

Chapter 3 – More Muscle

Ramona was up early once again. She had become more and more energized over the last six weeks. The little yellow pills she had ordered on a whim were providing her and Hannah more energy and motivation than she ever thought possible. Ramona was getting plenty of rest but it seemed to be more than that. She had 110% drive for their morning workouts, but then she also felt 110% ready to go for their evening sesh. In addition, most articles she had read encouraged a rest day at least once per week. But she and Hannah constantly had too much vigor. They just couldn't hold themselves back and had worked out every single day, twice a day since their second day in the gym. So, in only six weeks, they had worked out 83 times!

She was also consuming a large amount of food. Ramona had consumed a lot of calories before starting her fitness journey, but they were empty calories that only contributed to her getting fat. Now she constantly craved meat and veggies and other protein rich foods. Her addiction to potato chips and candy was completely gone somehow.

The new diet seemed to be paying off greatly though. Ramona had only dropped 6 pounds over the last three weeks but she was much more muscular, more defined and way stronger. Her original goal of trying to get down to 125 or 130 pounds was out the window. She no longer desired to get skinny. Her goal now was to actually put on muscle and get ripped. So the scale didn't really matter, as long as the fat was gone, she didn't give a damn how much she weighed.

Ramona threw on her blue yoga pants, purple sports bra and favorite white and blue baseball hat. She pulled her long silky hair through the hole in the back and it formed it into a ponytail. As she looked down to put on her sneakers, Ramona couldn't help but notice the increased size and hardness in her quads. They had been this large in the yoga pants before, but now it was different. They were solid as rocks and slight bulges of muscle were visible through the material. The thin yoga pants were basically highlighting her developing muscle and it turned Ramona on immensely to look at and caress her own growing, rock-hard quads.

She stood up and looked at her reflection in the mirror. Block-like ab muscles were clearly on display between the bottom of her sports bra and the top of her waistline. Just weeks ago, she was excited that if she held her body a certain way, let out her air and flexed, she could see four ab muscles. Now, four were clearly protruding out beautifully and with just a slight exhale a nice six-pack was exposed. In addition, she had started to develop a nice, deep, defined valley between her breasts. The bench press machines in the gym were definitely working and Ramona was beyond elated at the definition and size she was now developing in her chest.

Ramona took one quick glance at herself, liked what she saw and quickly grabbed her workout bag and headed out to the garage to meet Hannah. On time as always, just as Ramona wheeled her bike out to the sidewalk, Hannah was rounding the corner on her bike and headed her way. Unlike Ramona, Hannah was still a bit shy of showing off her body and wheeled up in her customary baggy sweat pants and pump cover.

But as Hannah got closer, she could see a big smile on her face and noticed that Hannah was actually kind of laughing and shaking her head as well.

“What’s so damn funny?” Ramona asked.

“Oh my lord, I probably shouldn’t say.” Hannah replied.

“What?” Ramona said, “You’re my best friend...well...kind of my only friend. Now damn it, tell me what’s so funny.”

“Ok, ok...but don’t be mad.” Hannah said with a wry smile.

“Damn it, how can I tell you if I’m going to be mad or not. I don’t even know what you’re laughing about...so I guess you just need to trust me on this one.”

“Fine.” Hannah relented. “Again, don’t be mad, but when I rode around the corner and looked a few houses down at you...umm, well, with your hat on and your long hair behind you and your arms exposed, I don’t know, they just looked really buff and I for some reason...I thought you were a dude.”

“WHAT!” Ramona said loudly.

“Don’t be mad Ramona. I just...I don’t know, with the angle I saw you, it looked like a buff guy with short hair and a baseball cap on. Sorry...” Hannah hoped her friend wouldn’t be upset.

Ramona kind of looked down at her arms. They were definitely larger and buff looking, with some triceps muscle visible on them. But Ramona liked the buff tomboy look. The fact that she had actually fooled her friend into briefly mistaking her for a buff dude made her giddy. She ran over and hugged her best friend with her two strong, muscular arms and laid several kisses on her cheek.

“Oh my god Hannah, that’s the nicest thing you’ve ever said to me.” And Ramona continued her friendly onslaught.

Hannah was glad her friend wasn’t mad but had to finally kind of push herself away and looked at her and asked, “Really Ramona...I thought you might be offended.”

“What, that our workouts are working and I’m actually buff enough to be mistaken for a dude from fifty feet away. I’m trying to get buff girl...that’s a serious compliment!” Ramona answered.

