

# SOFIA'S JOURNEY

## CHAPTER 3



BY ALAVGTS

WHAT THE HELL  
DID YOU DO?! HOW DID YOU JUST  
GROW IN FRONT OF ME!




A woman with long, wavy, light-colored hair is flexing her right bicep. She is wearing a colorful, patterned sports bra with a white lace-like mesh section. The bra has the words "STAY FIT" printed on the bottom edge. She is holding a black protein shaker with the word "PRO" visible on it. A hand from the right is pointing at the shaker. In the background, there are orange lockers, one of which has the number "1" on it. A speech bubble is positioned above her head.

WHAT ARE YOU TALKING ABOUT?  
I THINK YOU MIGHT BE SEEING THINGS. NOW IF  
YOU'LL EXCUSE ME I HAVE TO GET READY FOR  
MY WORKOUT... *PIPSQUEAK.*



SEE YA' RYLIE.



THAT BITCH...  
I SAW HER GROW AND SHE IS LYING TO  
MY FACE... I'LL FIND OUT HOW SHE  
GOT THAT BIG AND THEN I'LL BE  
LAUGHING.



HELLO SOFIA,  
ARE YOU READY FOR TODAY'S  
WORKOUT?

HI HANA, YES,  
I WAS JUST CHANGING MY SHOES  
AND I AM ALMOST READY.





WOAH!  
SOFIA YOU'RE HUGE! WAIT...  
DOES THAT MEAN?



YUP.  
I TRIED DRINKING SOME OF THAT X-TRA  
STRENGTH PROTEIN AT HOME AND YOU CAN SEE  
THE RESULTS. AND YES, THEY WERE KINDA IN-  
STANT.





SO, YOU DID SAY  
IF IT TURNED OUT TO BE THE CASE, I  
MADE SOME EXTRA JUST FOR YOU.

I DON'T KNOW  
IF I REALLY WANT TO DRINK IT  
NOW.



FINE, THEN  
I GUESS THIS DOSE IF FOR ME  
IF YOU DON'T WANT IT...

ALRIGHT ALRIGHT,  
YOU GOT ME I WANT TO.  
GIVE IT HERE.





HUH...  
THIS IS STRANGELY SWEET.

PRO HYDRATIO



JUST GIVE IT A MOMENT.

I DON'T FEEL DIFFERENT. ARE YOU SURE THIS STUFF WORKS?

IF YOU SAY SO, BUT I THINK IT MIGHT NOT...



.....WORK?



WOAH!

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9

9

100% HYDRATION













I KNOW RIGHT?  
BUT I HAVEN'T MADE ANY MORE  
DOSES. AFTER THE WORKOUT  
WE CAN GO HOME AND HAVE  
SOME.



THAT FELT AMAZING...  
I WOULD TAKE ANOTHER SWING  
OF IT.

I LIKE THAT  
IDEA WE COULD DO THAT.

LOOK AT YOU  
YOU'VE GOTTEN PRETTY BIG.  
YOU'RE AS TALL AS I USED TO  
BE.





I KNOW, AND I FEEL A LOT STRONGER. LET'S GO AND LIFT SOME WEIGHTS I WANT TO TRY OUT MY STRENGTH.



BUT FIRST  
WE MUST WARM UP EVEN IF WE DO  
FEEL STRONG. THEN WE'LL LIFT SOME  
WEIGHTS.



YOU'RE RIGHT  
IT'S ALWAYS NECESSARY TO WARM  
UP BEFORE A HEAVY WORKOUT.

A woman with long, straight black hair and light-colored eyes is shown from the chest up. She is wearing a red, halter-neck bikini top. Her right hand is raised to her chin, with her fingers resting against her skin. The background is a solid, warm orange color. A white speech bubble with a black border is positioned to the right of her head, containing several lines of text.

SO... THAT'S HOW THEY GROW.  
IT IS BECAUSE OF THAT PROTEIN... WHAT DID  
SWEET LITTLE SOFIA CALLED IT? AH YES  
X-TRA STRENGTH I GUESS I HAVE SOME  
SHOPPING TO DO.



\*PANTING\* WE'VE BEEN RUNNING FOR 20 MIN. HANA I THINK IT'S TIME TO STOP.

OH, COME ON SOFIA I THINK WE CAN DO 10 MORE MIN.

OKAY... I'LL TRY.



