

Chapter 2 - Progress Made

A typical morning now since school got out and the girls started their new fitness journey, Hannah got up, threw on her baggy clothes, gulped down some protein and pre-workout and headed to the garage. She hopped on her bike and rode briskly to Ramona's house. What had once taken her a few minutes and some heavy breathing, now took no time at all and barely felt like work.

It had been a full two weeks of two-a-day's at the gym. She knew she had already lost several pounds and today, they were going to weigh themselves again for Ramona's tight record keeping. She was excited about it for sure. Hannah had never worked out before and she couldn't believe how much better she already felt about herself mentally and physically. Pulling up into Ramona's drive, she was shocked at what she saw.

Unlike her, Ramona was wearing yoga pants and a sports bra. Hannah was still in her normal baggy sweats and hoodie. "Oh Ramona...wow! Are you wearing that to the gym?" she had to ask.

"Hell ya Hannah!" Ramona replied excitedly, "I've got to show off these abs!"

Hannah laughed as she looked at Ramona's exposed midsection. It seemed maybe a little firm compared to what she remembered, but there was no hint of a six pack. Not wanting to be rude, she just didn't respond, other than to give a slightly questioning look.

"No, I swear Hannah...check these out." Ramona replied.

She then took her hands, kind of stood up really straight and flexed her midsection. To Hannah's surprise, there did seem to be two ab muscles at the very top. There was no definition yet below them, but certainly, there were two top abs. Hannah reached out her hand and felt them. They were hard and it wasn't an optical illusion.

"Let's see if you have them too." Ramona told her friend.

Hannah kind of resisted at first, but Ramona insisted and actually began lifting up her friend's shirt for her. The insistence worked and Hannah lifted her baggy shirt exposing her still oversized midsection.

"Ok, OK." Ramona ordered, "Now stand up straight, let out your breath, slightly curve forward and flex hard!"

With that bit of instruction, Hannah did as ordered. Her form was a bit off, her curve not quite perfect, but as she let out her breath and flexed, sure enough, two little top abs appeared.

"Oh shit!" Hannah explained. "Are these abs?"

“Damn right girl! In less than two weeks, we’ve already got some abs...fucking amazing...right?”
Ramona answered.

Hannah didn’t know how to flex like Ramona so she didn’t even realize she was making some visible progress. She was beyond excited, grabbed a yellow pill from Ramona and couldn’t wait to get to the gym. She still wasn’t ready to go there wearing yoga pants and a sports bra, but she felt like she wasn’t super far away from that point.

The girls hopped on their bikes and peddled over to the gym. They were definitely getting stronger and less exhausted. They basically hauled ass on the bikes now and what used to seem like a journey, was now closer than close. Unlike a couple of weeks prior, they weren’t even breathing hard or starting to sweat before they even entered Blasters.

They were still sticking to the same warm-up. The girls got on the treadmills, were up to Level 12 now, up from level 2 just 14 days before. The incline was steep and the legs were definitely moving fast. Ramona and Hanna’s legs were flexing hard with each quick step and what used to feel cumbersome and heavy, now felt a bit more swift and powerful. Although her legs were definitely covered in a layer of fat, Hannah could feel some hardness underneath.

Ramona had an air of confidence now that she had seen actual progress. More than you would think would be warranted by two, solitary abs, but she had it anyway. She looked across the gym and now couldn’t wait to hit the machine circuit and then some free-weights. As Ramona eventually looked down, the treadmill began to slow as the pre-programmed 15 minute warm-up was over. She barely felt like she had been on it and what felt like an hour on the damn treadmill a couple weeks before, now felt like just a few minutes.

The girls hopped off the treadmills and walked briskly over to the machines. They were completely familiar with them now and hit the lower and upper body circuit hard. They were setting new PR’s every workout and this one was no different. They started with leg extensions, calf raises, squats and abductors. Next, the circuit took them through two different angled bench press machines. Shoulders, biceps and triceps were next and lastly, they completed two ab stations.

Ramona kept accurate records and was happy to report yet more PR’s. The first day they started, they were putting the peg in the highest plate, meaning they were lifting only one weight. But now they were down to the 10th or 12th plate on some of the stations. They weren’t actually ten times stronger than the day they first walked in, but the way the machines were set up, it sure seemed like they were and it was a huge ego booster.

Derek had walked by them a couple of times while they completed the rotation around the stations. As usual, he didn’t even give them the satisfaction of any acknowledgement whatsoever. It kind of crushed Ramona a little bit, to be so ignored by him, but Hannah didn’t care. To her, he was just a muscle head bully.

After completing the machines, the girls did get a bit of a sweat going. Their bodies were moist after pushing themselves to the limit and although Hannah was still covered up, her shirt became noticeably wet. At the same time, since Ramona was just wearing the sports bra, the moisture was visible on her exposed torso. She grabbed a towel and patted herself dry, getting ready for the next part of the morning workout.

