

Mutual Admiration

Claire was enjoying the tight embrace of her good looking cousin Ethan. She had admired and had a crush on him for years. She never could have imagined this crush turning into anything and she really had her other cousin Elena to thank.

Elena had been the one who encouraged Claire to show Ethan her leg muscles on that Christmas afternoon. She was of course embarrassed to do it and timid. She and Elena thought that working out at that time was cool and enjoyed the feeling of getting stronger. She remembers loving the feeling of seeing actual firmness in her arms and legs. She got obsessed with it and was even more excited when a little bicep appeared in her arm after only a few months hitting the weights with her cousin. That led to them secretly working out, unknown to their parents for the most part and especially Ethan.

Ethan had been around a little but he would often retreat to his room to play video games and was starting his YouTube channel.

So as he worked away up there growing his viewer base, Claire and Elena had been down in the basement growing their muscles. Claire thought it was funny that when she originally flexed her leg muscles for him, he had just assumed she was a little fat, not in shape and muscular. The look on his face when he realized she had hard, strong muscles under her white leggings was one she'll always cherish and never forget. She was afraid he would find her muscles gross, but to her surprise, he really seemed impressed and in awe of them.

Ethan's girlfriend Kim was the pretty, popular, tan, skinny girl. As Claire's muscles started growing, she assumed her chances of ever being with Ethan were getting worse, not better. But as he started watching their social media posts over and over again, Claire knew there was a mild attraction. But then he watched them more and more and more. Claire knew then that she had a chance. She had a chance to lure him in before he found some other fit girl on the track team to get with. That's why she had to make her move. She had to spend hour after hour in the gym. She had to start wearing sexier and sexier clothes around him, and she had to make that move and get that first kiss. Once that happened, her only goal was to try to wrangle him away from Kim and get her cute cousin to be hers.

The plan seemed to be working better than she could have ever dreamed just a year earlier. Claire had never had a boyfriend before. To be honest, Ethan was always so cute and so cool, no other boys she met at school ever measured up to her cousin. Most would consider it a very long wait to go your whole life and almost through your senior year of high-school without having a boyfriend, but as she stood there now, holding Ethan tightly against her body, her muscles in his grip and his full admiration upon them, she knew the wait was worth it.

If muscles were what Ethan liked...he was going to get a lot more of them!

“Ok Eth.” Claire whispered to her admiring cousin, “Let’s get this workout going again!”

Claire wanted to embrace her cousin forever, but the adrenaline and energy from the Orange Blaze was absolutely making her jittery and unable to stand still. She slowly released her tight grip from his torso. He got the message and looked back into his cousin’s gorgeous athletic face and leaned in for one more quick kiss. With his eyes closed and his palm still grasping her bulging bicep, Ethan enjoyed that last, quick, tender moment before releasing his grip and slightly backing away.

His cousin was now the most beautiful creation he had ever seen and the way her sultry, sexy, full, strong muscles hung on her frame was a sight to behold. He couldn’t believe his luck in having such a gorgeous creature infatuated with him too, and the fact that she lived under the same roof was an unbelievable stroke of luck. The last thing on his mind right now was Kim and he couldn’t wait to see his muscular cousin workout and pump up her growing muscles even more.

As Claire walked over to the preacher curl station, she noticed Ethan had grabbed his phone and was now videoing her simply moving around and loading up the bar. To Ethan, her every movement was the new, sexiest thing he had ever seen. Just the way her curvy, strong, flexing and relaxing muscles moved around during normal activity got him hot. She didn’t have to be hitting a biceps flex, or have to be standing still, lifting a weight. Her every motion was now a drool worthy experience.

“What are you doing Eth? I’m not even lifting yet.” Claire asked, knowing this wasn’t really an IG or SNAP worthy video.

“I don’t know.” He responded, “I just couldn’t help myself I guess.” Was his simple reply. No real explanation needed...he just wanted video of his cousin that was alluring to him. Ethan didn’t have her IG or SNAP followers in mind at all.

She smiled widely. Once again, Claire was realizing just how much the boy she had admired and almost idolized for years, was now feeling the same way about her. She had a quick idea and stopped putting the starting weight on her bar. “Oh Eth, do me a quick favor and re-rack those dumbbells won’t you?” she asked with a cute smile.

