

## Muscle in the Fam – part 17

### Cool Suits

Claire and Elena jumped in the car absolutely lightheaded with laughter. Claire couldn't stand her brother for many reasons. The fact that they had utterly embarrassed the shit out of him with their over-powering lifts just made her entire week!

"Oh god Elena." Claire asked as she drove the two home, "Did you see the fucking look on Travis's face when we lifted more than twice he could on the incline bench?"

Elena laughed out loud, "Holy shit Claire, I almost spit out my protein drink when I saw him add up the weight and realize what a fucking pussy he was."

"That was almost worth having him there. I still don't think I'm going to enjoy running into him there...but that was priceless." Claire said back.

"Ya, I know, I know Claire. But I'm sure he'll fizzle out and be gone within a month." Elena replied.

"Your probably right. I hope so anyway." Claire said, happily driving them back to hang out with Ethan.

They pulled in with an hour to spare before their massage lesson started. It still wasn't summer, but Elena recommended they take a quick dip in the pool to kind of cool down their pumped up muscles. It wasn't quite a "Cold Plunge", but the water in the pool was definitely cool and not yet warmed up, like it will be in a couple of months.

It seemed like a great idea so Claire was in full agreement. She quickly pulled off her sweaty workout clothes and put on a really cute two-piece swimsuit. It was a shiny, dark purple bikini bottom with a black, two-inch thick belt looking waistband that hugged her waist beautifully. It left her gorgeously muscled; massively pumped quads majestically outlined at their apex as they fed into her powerful hips. Her abs were rock hard and bulging and sat just beneath the small, shiny purple bikini top. She was an absolute unit! Elena had a hard time even putting on her own suit as she was essentially frozen, while she ogled Claire's tall, muscular stunning body.

"Ok E. See ya down there." Claire said as she waltzed out of their room and headed down to the pool.

Elena enjoyed watching Claire turn and expose her muscle-laden ass to her. The individual glute muscles practically devoured the thin bikini and almost made it look like she wasn't even wearing one.

Elena now took a couple minutes and put her own swimsuit on, situating it to perfectly squeeze her torso and shoulders in the exact right places. She walked in the bathroom and then fixed

her hair in a long ponytail, amazed at her own bulging biceps muscles. They moved back and forth and flexed and relaxed for her in the mirror as she re-did her scrunchy multiple times. The muscle she was looking at was bigger than it had ever been before. The awesome pump she got at the gym was still in full effect and Elena began giving herself her own muscle show.

First, she hit the standard double-biceps pose. The left bulge was extremely large and the size and hardness and roundness of it was mind-blowing. On top of that, it now had developed an awesome looking thick vein across its upper surface and a faint one was appearing a little below that one, which made a straight line down to the lower portion of her flexed arm. She wasn't sure if that lower part was considered her lower bicep or the inside of the triceps, but either way it was thickening too and formed a beautiful, full curve on the underside of her flexed arm.

She couldn't help herself so she hit a most-muscular pose, just to watch her traps absolutely explode upwards and tower above her rounded, muscle-laden shoulder caps. Her neck looked super thick too and it had a long, large, thick vein running up its surface as well. She was really excited about the large veins she was developing. For some reason that really turned her on and she was excited about making them even more full over the coming months.

She was enthralled with her own muscular arms, but did a quick ab and thigh flex for herself too. Elena wanted to make sure they were nice and muscular as well before she hit the pool. "OK. Hair cute, suit situated, muscles pumped...It's Pool Time!" Elena said to herself as she turned and rushed out of her room.

Ethan had just finished a big run and was sweat covered and red with exhaustion as he walked in the house. He quickly jettied upstairs and needed a cold shower ASAP. He hit the final stair of the climb and just as he took his first steps down the hall his sister had also simultaneously bolted out of her room in a rush.

**BAM!**

He felt like he had hit a brick wall and Ethan hit the ground hard after the painful impact. The air completely knocked out of him, he struggled to breath as he looked up. He was laying back against the floor and staring up at his gloriously, muscle-laden little sister who was now towering above him.

