


*Today, we will cover the basics of the Bench Press.*



*We haven't worked much with weights, but give your current 'configuration,' pushups won't be effective.*



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**BradenGTS**  
SIZE ARTIST



*Yes, put your fingers just like that. Try not to squeeze the bar.*





**BradenGTS**

SIZE ARTIST



*I'm ready to begin.*



**BradenGTS**  
SIZE ARTIST



**BradenGTS**  
SIZE ARTIST



Wait! Not before I get clear~



**BradenGTS**  
SIZE ARTIST







**BradensGTS**  
SIZE ARTIST

Ahhhhh



Hmmm?





**BradenGTS**

SIZE ARTIST





**BradenGTS**

SIZE ARTIST



*\*Plompf\**



**BradenGTS**

SIZE ARTIST

*2b, I need some help, they are so soft everytime I move, I seem fall further in.*



*Was this the plan all along then?  
When you suggested this over push ups?*





**BradensGTS**

SIZE ARTIST

*As strong as I have gotten  
over these past sessions,  
these have remained so soft.  
I can't blame you.*





**BradenGTS**

SIZE ARTIST

*What? No! I simply fell from the bar... I am a professional!*





**BradengTS**

SIZE ARTIST

*Either way, it is time I thanked you for helping me sculpt this new body. And I imagine this will be more than the reward you ever expected.*

**Squish**