“Did you at least think I was hot?” Ramona followed up.

“What are you talking about?” Hannah asked.

“When you said you briefly mistook me for a buff dude from fifty feet away...did you at least think, “Hey, who’s that hot buff dude standing in Ramona’s drive?”

“Oh...ya...good question. I think, well, ya...I did kind of think that.” Hannah had to admit.

HUG, HUG, HUG, KISS, KISS, KISS; Ramona showed her love for her best friend over and over again.

“Anyway bestie,” Ramona went on, “Why are you always so covered up. You’re putting on some muscle too if you haven’t noticed.”

“I know, but somethings wrong. I dropped weight so quickly right off the bat, but now I’ve stalled out and I’m not getting any closer to 125 pounds.” Hannah admitted.

“Well.” Ramona reminded her, “We’ve been eating a ton of protein rich foods and taking a bunch of bodybuilding supplements. We don’t have a ton of cardio in our workouts and mostly lift weights. I think we’re still losing unwanted weight Hannah, it’s just that were adding muscle too...and muscle is about four times smaller as the same amount of fat. You’re getting in way better shape Hannah...even if the scale doesn’t say so.”

Hannah had been happy with what she was seeing in the mirror lately, but the number stuck in her head like glue and she for some reason had been laser focused on being 125 pounds by the time college started.

“I don’t know about all this Ramona, I mean, are guys in college even going to want to date a 150-pound muscle girl? Maybe I should just concentrate on cardio moving forward.”

“Alright, alright Hannah.” Ramona begged her friend, “I’ll make you a deal. You stick with my workout plan for one more month, till school starts. If you don’t like what you see in the mirror by then, you can concentrate on cardio only and shit-can my program. But please, please, please, stick with me for one more month...pleeeeeease”

Hannah looked over at her best friend. She was so pretty and glowed with confidence and beauty. How could Hannah let her down. “Ok. Fine. I’ll give it one more solid month and re-evaluate then.”

Ramona again gave her best friend a quick kiss and huge hug and said, “Alright Girl...Let’s go pump some iron!”

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As the girls locked up their bikes and walked over to the cardio section, Hannah loved how confident and self-assured Ramona seemed. The days of being covered up and timid were absolutely gone and she almost acted like she owned the place. Although completely straight, Hannah even began to really adore her friend’s confidence and especially her more muscular arms and legs. Hannah noticed the quad bulge with each step Ramona took and also couldn’t help but admire her muscular biceps and triceps as well.

At the same time, Ramona seemed to be more and more focused on Derek. Hannah couldn't really understand why, he barely paid any attention to them, was kind of a jock-bully and was even rude to them in the gym on their few verbal interactions. Hannah just couldn't care less about him, while her friend's eyes seemed to constantly follow him around when he was there.

The girls finished their 15 minutes of cardio, easily hitting Level 20 and at a steep incline. Their fitness was becoming greatly improved and they seemed to be hitting benchmarks in weeks instead of months. They continued to take the little yellow pill each day and all the supplements and food they could get their hands on. Whichever one was responsible...it was working.

They made their way over to the machine circuit now. Ramona was the record keeper and for each machine, she had their previous weight and rep counts recorded. They started on the ab machines. Ramona and Hannah loved working abs since they felt it was the best, muscular feature on a girl that all guys liked. Some guys were not as turned on by leg and arm muscles on a girl, but for some reason, all guys dig chicks with six-packs.

Like always, Hannah was hitting her sets with a fully covered appearance. Baggy sweats and of course, the hoodie. Ramona was proudly showing off every ounce of her developing abs and started doing the machine that has handles above your head and a support bar down below to lock your feet behind. You then did an ab-crunch, pulling the top bars down...which were hooked to a stack of weights behind. Originally the girls were doing the exercise with just a single plate. But that was far too easy now, and Ramona was pulling against more than half the stack. She did rep after rep after rep. By the time she finished her third set, her abs were absolutely exploding from her mid-section.

Hannah was really impressed and had to reach out and feel Ramona's bulging ab muscles.

"Holy shit Ramona. Your abs are getting insane!" Hannah complimented her friend.

On que, Ramona then flexed them hard and said, "That's the goal. Fuck having flat, ripped, cheerleader abs. I want muscle-bound, don't-fuck-with-me abs!"