He had to blink twice at the insanely gargantuan sight. From down here, her quad muscles absolutely engulfed the majority of his view. They were monumentally pumped up and large and the three headed muscle monster legs could not have been hotter. He somehow peered up above those to see his sister in a gorgeous, silky black, one-piece, tight-fitting swimsuit.

It had a high V-Shape extending up from her groin, thus leaving most of her sides and oblique muscles exposed. But instead of being solid, there was a wonderful oval shape missing from the midsection. It left her ripped six pack abs completely visible. In addition, it had a smaller, similar shaped oval cut-out in the middle of her chest. The nipples were not exposed, but most of the rest of her insanely developed pecs were on full display. Two thin black straps stretched

over her towering traps and the tightness of the entire suit upon her exquisite skin was absolutely perfect.

His little sister was so heavily muscled for a girl her age, it was unbelievable. Partially not being able to breath from the heavy impact and blow to his chest he suffered from his rushing, block like sister; and partially not being able to breath from the utter sight of her goddess-like physique above him, Ethan struggled to move.

“Oh my god Ethan, I’m so sorry! Are you OK?” she asked frantically as her older brother and crush laid helpless on the floor.

He tried to answer her, but just made a soft wheezing sound as he tried to recover.

She reached out her pumped up, muscle-laden arm and easily lifted him to his feet. She then gently caressed and patted his back until he finally took in a huge gulp of air.

“Jesus Christ Elana, you’re as solid as a rock now.” He said as he reached out and couldn’t help but put his hand upon her buff, muscle-filled arm.

“I know bro...but in a good way right?” she said back kind of sarcastically but hoping he was impressed.

“Not in a good way E.” he answered, “In a great way.” He finished as he continued to inspect her impressive arm with his hand.

She laughed and let go of Ethan, letting him take a step back and again inspect her insanely developed physique, but now from standing instead of lying beneath her.

“Wow! Nice suit E. Not leaving much to the imagination there.” He laughed as he complimented her.

“Thanks Eth. Not looking to bad yourself.” She said back as his really short running shorts and tight-fitting tank top did little to cover up his long, lean body.

“What are you doing anyway? Isn’t it a bit cold to be hitting the pool right now?” he asked.

“Ya. Of course, it is. It’s called Cold Plunge. It’s supposed to be really good for your body post-workout. Claire’s down there too, why don’t you join us?” Elena asked her sweaty brother.

“Na. I much prefer a nice warm shower. I’ll catch you guys in a bit.” He replied as he took a last long look at his attractive sister before turning to head to his room.

Before he got another step, Elena’s fingers snuck into his waistband, just above his glutes. He was tugged backwards forcefully and then immediately wrapped up by his siter’s meaty arms. He tried to wiggle free but, in an instant, she leaned back and his feet were now completely off the floor. He had been under her in the living room once before and struggled to get free, but this was totally different. He was standing and in a good position to fight back, but it was

useless. He was suspended in the air and completely unable to move his arms. Her strength was amazing and far more powerful than he would have thought.

“Put me down you dipstick.” He ordered his little sister.

“Oh, I will Eth...I will.” She said back as she turned and began marching down the stairs, her brother helpless in her grasp.

They walked to the main floor and then through the kitchen to the sliding door leading to the pool.

“Oh, hi mom.” Elena said excitedly as she marched her captive towards the door.

Her mom just looked back and had to laugh as her kids marched by. Her growing, muscle-bound daughter having a bit of fun with her thin older sibling. She knew they loved each other deeply, but this was quite a change to see Elena easily out-muscle Ethan and do with him what she wanted. She continued laughing out loud and then just said, “Be careful Elena, don’t hurt him.”

“I won’t mom...I won’t” Elena answered as Ethan stayed quiet with a bit of embarrassment as he was so effortlessly imprisoned by his sister.

