on to my arms and hands as I played with her.

Within minutes, Audrey was taking in little short breaths as the erotic pleasure was too much for her to relax enough to take in a big one. Her more tense body gyrations told me she was ready and I began to stimulate her clit even harder and faster. The tense force my fingers were providing against her g-spot sent shockwaves through her body and with a final gasp and scream, Audrey began to squirt. She had reached full orgasm and my hand was immediately wet by the warm shower water and Audrey's juices simultaneously. I bent down and eagerly began to lap up the warm mix. I then quickly raised up to share an erotic kiss with Audrey as my fingers still provided her some delight.

As Audrey began to calm down and breath normally, we continued to kiss passionately and let the warm water stream down our pumped up, muscle-bound physiques. I was enjoying the relaxing moment when Audrey broke the silence and spoke up. "D." she whispered, "I actually invited you here alone to ask you something." I was immediately nervous about what it was but had absolutely no clue.

"I know you love Sarah and she could probably hook up with any guy or girl she wants." Audrey continued.

I nodded my head in agreement but didn't say a word, I was eager to hear more.

"But, I really want her for myself...forever."

Still I kept quiet and again just listened.

Audrey continued again, "And I know I'll need your blessing since Sarah just respects you so much. And I love that, and the relationship you have with your sister...but, umm, well...what I'm asking is...Would you be OK if I asked Sarah to marry me?"

My mouth dropped. Audrey was hotter than fuck! She could have any guy or girl she wanted!!! I loved Audrey, I loved that she and my sister were dating...

"Of Course Audrey!" I answered. "Of course I would be OK if you asked Sarah to marry you. I know she loves you more than anything. Yes, Yes, Yes!"

Audrey got a massive smile on her face and began laying quick peck kisses all over my face. "Thank you! Thank you! Thank You!" she repeated over and over again as she embraced me tightly.

I thought she was going to kiss me and say Thank You forever, but eventually she finally calmed down and we decided to actually get out of the shower and dry off. And speaking of Sarah, as we got back to our locker Sarah had sent us a group text which read; *I just saw that amazing Instagram post from the gym! You two better get over here immediately, I want to bang the shit out of you two hot little muscle babes Right NOW!!!* I laughed and smiled at Audrey and said, "Let's go get some cock!" Audrey gave me a quick peck, smiled back and said, "Absolutely!!!"