They walked over to the free-weight area and stood in front of the lighter dumbbells on the rack. Hannah had initially barely been able to lift 12-pound weights more than a couple of times. Now that was her warm up weight. She was now able to work up to fifteen reps with the 12-pound weight and eight reps with the 20-pound dumbbell. Just two weeks prior, Hannah wouldn't have been able to curl the 20-pounder even once. Now she was curling it for almost ten. Quite an improvement and she was beyond elated to set another PR.

Ramona was slightly stronger and she was finishing her set of ten reps with the 20-pounders before moving to the 22.5-pound dumbbells for a few, hard earned reps.

"Oh my god...seriously!" a girl from a few feet away complained loudly.

Hannah and Ramona turned to see a girl wearing red, super short workout shorts and an almost non-existent sports bra, so almost nothing staring right at them. She was probably their young age, but looked like she was doing a photoshoot. She was 5'8" tall, fit as hell with nice toned legs and ripped abs. Her arms were small but muscular looking and she had long blonde hair in a ponytail with a matching red scrunch holding it.

Ramona didn't know what the hell she was saying and asked, "Are you talking to us?"

"Duuuuuh." She replied with a sarcastic look on her face.

"Oh, sorry, what's the matter?" Ramona followed up...

"Umm, well, I'm trying to shoot my fitness workout TikTok post and it's not going to work with you two in the back ground." She answered, still with a mean, rude tone.

"Why is that a problem?" Hannah then asked.

The bitchy girl then said, "Ya know, because..." and she held her arm out at her sides and curved them inward, filled her mouth with air making her cheeks puff out and did her best impression of a fat person.

Right then, Derek walked up and asked, "Hey Tammy, what's up?"

"Oh nothing Derek." she answered him back with lustful eyes, "Just waiting for these two girls that should obviously be spending their time on the bikes to leave so I can finish my TikTok video."

Derek then looked at Ramona and Hannah, actually acknowledging their existence for once. He still didn't act like he knew them and just held out his arm and kind of waved at them to move

to the side. He then asked, "Hey, could you girls just scoot over ten feet and give us a clear back ground?"

He formed it in a question, but it was basically an order. Ramona said, "Ya, no problem Derek." And grabbed Hannah's arm to pull them several feet away.

"Oh my god Ramona. Why would you let that stuck up bitch tell us where we can and can't work out? Especially after calling us fat pigs." Hannah asked her friend.

Without even acknowledging that part of the altercation, she just looked at Hannah and said, "Did you see Derek wave at us and actually talk to us for once?"

"Ya Ramona, I was right there." Hannah answered. "He basically told us to get lost...I don't know why you care any way. He's just a muscled up ass."

"I know, I know Hannah." Ramona agreed. "Alright, I was finished this morning anyway, let's go hit the scale."

With that, they left Tammy and Derek to her unblemished TikTok video. They made their way into the girls' locker room and headed to the place where this journey had started, in front of the scale. Hannah was excited to step on it. She knew she had lost a couple pounds and this would be the proof. The bar dipped and rose several times. But it finally slowed down as Ramona adjusted the weights on the bar and it centered itself. "Is that right?" Hannah had to ask as she stared at the reading.

"Absolutely!" Ramona replied energetically. "Down to 152 girl. That's 9 pounds in two weeks!!!"

They high fived and Hannah was smiling from ear to ear. She was hoping to possibly lose twenty pounds over the course of the entire summer. She had lost almost half of that in only two short weeks. Giddy, she high-fived Ramona and was shaking her head in disbelief as she stepped off the platform.

Ramona was next and she now took her turn at the alter of truth. Hannah worked the little weights back and forth and the bar eventually came to a stop. As predicted, she too had lost a little weight. "159 Girl! We're both in the 150's now!" Hannah yelled out.

They both embraced this time and they were beyond thrilled. Their journey was going better than expected and Ramona was convinced they would be in the best shape of their lives very soon.

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Super excited and chatting all the way home, the girls couldn't wait to meet back for workout number two later that evening. Hannah rode quickly to her house after riding from Ramona's. She got home and practically raced upstairs. In a flash, she threw off her hoodie and pulled off

her sweatpants. In her full length mirror, with only a light from above illuminating her, she hit the same abs pose Ramona had taught her earlier that day. To her glee, the top two abs were definitely visible and possibly even the tops of the abs sitting just below.

Hannah couldn't remember the last time she had ever seen her actual ab muscles...if ever. Even when she wasn't this heavy, she still didn't have defined abs...or anything. Next, she decided to flex her right biceps. Unlike before, there wasn't flab hanging from below and the skin around the arm was pretty tight. There was a little firmness in there and she felt it with her other hand. It was fairly solid underneath a layer of fat, but there was definitely a hard structure developing underneath.