How could she not be impressed though. Her daughter was turning into a rock-solid, muscle-laden bad ass. Her quads bulged with each step. Her glutes protruded out like that of a male bodybuilder and her arms were bigger than her father’s. Most moms would probably freak out at that, much like Claire’s mom. But not her. She loved Elena and Ethan and knew they were damn good kids. Ethan supported the hell out of her and was always there for his little sister growing up. As a proud mom, she just shook her head in a bit of disbelief and happiness at the same time.

Claire turned to the laughing noise at the door and immediately saw Elena and Ethan. It was clear that Elena had him in a big bear hug and Ethan was obviously helpless to move beneath her powerful grasp.

“We have another participant to join our Cold-Plunge Claire.” Elena yelled out loud.

“Really?” Claire responded, “He doesn’t look like he actually volunteered for this.”

“Well.” Elena shot back, “I kind of volunteered him I guess.”

Without delay, Elena stood to at the edge of the pool, swung her powerful body to the side and then recoiled and launched Ethan into the cold water.

**SPLASH!**

Ethan had flown a good distance and then crashed into the coolness. Both Claire and Elena were surprised at how far she was able to toss him and they kind of stared in amazement at each other.

“Wow! That was a pretty good toss!” Claire said to her cousin.

“Ya. He felt a bit lighter than I thought he would.” She responded back with a satisfied look of accomplishment on her face.

Ethan now popped his head above the water and quickly swam to the edge. He tore off his wet tank top and then thrust himself up to the deck and quickly made his way over to Elena. With a big shove, he placed his hands on her rounded, muscle-capped shoulders and attempted to push her into the pool as well. But like he had experienced up stairs a minute or so before, she was rock-solid and stronger than belief, she didn't even budge. He put his feet behind him, leaned hard into her, but again, she didn't move an inch. Elena now got a huge smile on her face, crossed her arms in front of her and said, “C'mon Ethan, I know you're stronger than that...should be able to shove your little sister into the water I would think.”

He kind of backed off, gave himself a few feet of momentum and again tried to force her in. But just as he made contact with his beefy little sister, she reached down, put her arm under his crotch and the other over his thin shoulder and easily lifted him up. Now Ethan was held in kind of horizontal superman posture in his little sister's arms. Elena twisted around a couple times for her own momentum and again launched her older brother several feet through the air and into the pool.

**SPLASH!**

Claire and Elena began laughing hysterically at how easily she could now physically over-power her older brother. As he again popped his head out of the water, he did start wading over, but was certainly less enthusiastic about trying to have his way with Elena physically. She was obviously much stronger than she had been even a few months before and Ethan was coming to the quick realization that he was physically overmatched.

But as he moved, Claire swooped in and put her even larger, muscle-laden arm around his shoulder. It wasn't a cute hug he expected but more of a tight, commanding grasp. She looked at him in the eyes, got a giddy, shit-eating grin on her face and he just goes, “Whaaaaaaat?”

With that, she quickly swung her other arm under his legs and was now carrying him up the steps and out of the pool in her arms. He loved being in the grasp of Claire but was a little suspicious of her current motives. He quickly found out why. Claire walked him to the edge of the pool next to Elena, looked at her and said, “Let me see how far I can toss him.”

“Oh shit.” He thought. He had now, somehow become a hapless toy for the girls to throw around at their will.

Claire now squatted and twisted her body away from the water, then spun back quickly, exploded upwards and heaved her lover into the air. Unlike Elena's throw, this time he actually was propelled upwards into the sky as well as outward. He had to have traveled at least a few feet over her head and twice the distance out before he again came crashing down into the cool liquid.

He stayed underwater for a few moments thinking, my god she's strong. He loved it. And he loved her, but it was a bit of a blow to his ego to be so effortlessly manhandled by these two teen girls. Ethan eventually raised his head above the water surface and looked back at them. They were standing next to each other and he was overwhelmed by the pure, huge, gorgeous, muscular bodies staring back at him. Muscle-bound quads, diamond shaped calves, wide, meaty shoulders and big arms were clearly exposed as they stood in their tight-fitting swimsuits.