"Ha Ha Ha!" Hannah laughed, "Well, I think they're in the please-fuck-me category right now girl...they're Soo HOT!"

Ramona loved the extra attention Hannah was paying to her now that she was becoming more muscular. Over the last week or two in the gym, her friend was wanting to feel her muscles more and more and kept showering her with compliments. She couldn't tell if there was more than friendship there...but if Hannah ever moved aggressively towards her, Ramona wasn't too sure she'd reject it.

The girls finished with abs and per Ramona's workout book, they needed to hit the leg extension machine next. But Hannah noticed there was a cute boy on it. She decided she'd go

over and see how many more sets he had left. From several feet away, she figured he was almost done since he seemed to be struggling mightily with the weight he was trying to do.

But as Hannah walked up, she realized she knew him. His name was Brian and they had both just graduated from the same high school. She had a major crush on him in junior high, but he was too popular and on the tennis team, he surely wouldn't go for an overweight book-worm like her. She had a couple of classes with him their sophomore and year in high school, but not since then.

As it turned out, he wasn't quite as popular in high school as he was before. He had stopped growing at 5'8" tall his sophomore year and also had a little bit of acne then too. The popular girls seemed to like the tall, GQ looking guys, so she had noticed that change. Anyway, she walked up and as he finished his last rep she needed to know if he was done.

"Hi, Um Brian right?" Hannah asked, immediately noticing that he had since lost all his acne and was really cute.

The blonde haired, blue eyed Brian replied. "Ya...Hannah, right?"

"Ya, I didn't know if you'd still recognize me without my thick glasses on." She joked.

"Of course." He replied, "I've been coming in for a week and saw a few people from school here. You and Ramona have been here every time I think." He finished with a smile and a laugh as he stood up from the machine.

Hannah smiled and laughed too and commented, "Ya, Ramona and I are determined to finally get dedicated and lose a bunch of weight before fall semester at college starts."

"Oh really?" Brian replied, "Ramona's really looking buff now. I figured you guys were trying to become muscle mommies or something."

"Ha Ha Ha!" Hannah laughed, "Oh my gosh, I was just telling her this morning she was looking pretty buff. Is it too much do you think?"

"No, No." Brian answered honestly, "I mean, it looks pretty good on her for sure. Her abs are looking great actually."

"That's awesome Brian, I'll let her know you said that...she'll be thrilled to get a compliment from someone other than me all the time." Hannah finished.

He laughed back and said, "Cool...Well, good seeing you Hannah, the machine's all yours." as he picked up his duffle bag to head to another station.

"For sure Brian. Good seeing you too." She said and kind of bit her lower lip, finding herself again attracted to her old junior high crush.

As Brian walked away, Ramona had gathered all of her and Hannah's stuff and walked to the leg extension machine. "Looks like you were chatting that guy up. Who was that?" she asked.

"Oh that's Brian Johnson from school. Remember him?" Hannah asked.

"Ya, but I thought he was taller for some reason." Ramona said.

That's 'cause he was tall in junior high and our first year of high school, but he kind of quit growing." Hannah let her know.

"Ok. That's cool." Ramona said, "He looked cute though and interested in you."

"I don't think he was interested in me, but he complimented you though." Hannah let her know.

"What? What'd he say?" Ramona asked.

"He said you looked pretty buff, and it looked good on you. Also that your abs were awesome!" Hannah answered.

"Hmmm." Ramona replied. "Nah, not my type. A little too scrawny for me."

"What?" Hannah exclaimed, "I think he's really good looking, especially now that all his acne is gone. I guess if he isn't as big as Derek...you're not interested."

"No, what. Not at all H. I don't know, whatever, let's just workout girl!" Ramona replied back, having not told her friend she was definitely finding Derek more and more attractive. But she had kind of talked shit on him to Hannah in the past and didn't really want her to know she had pulled a 180 and was now constantly checking him out in the gym.

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Hannah sat down on the leg extension machine first. She was about to take out the pin from the stack of plates knowing Brian had just maxed out a minute ago using this weight. But she quickly realized, the pin was in the exact spot on the rack where she needed to start her warm up set.

She started to laugh so of course Ramona asked, "What's so funny?"

"Umm, I hate to rat him out, but...he just maxed out with this exact weight that were about to start with." Hannah answered.

"See H." Ramona replied, "Too weak and scrawny."

"Whatever Mona...I still think he's cute though." Hannah felt like she had to defend him.