She had a fun little plan and hoped it would work.

Sure enough, Ethan leaned down and still holding the phone in his left hand, grabbed the dumbbell handle with his right. He went to lift it and had certainly not anticipated how heavy the fucking thing was. He was leaning over and hadn’t tightened his core. As he lifted the weight just 8 or 10 inches off the ground, his balance was shifted violently and he dropped the weight as he almost fell over to that side and banged into the rack.

“Oooops!” Claire chuckled but then quickly asked, “Are you OK?”

It was funny to see him underestimate how heavy the dumbbell was that Claire had just curled so many times. She didn't expect to see him struggle so mightily with it though, and him falling into the rack was more than she expected to see. Claire obviously didn't want to see him hurt, she just wanted him to realize how much weight she had just curled.

A little embarrassed, Ethan kind of half chuckled back and then tightened his core, reached down and firmly grabbed the dumbbell. This time he was more prepared and he didn't fall over. He waddled over the few steps and went to put the weight in its proper spot up on the rack. "God he's cute!" Claire said to herself as she watched her cousin lift the weight.

Unfortunately, he was only able to lift it with the one, free arm and hand, to within a couple inches of the cradle that was marked 50. He kind of tried to lift his shoulder to make up for the distance that the edge of the round plate was short. It didn't work because the slight curl in his arm had weakened slightly and again the height of the rack was just barely too tall.

Not wanting to show failure for too long, Ethan quickly put the phone in his other hand into his back pocket. He now reached over with his free hand, and with both arms, was able to lift the 50 pounder up and place it nicely in its proper cradle.

Ethan was such a stud track athlete, Claire was actually surprised he was so weak in the upper body. For some reason it was a huge turn on and lightning bolts of excitement shot through her veins. She wasn't even previously conscious of what a massive boost it would give her to be much stronger than a guy, but it was! She couldn't help her inner feelings and it gave her a subconscious satisfied, joyful feeling that she would soon become completely addicted to.

As Ethan turned towards Claire and started to move forward to grab the other dumbbell, Claire was standing confidently above it. She slowly reached down between her buff, muscular quads, and picked it up easily, like it weighed five pounds, not fifty. She then curled it up, almost easily, now that she had rested her arms a couple minutes since that last set. Her biceps muscle again flexed enormously and left Ethan in awe of its gorgeous, perfectly rounded, full shape. She confidently slipped past Ethan, reached out and carefully, quietly, with full control, placed the weight in the slot next to the dumbbell her cousin had just struggle so mightily to place.

With a very cute, almost giddy, wry smile, she looked at her cute cousin and said, "Sorry about that Eth. I forgot just how heavy that weight is for most people. I'll make sure to re-rack my dumbbells from now on when they're this heavy."

SMACK!

Ethan slapped her hard in her flexed, rounded, muscle-laden shoulder as they both laughed hysterically at her smart-ass dig!

It was that verbal and physical interaction which was solidifying their bond and without a second delay, Claire reached out and again wrapped her herculean arms around her cousin. He

wasn't expecting such a quick reaction and her strong muscles had trapped his own arms down at his sides. She pulled him again into her large, muscle backed breast and leaned into him for a sweet, wet, warm, passionate kiss.

He loved the feel of her rock hard body and the heavy weight of her arms was almost crushing him into a blissful conclusion. Their tongues played a lustful game as they wrestled inside their mouths. They were both beyond enamored with each other and a molten lava temperature warmth and love was billowing between them.

Although his arms were easily pinned against his sides by his really strong cousin, Ethan managed to move his lower arms up and reach out his hands. As they kissed, he began groping her magnificent, hard, rounded glutes. They felt like heaven to him and their shape was absolutely perfect. The strength they possessed had to be extraordinary and he imagined ogling them in a couple of her posts on SNAP and IG where she and Elena were doing a squat workout. The knowledge of just how strong her ass was really tuned him on and he had a boner practically exploding out of his shorts!

Claire felt it rubbing hard into her leg. She slightly backed her head away from her gorgeous cousin. She looked him dead in the eye and asked, "Want me to?"

