

## Chris and Paige – Chapter 1

DING!

The elevator stopped at the 11<sup>th</sup> floor of a large office building. The door opened up and Chris quickly recognized his co-worker Paige. She was a cute redhead a bit younger than him, probably 26 or 27 he figured. And, her 5'6" body was a bit more plump and out of shape compared to the girls he worked out with at the cross fit gym. Even so, he was polite and still gave her a quick smile and head nod as he walked in and she walked out.

Paige recognized her co-worker as well from the office and gave him a nice smile in return. She thought he was kind of cute too, but maybe a little skinny. He was tall at 5'11", but her last boyfriend was probably his same height, but out of shape and about 225 pounds. Chris seemed like a real fit 175 or 180 to her. Paige hadn't talked to him directly though, since they worked for different departments of the company. She was in HR while he worked on the sales side of the software company. With 40 employees, you saw and recognized a lot of people, but didn't really hang out with and talk to them all.

She didn't give the encounter much thought however. Paige knew a slightly older, fit, cute guy like him probably wouldn't be interested in an out of shape girl like herself. So she quickly pushed that thought aside and headed down the street to grab some food. But as she looked at herself in the reflection of the glass on the outside of the office building as she walked, the wind kind of blew and her dress and flipped it up a bit, exposing her soft, slightly flabby legs. Paige was not happy with the little bit of cellulite she definitely saw and decided to make a small decision, that would end up transforming her life.

Instead of getting a burger and fries like her usual, unhealthy lunch choice, Paige headed to a different spot. It was a poke bowl restaurant and the food there was much healthier. As she made this simple decision and waited for her order, she happened to see an advertisement on the counter. It was for a local gym down the street, also within a short walk from the office.

The gym was offering a free 10-day pass and also a free consultation with a personal trainer. Intrigued, especially after catching a glimpse of herself in a reflection a few minutes prior, Paige decided she'd hit up that gym on their offer after work.

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The work day finally over, Paige hadn't run into Chris, but that didn't matter. Paige was a bit embarrassed about how out of shape she had become and was more worried about getting fit before chatting up any guys anyway. She rode down the elevator and made her way outside. She walked down to the gym with their advertisement in hand.

As she walked in, she was immediately intimidated by the sounds of loud cardio machines and also the clanging and banging of weights. She had never been an athlete in her life, nor gone to

a gym. The fear factor hit her like a bolt. Paige paused for a moment, turned and started walking back to the exit. As she was about to leave, a friendly voice called out to her. She turned and noticed that it was a very pretty blonde girl behind the counter asking if she could show her the gym before she left. Paige was shocked that the girl had so accurately called her out on being new and obviously not a member of the gym...thus needing a tour.

"I see the 10-Day free trial pass in your hand miss. I'd love it if you gave us a chance." The cute girl said to her.

"Oh, umm. Ya, you're right...I guess a quick tour would be great." Paige answered back, not wanting to be rude and also a little taken by the friendliness of this girl she'd never met.

"Welcome to Lunar Gym, I'm Lauren." The gym girl introduced herself and stuck out her hand, looking eye to eye with Paige.

"Hi, I'm Paige." She returned the greeting.

"Oh, I just love that name." Lauren complimented her quickly.

"Thanks." Paige responded, "I really like Lauren too."

"Well then, some mutual admiration already. What brings you in to see us today?" Lauren asked.

"I guess I was really just curious." Paige said back. "I am not in the greatest shape and I thought I might try you guys out and see if I like it. If so, I'd consider joining so I can lose some weight and tone up a bit I guess."

"Well you've picked a great gym Paige. We work with each member on their fitness goals and help tailor a plan to help them meet and exceed them. You can join several group classes, work with one of our personal trainers, or just come in and do your own thing. But the cool thing is, if you allow us, we actually will reach out to you weekly to make sure we're motivating you to come in." Lauren finished.

"That sounds awesome." Paige responded. "I've never worked out, so I might need a little push every once in a while when I start out."