I AM ALSO SURPRISED  
I MANAGED TO KEEP UP THAT PACE FOR  
MORE THAN 20 MIN, BUT IT LOOKS LIKE  
YOU HAD A LITTLE BIT OF A TROUGH TIME  
WITH THAT.

WOAH.. HANA,  
YOU REALLY HAVE A LOT OF  
STAMINA.

YOU'RE RIGHT  
I WAS PRETTY TUCKERED  
OUT.

WOW 60 KILOS  
FEEL ALMOST LIGHT FOR ME,  
AND THEY USED TO BE SUPER  
HEAVY.

PUTS  
THINGS INTO PERSPECTIVE  
RIGHT?



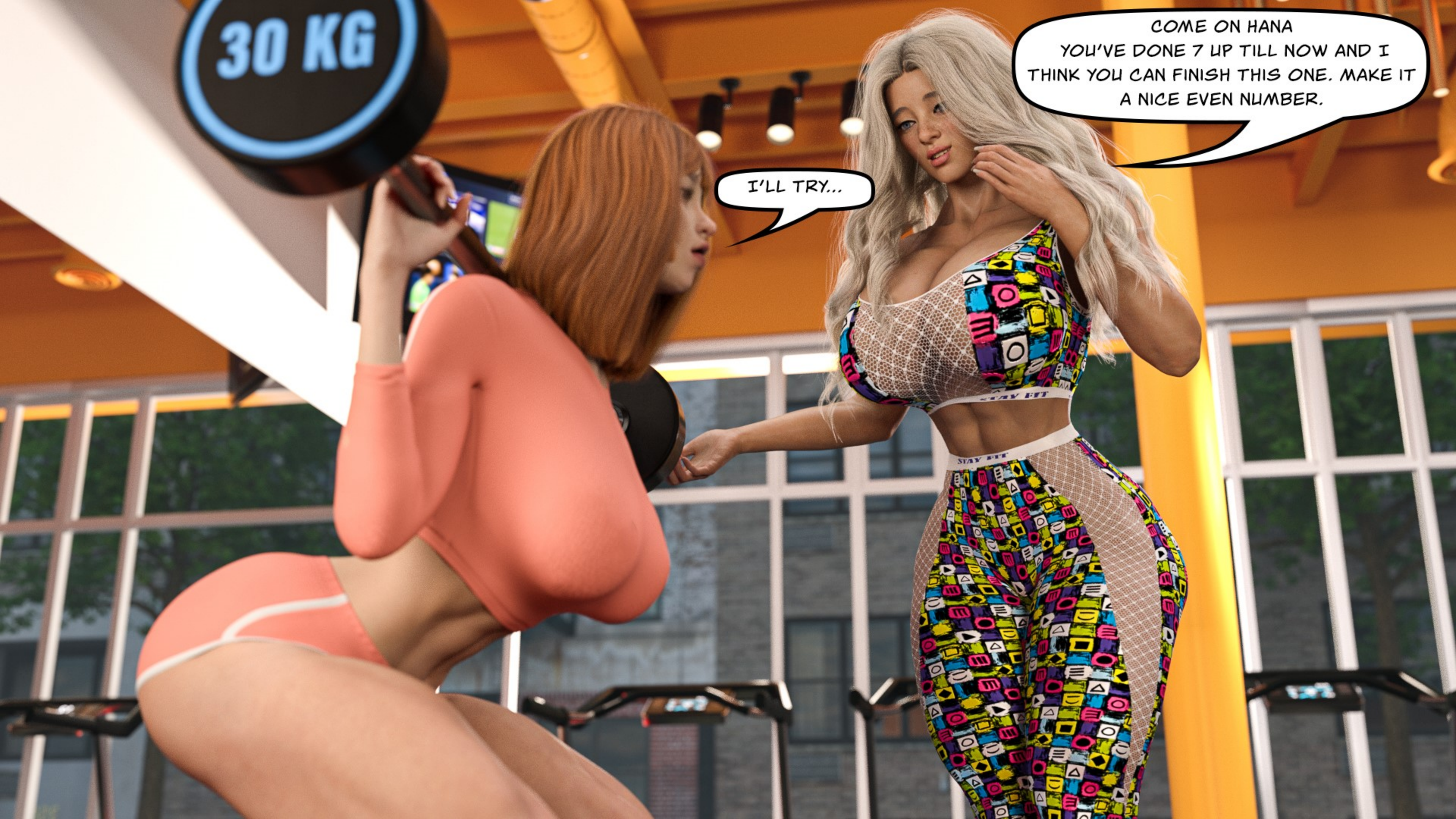
\*PANTING\*  
SOFIA I DON'T THINK I CAN  
FINISH THIS REP...