She was obviously a little nervous in asking. She had never given a blow-job and she was sure that Kim had probably given him many. She would definitely be out of her element and the power shift from her being so strong in the weight room, but completely inexperienced in giving oral would occur. She knew he liked her strength and muscles by the way his shaft was reacting...would he still be so enamored by her if she was awful at satisfying him???

But Ethan was game. He simply nodded his head up and down and slowly, erotically dragged his tongue across his lower lip.

That was her cue and with some uncertainty and jitters, Claire slowly lowered down to her knees. She was now eye to eye with his crotch and she slowly reached out and started to slowly pull down his shorts. Ethan looked down at the top of his cousin's head. Her wide, rounded, muscle capped shoulders looked massive from this angle, and it turned him on even more than he already was, just ogling their sheer size.

He couldn't believe how lucky he was and was ready to make his new relationship with Claire official!

CREEEK!

The door to the basement gym opened and the dim light of the weight room was now overtaken by the brightness from above.

Claire jumped to her feet and turned to that direction. Ethan took a couple steps back and gave the two just enough space to keep anyone from realizing what was going on.

BLAM BLAM BLAM!

“Claire...Claire...are you fucking kidding me!!!” Elena yelled as she streamed down the stairs.

Shocked but trying to act like nothing was going on, Claire said, “What?...What’s the matter E?”

“I thought you were going to wait for me to get home first. We were going to do arms today and we said 3 O’clock!” Elena complained to her cousin.

“Oh my God Claire! Holy shit...look at your fucking arms. They’re huge!” Elena then blurted out, unable to carry on her complaint and argument with Claire as she was completely awestruck by the newly, pumped up size of Claire’s biceps.

She reached out and took her cousin’s pumped up biceps in her hands. “Wow!” was all she could say as she continued to squeeze and hold it.

Claire couldn’t resist and flexed her arm massively for Elena. Her cousin’s knees almost buckled at the sheer hardness and pump of Claire and she immediately asked, “What the fuck? How are they so damn big right now?”

“Well, you can thank your awesome brother for that E.” Claire answered honestly.

“Huh? What do you mean?” Elena asked quickly.

“Ethan bought me an early birthday present. Check it out.” And Claire pointed to two huge bags of Mutant branded supplements, protein powders, pre-workout stuff and some pills.

Elena quickly dropped to her knees and started browsing through the bags and all the goodies. As she did, Claire and Ethan locked eyes and smiled, laughing about almost going further than they had ever gone before and also at the fact that she had almost got caught giving her cousin a blow-job. Ethan stuck his hand in his drawers and kind of adjusted his member.

Elena looked up and back at her brother. “Are you serious Ethan...this is like \$300 worth of stuff!”

“Ummm, maybe a little more.” Ethan answered his sister with a funny cringed look on his face.

Even Claire didn’t know it was that much. She took a step over towards him, gave him a huge, powerful hug, kissed him sweetly on the cheek and said, “Thanks again cuz, you’re the best.”

Ethan kind of blushed, didn’t know what to say and had a bit of a guilty look on his face, thinking somehow his younger sister knew they had something going on...even though she didn’t.

“Ok, well, you’re very welcome Claire. But I better get upstairs and start another You Tube video to pay for all that stuff.” He joked as he patted his sister on the head and walked upstairs.

Ethan could hardly comprehend what had just overcome him in the gym. He was absolutely entranced by his cousin's muscles and during that moment of weakness had actually fondled her biceps and kissed it like a little muscle worshiper. Who the hell had he become over the last few weeks? Why was he so fucking addicted to Claire's growing, pumped up muscles? And Jesus she was strong. She had curled that damn 50 pound weight that he could barely pick-up and put back on the rack. With all that Mutant product he had just bought her...he knew she was going to become even stronger than she was now and way more strong than he was. He still had the few meets left of track season, but as soon as that was done, Ethan thought he might start lifting some weights too.

Down in the basement, before Elena let Claire continue the workout, she made her cousin wait. Elena took a big gulp of Orange Blaze and then ran to her room and threw on her workout clothes. It didn't take but a couple of minutes, but by the time Elena got back down to the gym in her little shorts and small crop top style cut off shirt, she was already feeling the buzz.