Lauren and Paige hit it off well. As they toured the facility, Paige couldn't believe how unbelievably hot Lauren was. She was wearing small, black, tight workout shorts and the way her rock hard ass kind of flexed and bulged out with each step was mesmerizing. Paige knew she'd never have an ass that amazing, but it would be something to shoot for. At the same time, Lauren's legs were muscular and bulged with each step. Again, Paige had never really seen or considered this kind of muscle on a woman attractive, but on Lauren it definitely was.

"Why had she never even considered developing nice, fit muscle on her frame?" Paige thought to herself.

Like most people, Paige had never really been exposed to a woman so fit...so she didn't really know it was a thing. Lauren's ab muscles were ripped and even her arms seemed to have quite a bit of thickness to them. Dressed up, Paige knew Lauren would probably look like another cute, twenty-something year old. But in this gym wear, she was a fit, hot, rocket. This was the first time seeing gorgeous muscle on a girl and Paige's original goal of just firming up a little and losing a little weight, immediately changed to thoughts of becoming her own Lauren!

The tour went well and Paige was hooked on at least trying out the 10-day trial. She thanked Lauren for the help, signed the necessary paperwork and picked up some of the more modest workout clothes from a retail area near the entrance.

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The next day at work flew by and at 5 O'clock, Paige slipped into the women's room to change. She pulled on some tight fitting black yoga pants and a loose fitting Lunar Gym hoodie she picked up from the gym yesterday. Even in the tight yoga pants, it was obvious that she was carrying some unwanted pounds and Paige waited till the coast was clear to walk through the office and hit the elevator.

She pushed the button and hurriedly waited. DING! The doors opened and she quickly walked in. Unfortunately, before the doors closed, a hand reached in and made them open again. Horrified that someone would see her wide hips and thick legs she didn't know what to do. A moment later, Chris from sales walked in.

Paige flashed a fake smile, embarrassed that he was now seeing her out of shape figure.

He smiled back and said, "Hey, you go to Lunar huh?"

'What?' she said back, not knowing what he was talking about.

"Lunar Gym. The hoodie you're wearing." Chris said back.

"Oh. This. Yes, I just started. Hoping to get into shape for the summer." Paige answered honestly.

"That's great." Chris replied. "I started going to Zen Cross-Fit before last summer to do the same. It worked and I'm as fit as I've ever been. Just stick with it and enjoy the journey."

"He was really nice and super positive." Paige was saying to herself as they rode down the elevator. No wonder he's in sales.

They hit the bottom floor, said a quick goodbye and went their separate ways. Chris had mentioned that he was heading to Zen, while Paige was going to walk down to Lunar. As Chris walked away, he again found himself thinking that Paige was really cute. "Too bad she's a little young and a bit out of shape." He thought...

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Paige walked into Lunar and was greeted again by the smiling, friendly Lauren. "Great news." Lauren said to her, "I get to take you through your first workout."

"Oh...so cool!" Paige replied. She already felt kind of comfortable with Lauren so that was going to be perfect. Plus, she had spent much of the day thinking about how unbelievably attractive Lauren made muscles look on a girl. And Paige would be able to get the perfect advice on what she could do to build a similar physique.

"So the first thing I need to know is what your fitness goals are Paige." Lauren asked before setting them out into the workout area.

"Um. Well, I don't really have any exact goals for like a sport or anything." Paige replied, "But like an ultimate goal would be to have a physique kind of like yours." Paige answered honestly.

"Oh, well thank you Paige." Lauren said back with a bit of a blush and a smile, "For me it was a combo of diet and weights and plyometric and Olympic lifting."

"Well, whatever all that means, it worked girl. Seriously, you look amazing." Paige again complimented her.

With that, Lauren led her through a basic workout of a little cardio to start. Then they worked on some bodyweight exercises like squats and pushups. Next they went to some of the machines, then the free weights and finally some work on the Olympic platform.

Even 25 air squats had Paige's legs on fire. She wasn't able to do a real push-up, but was able to do some sets of four and five with her knees on the ground. Some of the machines were easy enough to understand, but of course she did most of them with only a couple of the plates being activated. Finally, Lauren taught her a bunch of Olympic lifts with a bar only.

Paige was like a sponge. She was taking notes, writing down everything and wanting to make every exercise and bite of food count. Her work ethic and focus in high school and college had got her good marks and a good job. If she did something, she focused hard and accomplished it. In her mind, her fitness journey would be the same and lead to similar, successful results.