With some smart ass comments back and forth, Hannah and Ramona began working out again. As Hannah performed rep after easy rep with this first weight, she was coming to the realization that she was stronger than Brian. And not just a little stronger. As the sets went on, his max reps at only 120 pounds seemed so light. Hannah ended up finishing at 195 and was overcome

by a sense of pride and confidence. Again...not only was she stronger than Brian, a high school athlete...she was much stronger.

Hannah actually found herself scoping out and looking for Brian as he made his way around the gym. He looked kind of like a lost puppy, probably like she and Ramona looked their first week in the gym. But she liked his slim but athletic looking body. He was cute and friendly and had even complimented Ramona on her muscles. She for some reason, she loved the fact that she was stronger than him. It might have been a turn-off for Ramona, but for her...it was Game on!

As she and Ramona were nearing the end of their workout, Hannah noticed Brain had just finished a set on the curl machine and then walked into the boys room. That curl machine wasn't their next exercise, but Hannah quickly made a b-line straight over to it. Without hesitation, Hannah quickly grabbed hold of the handles and then easily curled the weight up. She did it again and again and again and knew she had just banged out 15 easy reps with what he might have maxed out on with five or six.

Hannah was now absolutely beaming with confidence. For some reason she was absolutely loving that she had stronger biceps than Brain too. She wanted to show off to him. She had this uber aggressive feeling overcome her and couldn't think of anything else. Ramona hadn't really even noticed her run over to the curl machine and figured she had just walked off to use the restroom or get a drink of water or something.

Now Hannah was having trouble even keeping track of what was going on with their workout. She kept one eye on Ramona but the other was on the entrance to the boys room. Luckily, it was on the far end of the gym, so as soon as she saw Brian come out to leave, she rushed to the front entrance of the gym and then started walking back towards their restrooms like she was just randomly walking the opposite way of him.

Hannah quickly made sure her hair was nicely back in a pony-tail, straightened herself up, good posture, smile on her face... "Oh hey Brian, you outta here?"

"Ya, you and Ramona still here for a while?" he asked back.

"Yep, but, oh, hey, can I get your SNAP?" Hannah asked in a very casual, nonchalant manner.

"Um, sure Hannah...here." And he passed it off to her.

"Cool. Thanks Brian, see you soon." Hannah said happily as she started to kind of back up and head towards the workout area.

"Sounds good Hannah. See you." Brain said and turned back towards the entrance to leave.

Yep, Hannah was smitten. He was even cuter and better looking than he was in junior high. And with her growing level of confidence, Hannah was definitely going to reach out to him that weekend and try to meet up. She had always been very shy and nerdy...she would have never

dared to ask a cute guy for his contacts. But here she was...just a couple months out of high school and approaching a guy and doing just that.

She made her way back over to Ramona and she was already into a set of chest exercise's.

"Where'd you disappear to in such a hurry?" Ramona asked.

"Oh, Brian was leaving and I wanted to get his SNAP." She replied.

"Damn girl!" Ramona said with a smile, "Look at you, getting the cute boy's SNAP. I hope you follow up with him, he might be a good first!"

"Shut up Mona!" Hannah replied in a sarcastic manner, "get out of the way." She finished as she took her position in the machine to get her chest set in.

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The girls continued their workout and by the time they finished, they had once again PR'd on every damn piece of equipment and their bicep curls too. Hannah was curling 30 pound dumbbells for reps while Ramona was still slightly stronger and curling 32.5's for 12 strict reps. Hannah wanted to try some one rep max's, but Ramona had a mapped out guide on their training and was insistent that they follow it and hold off from deviating from it.

They finished their workout and once again Hannah was sweating through her hoodie. She had been washing it regularly, but even so, it was developing salt stains from all of the wet workouts and she definitely looked like a seasoned pro in there. They gathered up their bags and headed into the girls room for the weekly weigh in.

Hannah was always first and she stepped on the scale still wearing her hoodie and sweats.

"Uh, uh H. Your baggy workout pants and hoodie are soaked with sweat. I need you to shed that heavy shit for this to be accurate." Ramona lightly bossed her.

For some reason, Hannah was a little reluctant to do it, but she kind of looked around, saw there were no other girls in their corner area and lowered her sweat pants to the ground. She was only wearing a small, almost miniature pair of workout shorts and her legs were fully exposed. To Ramona's surprise, they were full and muscle-bound. Her calves had developed a beautiful, buff, almost diamond like shape and the bottom of the calf muscle was rigid and rock-solid. Her quads had developed a nice sweep and there was a nice concave lengthwise shape separating her quad from her hamstring muscle...which also had nice, protruding shape to it.