Elena got a smile on her face, lifted her right arm toward him, turned her hand up and began motioning him back over to edge of the deck with her index finger. "Come her you little cutie. It's my turn again." She said, indicating that this had now become a contest of who could throw Ethan the furthest.

He knew he probably couldn't get away and got a shit-eating grin on his own face as he waded back over to the girls. Ethan knew he was going to get to feel their powerful muscles over and over again as they tried to vault him through the air in their friendly little competition.

It seemed that the cradle carry and squat technique Claire had just used launched Ethan the furthest, so Elena quickly held her brother in the same position. She really got into it this time, got a very serious look on her face, did a full squat and twisted around. But Elena twisted even further than Claire had and with a massive thrust, she spun and pretty much extended and jumped as she heaved her older sibling through the air.

Ethan felt the force of her strength and he knew he was going far. He was higher than Claire's toss by at least a foot or two and definitely went a few feet further into the middle of the pool. It was hard to believe she could be so strong, but his muscle-laden little sister was little no more! He eagerly started walking back to the girls, excited to have Claire cradling him next in her muscular grasp. But as he walked by the girls towards the steps, Claire reached down, grabbed his wrists, extended his arms upwards and then lifted him with her insane strength all the way up and out of the water, placing him on his feet before her.

"Holy Shit!" Ethan and Elena exclaimed in unison. That was a ridiculously powerful move and took insane strength to pull off.

"Wow!" Claire even blurted out. "I wasn't even sure I could do that."

It was the show of unbelievable strength and power that Ethan couldn't fathom and had definitely shown that she was the absolute ALPHA in their relationship. Ethan stared with lustful eyes at this absolute unit. She felt the immediate admiration and quickly embraced him in a loving kiss. His knees got weak with the feel of her wet, firm lips against his and she quickly

positioned him in a cradle position in front of her. In the buff, muscular arms of his loving cousin, Ethan was epically enjoying their passionate kiss.

It lasted for a few more moments, then Claire gently backed her face from his, looked him in the eyes and whispered, "I love you."

Smitten, he began to whisper back, "I love y....."

WOOSH!

As Ethan was having a moment, Claire had unbeknown to him, squatted slightly, done a full 360-degree turn, burst upwards and launched him into the air. He looked back as she and Elena got smaller and smaller in his view while he traveled many feet upwards and easily fifteen feet outwards, hanging in the air forever, before gravity pulled him down to the deep end water.

Disappointed that the kiss didn't last a little longer, Ethan was at the same time, uber proud of how strong and bad-to-the-bone his girl was. He quickly popped his head above the water and started swimming back towards Claire and Elena. But as he got half way, he watched Claire dive towards him. She had perfect form and watching her muscular glutes tower greatly above the rest of her rock-hard, missile-like, muscle covered body as she flew through the air was mesmerizing.

She entered the water like a bullet and was embracing him in her gargantuan biceps and thick forearms immediately. He quickly wrapped his thin arms around her beefy torso and their lips again became locked in a loving, passionate kiss as the cool water dripped from their bodies. As their wet, droplet covered physiques squeezed together tightly, Claire reached one hand down and slipped it into his small track shorts. She grabbed his rock-hard cock and began stroking it lovingly.

But Elena was not about to be left out. She immediately dove into the water and was upon her brother and cousin in seconds. She now extended her muscular arms around them both. Then, with a smooth motion, she slipped her hands down. One hand slid past the cute, black waistband of Claire's bikini and upon her gorgeously shaped, muscle-bound glutes. The other slid past Ethan's shorts and she grabbed a nice handful of his hard, wet butt as well. The three embraced affectionately for several minutes. Enjoying all of each other in the cool, comfortable water, still eager for the massage lesson that was happening in less than an hour...