As part of the process, Paige knew she needed to take her own measurements. Her waist was as large as it had ever been, her clothes all were tight fitting...and not in a good way and her weight was at an all-time high. When she weighed herself that first day, she was shocked and embarrassed that she weighed so much. A 5'6" girl with her build should probably weigh between 125 and 130 pounds she thought. But she far exceeded that. Paige was up to 158 pounds of soft, weak, mass. She knew she had to change that and would workout with anger and intensity until she could lose the pounds.

By the weekend, Paige had completely cleared out all of the crappy foods and snacks from her apartment. She loaded it with fruits, veggies, nuts and proteins. Lauren had helped educate her on the best workout supplements available and when to take them. So by Monday, Paige had the game plan in place, the nutrition aspects in place, and was ready to go. The soreness

from the first few days in the gym was still lingering a bit, but from now on, she was going to begin to love the sore feeling...knowing it was the feeling of progress.

And she kept to her plan like a bee. Her workouts were intense and regimented. Her effort was at a maximum and by the end of the first month she had made great strides. Paige had lost 9 pounds and was at a little more reasonable 149. Her clothes didn't fit quite so tightly and she carried herself with more of an athletic, or easy stride, instead of being a bit labored.

In addition, Paige was proud of the progress she was making in her lifts. She went from curling the 20 pound barbell for a maximum of ten reps, and was now curling the 40 pound barbell for sets of ten. She was able to actually do 8 guy pushups instead of girl ones; and she also was enjoying the feel of her arms as they seemed harder, firmer and surely a little stronger.

Paige walked into the girl's room and pulled off her hoodie after her most recent workout. She wanted to take a good long look at herself in the mirror and evaluate her progress visually. She liked the look of her seemingly more athletic looking face. Some of the cuteness still was there, but the slight roundness to her jawline seemed more angled, more athletic, even, dare she say...more pretty.

She was a little surprised to see a vein kind of visible running up her neck. She felt it, it was hard and full of blood, feeding her head with much needed oxygen she figured. But she had never noticed it before. Was it new, or had she just been dismissive of it?

As she peered at her shoulders, they seemed to be growing. She put her two hands on the bathroom sink, her arms straight and locked. As she slightly moved her weight forward, the shoulder caps flexed tremendously. There was muscle there and it was buff and rounded. She couldn't believe it. It was actual, real, visible muscle. Paige had never once flexed and seen a bulge on her body before, but this was staring back at her impressively.

Paige got a huge smile on her face, realizing that this working out and eating correctly does pay off. And she was glad there was some size to her shoulder caps. She never even dreamed of, or thought about having strong, muscular shoulders, but here they were. Some people have a propensity to develop certain body parts faster than others and at this point, she knew her shoulders were her genetic gift.

Giddy with excitement at her new found muscle, she decided to lift her arms up and try a double biceps pose. Wow. They were firm and there was actually some hardness and slight, very slight hump to the top side of her arm. Paige had never owned a bicep in her life but now...it kinda seemed like she had one. She reached her left hand over to feel the little, developing hump on her arm. Yep, it was hard. And not only that, the bottom of the arm wasn't loose and flabby. It had tightened up and there was some firmness to it as well.

Paige threw her hoodie back on and quickly made her way back to her apartment. She took a warm, refreshing shower and was enthralled with her own body for the first time in her life. Normally, she just took a shower to get clean and get to work. Now, she was eagerly filling her

hands with warm, slippery soap and inspecting and massaging herself. She flexed her leg and then rubbed soap all over its surface. Paige then drug her hands slowly up and down upon it, knowing there was some muscle developing underneath the little bit of fatty tissue she still was working off. Eventually, she knew it would just be a muscular, hard leg...gorgeous to the eye and intoxicating to the touch.

As she continued to glide her slippery palms all over her body, she loved the firm feel. Was she actually on her way to becoming a hot, muscular beauty like Lauren??? If so...she absolutely could not wait!