"Oh my God H! Your legs are fucking buff girl...Holy Shit! You shouldn't be hiding those things Hannah...you should be displaying them for the whole gym to see."

"Whatever Ramona...I was just trying to keep covered up till I get down close to 125...that's all." Hannah said back...but enjoyed the compliment.

“Okay then sneaky girl.” Ramona went on, “Let’s get rid of that soaked hoodie now.”

With that, Hannah again looked around, didn’t see anyone looking their direction, so she pulled the hoodie up and over her long, silky, beautiful red hair. As the hoodie came off and hit the ground, Ramona realized Hannah wasn’t wearing anything underneath. Ramona was again shocked at what she saw.

Hannah had a clear six-pack, lats, wide, rounded shoulders and instead of breasts like Ramona had, Hannah was sporting two, gorgeously muscled pecs.

“HOLY SHIT H! You look fucking insane right now!” Ramona couldn’t hold her loud compliment back.

Hannah pulled her arms up to cover her bare chest from any of the other girls in the gym. As she did, her arms naturally formed two large, nicely muscled biceps. Ramona couldn’t help but reach out and grab one, just to feel its hardness and large size.

“Ohhh Girl...you’re turning into one hot muscle mommy!!!” Ramona again complimented her friend.

Hannah smiled. She knew she was getting more muscular, but hadn’t quite reached the expose level of Ramona in showing off her bod. She stood quietly on the scale as Ramona moved the little weights on the bar.

Tink, Tink, Tink the little bar made its typical sound as it bounced between the square openings in the scale. Finally it stopped and Ramona read the weight to her closed eyed friend.

“146” Ramona told Hannah.

“Damn it.” Hannah exclaimed, “I’m never going to get down to 125 at this rate.”

“No, you’re not Hannah, but you’ve shred off all your unwanted fat. You’re all muscle now. Look at your six-pack. Look at your awesome, muscular legs! You’re all hot, hard, strong, growing muscle...and it looks good on you H.” Ramona consoled her.

“Really?” Hannah asked, “You think guys will like all this muscle on me?”

“Well it’s a lot better than being fat Hannah...and I’m pretty sure Brian liked it. And I know I sure do!” Ramona responded.

Hannah still had her arms folded upward, her hands covering her exposed pecs. She looked in the mirror just a few feet away and her shape was better than it had ever been. This morning’s pump had made her shoulders look rounded and buff above a thinning waist and then her flared out quads. She definitely looked like a muscle mommy, and for the first time in a long time, something clicked and she really liked the reflection she saw in the mirror. Ramona was right, she probably looked a lot better at a muscular 145 than she would at a skinny, frail 125.

Ramona had walked a few feet away and then came back with a big white towel for Hannah. She quickly wrapped it around her exposed torso and now could lower her arms and not have to cover herself up.

Ramona took her turn on the scale. Again the bar bounced up and down, but it eventually came to a stop. "156 pounds." Hannah read out.

Instead of being pissed that she hadn't dropped a single pound that week, Ramona just got a huge smile on her face, lifted both arms up and hit a double biceps pose. Two noticeable biceps jumped to attention and Hannah's jaw dropped.

"Wow girl...those are bad ass!!!" Hannah complimented her.

"All done with the fat loss now H." Ramona said, "Time to put on some real muscle now!"

She stepped off the scale, muscles bulging and confidence high! She looked gorgeous to Hannah. Her face glowed, her hair shimmered, her body was rock-hard now and getting muscular. Hannah hadn't even realized it, but she actually started to drool just staring at her friend's gorgeous physique.

Ramona was brimming with high spirits. As Hannah grabbed her sweats and hoodie, Ramona said, "Hold on H...you don't need those yet."

"What?" Hannah asked.

With that, Ramona just grabbed her friend's hand firmly and said, "Let's clean up here for a change. They have really nice showers and...well, I want to lather up that new muscle bod you're rockin'"

Hannah was stunned, a bit confused, but had begun to admire Ramona's muscle bound body quite a bit lately as well...especially today for some reason. She thought for a second, got a very sly, giddy grin on her face and then happily followed Ramona as she led them to the showers...