30 KG

COME ON HANA  
YOU'VE DONE 7 UP TILL NOW AND I  
THINK YOU CAN FINISH THIS ONE. MAKE IT  
A NICE EVEN NUMBER.

I'LL TRY...





WOAH...  
SLOW DOWN GIRL. I DON'T  
THINK YOU NEED TO DO ANY-  
MORE REPS.

ARE YOU SERIOUS?  
I DON'T THINK 20 REPS ARE  
ENOUGH, I CAN PUSH AT LEAST  
10 MORE.





25 KG

YOU'RE DOING GREAT HANA. KEEP IT UP.

15 KG

THANK YOU!

STAY FIT

THAT WAS A  
REALLY GREAT WORK OUT. I  
FEEL SO HOT AND TENSE RIGHT  
NOW.

I THINK YOU  
NEED TO COOL OFF AND I  
KNOW JUST HOW...





SOFIA!

BY PEELING A LAYER  
OF CLOTHING... I'VE BEEN CURI-  
OUS TO SEE HOW BIG THEY'D  
GOTTEN.



WHAT'S THE MATTER  
HANA I WAS JUST MESSING WITH YOU...  
EITHER WAY YOU WERE GOING TO TAKE  
THAT SHIRT OFF ANYWAY.

YEAH SORRY.  
YOU JUST STARTLED ME...

A 3D rendered character with long, straight, reddish-brown hair and bangs. She is unclothed and has very large, prominent breasts. She is standing in a locker room with orange lockers. She is holding both breasts with her hands. A speech bubble is positioned to her left, containing text. The lockers behind her are numbered 2, 3, 4, 5, 6, and 7.

ALTHOUGH YOU'RE RIGHT.  
IT LOOKS LIKE MY BOOBS ARE A BIT  
BIGGER.



YOU SURE ARE  
GROWING IN THE "RIGHT"  
PLACES.

YEAH, YOU'RE RIGHT,  
BUT YOU TAKE THE CAKE ON  
THAT FRONT...

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I CAN'T WAIT LET'S GO.

IN THAT CASE ARE YOU READY TO HEAD HOME WITH ME TO HAVE OUR POST-WORKOUT DOSE?

I DON'T MIND  
BEING IN MY UNDERWEAR WITH YOU  
AROUND SOFIA, BUT WHAT'S THE IDEA  
HERE? WE COULD BE WEARING OUR  
NORMAL CLOTHES.



I AM GLAD YOU ASKED.  
THIS WAY WE AREN'T GOING TO STRETCH  
OUR CLOTHES AND IT'D BE JUST OUR UN-  
DERWEAR.



HONESTLY HANA...  
YOU'RE RIGHT, BUT I SAY WE STOP  
TALKING AND JUST TAKE A SWING  
WHAT DO YOU SAY?



WON'T WE  
STRETCH OUR CLOTHING EITHER  
WAY WHEN WE PUT THEM ON?



YOU HAD ME  
AT TAKE AT TAKE A SWING.







\*GULPS\*

\*GULPS\*

B-BB  
STRENGTH  
BIBI

WELL, HERE WE...

GO!







B-BB  
STRENGTH  
BIBI

PRO

SUPPLEMENT



B-100  
STRENGTH  
MIX



**B-100**  
**STRENGTH**  
**DRINK**







A 3D rendered image of a man with dark hair and a light beard, wearing a red long-sleeved polo shirt. He has a shocked expression, with wide eyes and an open mouth. His right hand is raised to his forehead, and his left hand is held up in front of him, palm facing forward. A speech bubble is positioned to the left of his head, containing the text "OH MY GOD SOFIA.. WHAT'S HAPPENING?". The background is a plain, light-colored wall.

OH MY GOD SOFIA..  
WHAT'S HAPPENING?

HELLO LIAM!  
NICE TO MEET YOU I AM HANA.

OH HI LIAM  
YOU'RE BACK EARLY... WE ARE JUST...  
WELL I'LL EXPLAIN IT.





***TO BE CONTINUED...***