She couldn't wait to lift something and so Claire waited patiently for Elena to get through her first set of curls. As Elena started her 20 pound warm-up set, she could already sense more energy, more strength than normal. She blasted through fifteen reps like it was easy as pie. She then waited only a minute, then grabbed the 25's. They went up easily as well. Within a minute, she had slowly, steadily, curled out another fifteen easy reps.

Both girls were giddy-excited and a little surprised so Claire quickly grabbed her camera and knew this would be worthy of a post. Claire stood to the side of Elena and started the video as she began her set with the 30's. As impressive as her own muscles were becoming, Claire was overly impressed with her younger cousin's quads and hamstrings.

Because she was videoing from the left side, she had a perfect view of the front sweep of Elena's leg muscles. The rounded swelling had been growing nicely on Elena and even more extraordinary was the fullness and sweep of the hamstring muscle that protruded greatly behind her cousin's leg. This was definitely a strong point on Elena and Claire knew she had the upper body to outclass Elena, but it seemed like Elena would be eventually passing her in the leg development category.

By the time her younger cousin finished set three with the thirties, her biceps muscle was already pumping up past the largest it had ever been. Between sets, Elena was in awe of how big her own biceps were getting and kept hitting a double biceps pose for herself, and then for Claire and the camera.

Her energy level was still at a high level, so Elena grabbed the 35's with authority. Her strong grip held the dumbbells firmly and she went into another blood pumping set. Within five reps, she felt she was going to have no problem with these and was actually going to step up to forty pound dumbbells. With great form and little body movement, Elena's legs and abs were flexed hard and serious concentration was being given to the lifts. Her growing biceps curled the 35's

an additional five times and at ten reps, Elena slammed the dumbbells into the rack and hit yet another double-biceps pose.

“Holy shit!” Claire exclaimed...“you’re getting huge too!”

Claire had an aggressive, but fun smile on her face and said, “Fuck Ya!” then walked over and gave her cousin a chest to chest bump!

These muscle-girls were on a bad ass journey and they were both going to encourage each other to get as big and strong and muscular as possible!

A minute later, Elena reached down and wrapped her sweaty, strong palms around the handles of the 40 pounders. Claire, standing to the side, did a slow-motion capture, starting at Elena’s thick calves, up to her ballooned out, muscular quads and hamstrings, up to her pumped up, strong looking glutes and then to her ripped abs and oblique’s, before finally focusing on and stopping at her beefy looking arms.

Elena aggressively yanked the dumbbells off the rack, took a step back, slightly bent her knees, flexed her torso and then began the set. With a loud grunt, Elena lifted the 40 pound dumbbell to full height. Her face had a serious grimace and with another grunt, she lifted the other arm. It too reached top-dead-center and she had successfully completed a round. She felt strong and went for rep number two. She kept grunting throughout, but eventually hit her third, then fourth then fifth, powerful rep.

Her arms were at maximum pump and absolutely on fire. Elena had to kind of swing her body back and under a little, but finally completed reps six and eventually seven before she couldn’t get another. Claire screamed loudly as Elena dropped the heavy weights to the ground and she hit her final, massive, biceps flex for the camera! Claire gave her a high five and chest bump back and they laughed and hugged in celebration!

“Post it! Post It! Post It!” Elena begged of her cousin following the biggest arm pump she’d ever experienced in her life.

Claire excitedly obliged, posting the curl sets and double-biceps pose video to IG and SNAP.

They then put down the phones and got serious about the workout again. They piled on the weights and reps for their barbell seesh. Then, after lifting the fuck out of those sets, did some cable curls and then the concentration harness biceps curls.

The harness is the exercise Claire likes the most. The contraption hangs over the shoulders and a hard piece of cupped metal keeps you from swinging your arms and cheating on the reps. The added benefit, is that it really pushes against the muscle and makes it look huge. Claire was sure to have Elena get pics of her biceps as she pumped them up as big as they’d ever been and got the added benefit of the curved metal push.