Finally, Hannah hit a quad pose. She still had a bit of loose flesh there, but it certainly didn't wiggle all around and was no longer completely covered in the back with cellulite.

Hannah jumped in the shower, now 9 pounds lighter than a couple of weeks ago and with a hardening, tightening up body. The warm, steamy shower felt great after her workout. She poured a glob of bodywash in her hands and began to lather her body. The weight loss and underneath muscle growth was noticeable to her and she was getting very turned on just pulling her slippery, soapy hands across her skin. Even when she was lighter a year ago, she never had any hardness in her legs, arms and abs. She noticed a slight hardness everywhere now though and it was exhilarating.

With the dim light of the bathroom and the warm steam waving and winding through the bathroom, Hannah hit that magical ab pose. Her hand caressed the rounded, hardened, defined surface of those top two muscles and she began to get erotically excited. She slipped a couple fingers in her vagina and began to slowly and firmly rub the sensitive clit inside. Meanwhile, her top hand continued to feel and inspect every millimeter of her only clear, visible muscular feature. She imagined being covered with these gorgeous muscles. Could it happen? Just weeks before her only goal was to lose some weight. But now, after feeling the slight hardness of her own muscles, she had a new goal. Get buff!

As she pictured herself in better shape, with hard, defined legs, ripped abs and meaty shoulders and arms, Hannah couldn't hold back. She caressed her abs with one hand while gratifying herself with the other. She knew exactly how to titillate herself and instead of picturing some guy from school or some hunk from TV; Hannah was imagining herself and Ramona, buff, muscular, beautiful. She moved her fingers faster and faster...harder and harder. Her clit was vibrating as the pleasure coursed through her body.

It normally took her a long time to masturbate. But not now. She was so exponentially turned on by picturing her own muscular, fit body, that she couldn't control her senses. Her g-spot was satisfied beyond what it normally took and Hannah was so turned on by the feeling of her own abs, she jerked and shuddered and in an instant released with full orgasm. The warm, juices flowed and her fingers were immediately covered with another kind of warmth.

Satisfied further than she'd ever known, Hannah stood under the rushing water for several more minutes enjoying the feeling of Zen and satisfaction that had overcome her. It felt amazing and she knew that as long as she stayed on this current track, she would constantly be in a state of self-satisfaction and admiration.

As Hannah exited the shower and patted herself dry, she headed into her bedroom. Naked and about to put on some clothes, she looked at the floor and wondered. Two weeks ago, she tried to do a pushup and failed. But she had been working out twice a day for two weeks and eating a ton of protein and taking supplements. She wasn't scared, but certainly curious. "Can I do one now?" she asked herself as she stood there, completely exposed.

Hannah lowered herself to the carpet and laid her chest down on the floor. She put her arms out to her sides and placed the palms firmly on the ground, ready to attempt to push herself up. She was not super-confident...she had never done a proper push-up before so this would be the first. She tensed up her shoulders and arms and attempted to lift. WOOSH!

In an instant, she was easily at top push-up position. It didn't even seem that hard and yet here she was...officially at the apex of an actual, real pushup. Excited, she lowered herself again and just as her chest hit the floor, she flexed and pushed and boom. She had done her second official pushup. She dropped and rose again, and again, and again. Already at five real reps. The sixth was a bit harder but complete and finally, on the seventh rep, her arm strength gave out and she had to arch her back to complete the rep.

She rolled to her back, sat up and jumped to her feet. Overjoyed and beyond anything she had expected, Hannah rushed over and stood in front of her full-length mirror. She took in a deep breath, kind of hit a most-muscular pose. "Holy shit!" she said out loud.

Her traps jumped to attention and her shoulders seemed kind of rounded and hard. Not only did she have those two visible abs. Hannah now had some traps developing and her shoulders looked strong as well. In a day that started off, with her thinking she was just making some slight progress in losing some weight, had now become an enormous epiphany. Hannah was not only dropping unwanted pounds, she was getting buff.

Hannah had a new goal now. Instead of turning on her laptop and ogling the starlets and supermodels of the world, she started actively looking up fitness girls, muscle mommies and female bodybuilder pictures. In the course of that morning, Hannah had completely shifted her ideal image goals from thin and breasty...too buff and bad ass.

She had to text her best friend and immediately picked up her phone. *Ramona, I can't even believe it, but I couldn't do a single pushup two weeks ago, and I just did seven!!!*

WHAT!!! Ramona responded almost immediately. *You're fucking awesome Girl!*

Damn you! Ramona then followed up quickly. I just tried and only got five. But it's five more than I've ever done too! This is so awesome girl. Can't wait to see you later for our evening sesh. Love You!

