Mega Muscle Wife

By MagnusMagneto

Voiced by: CC

[Backstory – You’re a suburban wife who is in her late 30s/early 40s. Husband is a really bright chemist who takes weight training really seriously, but doesn’t make much progress. You’ve just come back from a run, as you have a goal to get back into shape.]

Whew, that was a tough workout! Gotta keep it up to get this body of mine back into shape. Let’s see what we have in the fridge here… Hmmmm, I don’t remember putting this glass here. I bet it’s one of my husband’s protein shakes – I could use the nutrition, I bet he wouldn’t mind if I indulge.

\*drinking / glugging noises\*

Ahhh, refreshing! \*lip smacking\*

Wow… REALLY refreshing. I’m already feeling great! My baby’s such a genius and he takes his training seriously, so I wouldn’t be surprised if he hacked this drink to be extra effective. Although… he never really seems to get any real results. Poor guy \*chuckle\* he’s not much more muscular than me…

You know… I feel so energetic that I want to keep working on my body. Hmmm, I already went for a run. Maybe I should try lifting weights for once? We’ve got a pretty good setup in the basement since he likes to work out, so why not give it a try?

-

Alright, here we are. Now where to start? I’ve never actually lifted weights before, though I’ve seen enough to figure it out.

Let’s try this first – the bench press. Already some plates on it. Must be how much weight my hubby uses. Looks pretty impressive! I think that’s like… 220 pounds? \*chuckling\* I wonder if his cute little wife could manage to move this.

Alright, so I just slide under the bar like so, grab onto the barbell and \*loud grunt\* push! Wow, I actually lifted it up!

\*pleasurable groan\* Ooooh, that feels good. Weird. Alright, well bring the weight down… \*small groan\* There’s that pleasurable feeling again…

Well that wasn’t so bad. Back up again, \*small grunt\* Back down… \*smaller grunt\* Back up…

That’s funny, the more I lift this thing, the lighter it feels. \* a few small grunts – workout section\*

Strange… now that I’ve lifted it a few times, it feels like I’m holding nothing at all. I could do this all day! \*joyful laugh\*

\*few more small grunts\*

I always figured my husband would be pretty strong, but, this is too easy for me. \*chuckle\* Guess fifteen reps is good enough. I’ll try out a new exercise.

Wow, look at me! I’m looking pretty built, especially in the chest department \*laugh\* I don’t remember having this line of definition running down the middle. Well, I guess my muscles are getting pumped up. Feels good! Really good. I should keep going.

What to lift next… Hmmm… I know – squats! That’s what all the college girls are obsessed with, and I bet those would really help me get my rear into shape.

Hmmm, if I was able to bench press as much as him without too much trouble, I’d bet my thunder thighs are a lot stronger than his. \*chuckle\* Weird to think I’m stronger than him even though he’s bigger. Oh well, must be some kind of girl power!

In that case, let’s up the weight. I’ll grab one of these 50 pound plates… \*grunt\* Ooof, there’s that feeling again, feels good! And slap it onto the bar, there.

Aaand another plate for the other side; huh, funny, this is a lot lighter to pick up than the first one.

You know, considering I could do the bench press so easily, and that 50 pound plate was so light, maybe I should add even more weight? Want to make sure I’m properly challenged after all.

Let’s see, I wonder if I can lift one of those plates with each arm. \*grunt\* (strained) This is tough, but… \*pleasurable groan\* if I try hard enough…. \*grunt\* I can do it!

Alright, go me! 50 pounds with each hand, I think that’s pretty good… Anyways, let’s get these on the squat rack.

Wow, my arms are looking really beefy! Who woulda thunk that I had muscles like these hiding all along? \*giggle\* I like the way they look, may as well make them bigger! I wonder how strong I can get – it would be pretty cool to be jacked.

Anyways, just how much weight do I have on this thing now? If the bar weighs 50… and my husband already had 150 pounds on there, and I just added 200… that makes 400 total. Are my legs really twice as strong as his? Only one way to find out!