Her size was absolutely jaw dropping and Elena was gushing with excitement as she took the pics and laughed at how huge her cousin's massive biceps and triceps looked. This just isn't normal for a girl a week away from her 18th birthday and it was ultra-impressive!

They finally finished their workout and it was crazy how sweat covered and muscle pumped these two teen girls had become. There was a definite mutual admiration brewing between the two and Claire gave her younger cousin a firm pat on her gloriously formed, muscle-laden ass as they headed up the stairs and into the house.

They pounded a protein shake in the kitchen and then headed up to their room. Claire called first dibbs on shower so Elena knew she'd have to wait and hope her older cousin didn't use up all the hot water. She took a quick look at her social media to see if there were any views yet on her post.

Not only was there views, but Ethan had already given her a heart emoji and watched it 8 times. Elena was so happy her older brother admired her growing physique. After spending her entire life worshiping the ground her smart, athletic, popular, cute brother walked on, it was nice to get a small amount of admiration back from him.

Elena absolutely loved the pump she got from Claire's Orange Blaze and she knew she'd want to use it before every workout from now on. She had to do a little begging and decided now was as good a time as ever.

She quietly walked over to Ethan's room and slowly opened the door. He was sitting with his back towards the door and in his gaming chair. Like usual, he was playing and posting his performance on his YouTube channel. He noticed the light and he quickly threw his phone face down onto the desk in front of him. It looked a little suspicious and Elena wondered if he was sitting there watching her SNAP post again.

As she approached his gaming chair he kind of looked away from the huge gaming screen and peered up at her. She had a shit eating grin on her face and quickly hopped on his lap and wrapped her arm around his neck, smashing him cutely, lovingly with the weight of her muscular body. He tried to reach forward to put down his controller, but she was so muscular and heavy now, he couldn't budge her. She slowly grabbed the controller, reached out with her massively pumped arm and placed it on the desk for him.

He was shocked at the sight of her. In person, his younger sister was even bigger and more muscle-bound than in the videos he just watched of her. She grabbed his hand, placed it on her gorgeous, muscular quad and said, "Hey bro...umm, I have a favor to ask."

He was still kind of shocked at the muscularity of Elena, but managed to collect his thoughts enough to say, "Sure E, what's up?"

"Well, I know it's not my birthday like Claire, but, that Orange Blaze was too good and worked too well to not have immediately. I mean, look at my bicep bro." she finished as she flexed her nicely pumped bicep just inches from his face.

"It's literally the biggest and hardest it's ever been...I swear...feel it." She said as she grabbed his hand and now placed it atop her rounded, pumped up arm.

He laughed and blurted out, "Holy Shit E!" as he realized just how fucking buff his little sister had become.

"See!" she went on with his palm still grabbing her pumped up arm, "Is there any way you would maybe, um, well, buy me some supps too. I just want to be a bodybuilder like..."

"Sure!" Ethan cut her off before she could go on. "Sure, I'll get you some supps too as an early b-day gift."

"Oh Ethan! Thank You! Thank You! Thank You!" she said loudly as she showered him with loving small pecks all over his cheek and forehead.

He was enjoying the feel of his sister's large biceps in his palm and her heavily muscled quads on his legs. Her constant admiration and kisses was giving him feelings that he wasn't supposed to have about his sister and he knew he needed to end her presence quickly.

"OK, Ok, Ok sis!" he shouted, "Now get off me and let me make some damn money on this game. We can go get you a batch of that Mutant stuff later on!"

"You're literally the Best Brother Ever Ethan, I swear to god! Thank you again!" she said with heartfelt emotion and she gave him another big kiss on the cheek before hopping off of him.

Happy and smiling from ear to ear, she slowly turned and walked out of his room toward hers and a nice warm shower. He watched his little sister's every step as her calves, quads and hamstrings bulged with each stride and he simultaneously adjusted his half-hard shaft after the hormone pumping moment.

Covered in his sister's sweat, Ethan immediately realized he was soon going to be surrounded by some seriously pumped-up, strong, muscle babes. And he was going to devote every spare second of time to making as much on his You Tube channel as needed to keep them full of supplements and protein to get them as strong as muscular as possible!...