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The next week absolutely flew by. Originally, Ramona had mapped out their first month of workouts. But now at only three weeks in, they seemed to be making so much progress and surpassing all their goals that a new routine might be needed. The treadmill was still a good warm-up after the brisk bike ride to Blasters. And there was still room for improvement on the machines since there were more slots down the rack to add plates to the stations. But just finishing up with some curls and then taking off seemed like a little bit of a waste of time. Ramona determined the start of week four would be the time to add in some more free-weight exercises to their workouts!

All the while, Derek was still walking around the gym and making his presence felt, like muscle-bound bullies do, Ramona thought. Of course Tammy was often there too, constantly posing and filming, thinking this gym was her own little TikTok video studio. It bothered Ramona a bit, but she and Hannah would just make their own little sarcastic, condescending comments about them to themselves.

Hannah and Ramona would laugh between sets and make this whole day at the gym experience fun and desirable. So they were starting to become greatly addicted to this place. When they were at Blasters pumping iron and getting stronger, they were gaining physical strength and even more than that, mental strength. Their confidence level as they were leaving the gym every day was through the roof and they both felt like they could conquer anything. And this was in just three full weeks. By the end of three full months, about the time college started, they'd be unstoppable.

They finished up that final week three workout and headed to the girls room once again. As was customary, Hannah stepped on the scale first. She felt amazing. A week after their last weigh in, and now she was ready to see another massive drop in weight. The bar moved up and down and eventually slowed to a stop. They read the weight and Hannah had a definite look of disappointment on her face. Instead of dropping another gob of unwanted fat, the scale read 149. Barely three pounds lost.

Disappointed and stepping off the platform, Ramona consoled her and said, "Hey Hannah, don't fret. You still lost three more pounds, you're in the 140's now and we have plenty of time before school starts."

She tried not to show her emotions and decided to forget about herself and focus on Ramona. But Ramona didn't lose a ton of weight either. 156 pounds was her reading. She seemed confused and decided to step in front of the mirror and hit an ab pose. She sucked in hard and flexed her mid-section. BOOM! 4 visible abs jumped to attention.

“Yes Girl!” Hannah blurted out and quickly put her hands on Ramona’s torso to feel her muscles. “Wow. That’s a clear 4-pack Ramona...next week it’ll probably be six.”

Giddy, Ramona relaxed and reached her arm over to Hannah. She then lifted the bottom of her hoodie and said, “Get that damn hoodie off and show me what you got Hannah. You’re covered up all the time girl...I wanna see those gains.”

Still super shy about showing any skin in this gym full of in-shape TikTokers and muscle heads, Hannah always wore baggy clothing. But she decided to appease her friend and lifted the hoodie over her head and tossed it on the counter. She did what Ramona had instructed her the week before. Hannah stood tall, exhaled all her air, curved her back inward just a bit and flexed her abs hard. Boom!

“Holy shit Hannah!” Ramona yelled, “That’s easily a 4-pack and I think I see the top of two more. I don’t care what that scale says...you’re looking good.”

Feeling the vibe, Hannah decided to show Ramona another pose. Having just worked out, she was definitely feeling strong and pumped up. She looked Ramona dead in the eye, smiled and then grimaced as she hit a most-muscular pose.

Her traps immediately jumped to attention and her neck looked wider and thick with muscle. Her shoulders definitely bulged and seemed much bigger and buffer than Ramona had remembered. Hannah’s arms were tight and firm, also full of harness and strength. “Holy Shit!” was all Ramona could say as her friend was definitely moving into the muscle mommy category for sure!

She reached out and felt Hannah’s arms and shoulders, beginning to caress her body in a way Hannah was not used to and had never experienced before. Hannah instantly got embarrassed and threw her hoodie back on. Ramona was getting stronger as well, but Hannah definitely showed a bit more development that week.

“You’re looking so hot right now Hannah.” Ramona again told her, “You need to start showing off that bod now. It seems like all the extra fluff is gone and you’re just putting on some muscle.”

“Thanks Ramona, but look at you, you’re hair’s all done and you’re light amount of makeup is really making you stand out ya know.” Hannah complimented her friend back.

“I didn’t even do my hair H.” Ramona answered back. “It’s become super silky and straight, and it seems like it has grown three inches recently.”

“Wow.” Hannah said back as she reached out and felt Ramona’s long, luscious, jet black hair in her hands. “It’s so smooth. I can’t believe you just get out of bed with it like this.”

“Not only that Hannah. But I haven’t worn make-up in over a week. My face just started developing this kind of natural glow recently. I don’t know, must be a combination of the workouts, diet and supplements or something.” Ramona admitted.

The girls were both looking better by the week...if not the day! They may not have lost a ton of weight over the previous seven days, but they were looking stronger, fitter, and prettier. With glowing faces and long silky hair, and more muscular bodies, Ramona and Hannah were beyond elated at three weeks of progress...eager to attack the next day and weeks ahead...