She got out of the shower, looking at her own reflection in a new and exciting way. She saw and noticed an overall improvement. Paige was used to working hard to reach her goals, and this new focus was going to be so fun!!! Naked, in the dimly lit room, she walked over, slipped into bed and got out her ipad. Instead of looking at the swimsuit and bikini models for inspiration, she was becoming insanely curious, so she typed in the google search bar: *pretty muscular woman*.

"Oh my God!" she thought to herself. In the past, she probably would have thought of them as gross. But not now. There were hundreds and hundreds of images of these muscular women. Many were beautiful, buff, confident. Flexing their muscles and smiling and knowing how hot they were. Paige had seen some muscular woman in memes and in a couple of movies, but they were always portrayed as butch, wanna be men. Not these girls on google though. They were smoke shows.

She eventually hit a link to a YouTube page. There was this gorgeous blonde doing a posing routine. Her name was a little hard to pronounce but as she flashed her biceps and boobs and butt on stage, Paige became mesmerized by her. She was buffer than any woman Paige could have ever imagined being this beautiful and hot. Her name was Denise Rutkowski. A female bodybuilder from the 1990's. Her biceps were bulging, her shoulders were massive, her quads and calves were amazing!

Paige spent the next couple hours with her free hand slowly massaging and occasionally entering her pleasure zone, titillating her clit as she watched video after video of these female bodybuilders. She felt so much respect for them. Knowing how hard they had to work. The years of training. The unreal dieting. The ridicule from a public who wasn't ready to commend and honor these muscular girls. In just a month of working out, Paige had not only gained so much respect for muscular woman. She had become addicted to the pursuit and desire of becoming one herself.

Eventually, Paige refocused on her own goal, knowing she needed rest as part of her progress. She slept well and laid in peace as her work and diet from the day was ever transforming her tired body.

The next morning came quick and Paige was a girly girl at heart and like most, was eager to shop and buy herself something nice as a reward. Paige went to the shops and found a few gorgeous sundresses and matching shoes. She scoped out a few bikini's she'd love to wear when her body shape improved. And she looked at some slightly more revealing workout outfits too. But as a determined individual, wanted to wait until she hit 135 pounds before buying anything that would soon be too big for her transforming body.

She did settle on a new blouse for work though. It was frilly and white and wispy and light. It hid the small amount of extra weight Paige was convinced she was carrying in the stomach, but it was cute. The body of the blouse wrapped around her torso just above her nice sized boobs, and thus left her shoulders and neck completely exposed. It connected to sleeves that wrapped around the arms, a few inches below the shoulders and the material hung down the arm to the elbow.

With the new blouse, Paige wore some jeans that used to be tight in the waist but had become more comfortable there. Unfortunately, they seemed to be slightly tighter in the ass and also in the legs. Paige was a little confused on why they fit so weirdly, but again, was disciplined enough to wait till she hit her goal weight to buy a bunch of new clothes and outfits.

She rode up the elevator to the 11<sup>th</sup> floor and was a little surprised to also see Chris. He usually got to work after her, since HR started earlier than Sales, but there he was. She gave him a friendly smile and he quickly returned the favor. He was still cute in her mind but now she noticed a feature she hadn't in the past. He had these visible veins in his lean arms. It was obviously from all of the cross-fit workouts he did. She had somehow become keen to it now and actually found his thin, muscular leanness attractive.

At the same time, Chris thought Paige seemed really good-looking to him now. She had always seemed cute, but he remembered her as a little pudgy and kind of lethargic. She exited the elevator first and told him to have a nice day. He returned the comment but as Paige started walking in front of him to her HR area, he was taken by her seemingly new curves. Her ass seemed to be more firm and rounded as it filled out her jeans. And her shoulders seemed more attractive in a way he hadn't noticed before.

Chris headed over to his Sales area confounded by the thought of Paige. She was really dominating his thoughts and he felt like he wanted to ask her out. But she was too young he thought. Would the age difference bother her? He wasn't sure and lamented on it all day, barely effective in his sales role that afternoon.

But as the day moved along, he was determined to make a move anyway. He situated his desk and chair to give himself a slight view of the HR area. He waited patiently for the end of the work day and sure enough, as the clock hit 5 O'clock, he jumped from his desk and headed over to meet Paige at the place they kept running into each other...the 11<sup>th</sup> floor elevator doors...