Alright, so if I recall correctly, I just slide under the bar here like so… And now I have to stand up \*loud strain\* Ooh, now this I can feel!

That's weird, my back feels like it’s a bit wider? Maybe that’s just the feeling of the weight pressing down on it. Anyways, just have to [Strained/slow:] Squat down \*grunt\* Oh god… so heavy.. But… Gotta… \* grunt \* Feels like a tidal wave of energy flowing into me! \*small groan\* Do I hear my muscles ripping?

Ok… need to stand back up… \*loud grunt\* Yeah! Got it! Whew, that was tough, but I feel amazing!

Did I just get… taller? That’s weird… I feel like the whole room shifted perspective. Probably too much blood rushing around. Oh well.

Here we go again… back down \*grunt\* Not as bad as the first time, but still tough! Alright, back up again… \*groan\*

Yeah! Now I’m getting the hang of it. Back down…. \*grunt\* Back up...

Huh, all of these exercises keep getting easier for me. Back down… \*grunt\* Oh wow, look at that! My legs are huge! They’re positively bursting with muscle! Wow, I can’t believe how good they look; I was kind of afraid of getting too big, but I’m starting to like the muscle bound look.

Anyways back up… \*grunt\* I swear I’m getting taller… this is so weird. Back down… \*grunt\* You know, this was so hard when I started, \*grunt\*, but now it’s really easy. \*grunt\* Just like the bench press.

\*few more grunts - workout section\*

Guess that exercise also became too easy \*chuckle\* Huh, my shoulders definitely weren’t above the squat rack before… And my clothing barely fits anymore!

My tank-top is more like a sports bra now! Oh my… my abs – or rather, I actually have abs! I have abs! Hard, rippling, powerful abs!

My whole body has transformed… There’s powerful muscle all over my frame, and not an ounce of fat in sight! And my thighs! They’re like tree-trunks, even with two hands I can’t even cover half of one of these quadriceps!

What’s going on? This can’t all have been caused from a single workout. And I’ve never heard of someone growing taller from lifting weights… There must be something else to it… But what? Hmmmm… Oh my. What about that drink from the fridge? Could that have caused it? I did start to feel super energetic after I drank it…

Well, either way, I want to get even stronger!

I need something to really challenge me. Hmmm… Well, this seems kind of crazy, but what if I used the 200 pounds on the bench press for bicep curls?

No harm in trying anyways. Alright, here we go! \*Big strain\* Mmmph, there it is again \*pleasurable groan\* Energy pouring into my muscles! They’re growing already! I can see and feel it in real time!

\*laughing\* Now I get it! Whenever my body is challenged, it just becomes \*grunt\* STRONGER! \*big heave\* YEAH! I’ve got the weight off the rack, and just holding it is causing my muscles to grow by the second!

My arms are bulging forward, looking more like big muscular grapefruits with deep lines of definition running through them!

Time to take it even further. \*Grunt\* [Strained: ] Lift it up…. \*grunt\* And back down… \*sigh of relief\*

This is tough, but it’s getting easier and easier as my arms grow bigger and stronger! Somehow, it’s not just my arms that are gaining size. I’ve got some huge pecs forming, and I can see my abs turning into a legitimate washboard!

Alright, curl this a few more times \*various grunts\* Mmmm, getting taller too – I can see my top covering less and less of my awesome body \*chuckling\* I must be well over six feet tall now – guess I’m now the big spoon!

Hmmm… Well, curling this has become too easy already. Let’s try pressing it overhead. \*Grunt\* Oh yeah, that’s challenging some new muscles – which is causing even more growth! \*few more grunts\*

Whew – well, even two hundred pounds isn’t enough for me! I would like to keep going, but, I think I should try and figure out what’s going on first. And besides, I’d like to show off this killer bod a bit before it gets even more buff!

My poor dear husband – I’ve become a muscle goddess in a matter of one workout, and he’s probably the same as usual! I wonder if this really was caused by that drink in the fridge. I better go ask him about it – it sure would be funny if he intended to drink it instead!