

When they get off the bus, Beth asked Cindy "I'd love to know what kind of exercises you've been doing." Cindy replied "Its a combination of nutrition and working the muscles against each other that I'd come up with. I'm keeping exactly what I'm doing a secret." She paused, then said "If you want, I'll let you see it. Just, um, not out here. Of course, I'd expect to be able to have some fun with you with it." Cindy said, as Beth had been staring south of her waist the whole ride home. Beth answered "I guess I could stop over at your place for a little bit. There's no school tomorrow, so my parents wouldn't mind if I slept over, even."

The windows were open, airing out the house when they got there. Cindy's mom was in the front room, wearing a skirt and t shirt, with the television on. "Hi mom. Beth's staying over tonight." The woman looked nervous as she answered. "Sure, hun. Anything you want." Cindy whispered to Beth. "Wanna see something? I bet she will do anything I ask. What do you want her to do?" Beth thought for a couple of seconds, getting a wry grin. She replied to Cindy "You can have her suck on your tip." Cindy chuckled, saying "Are you sure you want her to do that?" Beth nodded. Cindy said "Come over here. I want you to do something for me." The woman got up from her seat and walked over, wincing with each step. "I guess I should go a little easier on you until you're used to it. Ok, slide your skirt down." Rose paused, about to say something, then did as she was told. Beneath the skirt, she had nothing on. Cindy slid the tights she had on down, so that her length was hanging free. "Ok, now lift up my tip until I tell you to stop." Rose used both hands to grip onto it, as she frowned, lifting slowly. Once it was straight out in front of her, Cindy said "Stop!" She took hold of her shaft in her own hand, lining it up at the woman's groin. She used her free hand to hold onto Rose's hips as she slid her tip and several inches more up into her. Rose winced, her hands sitting on Cindy's shoulders. "It hurts! I'm still sore." Cindy stepped back, her length exiting with a wet *shluck* before the tip came free with a pop. Rose barely kept her footing as she was exited. Her knees buckled, with her stepping forward to grab onto Cindy's shoulders to keep upright. Cindy said "Come upstairs in a half hour, ok? I've got something I want you to do." She then looked to Beth. "I've gotta show you soething up in my room. Come on."

Once Cindy and Beth were upstairs, Cindy said "I've got an idea. Do you want to really know my secret of how I've put on as much muscle as I did so fast?" Beth answered "You don't have to ask that twice. What is it? Signed a contract with a quill pen dipped in your blood? You found a genii in a bottle?" Cindy replied "Its not that flashy. You know those useless isometric exercises? I found a combination of nutrients, extracts, some chemicals and exercises that work really well. I can mix up a batch for you to try and show you the exercises if you want." Beth answered "Why'd you wait so long to ask?" Cindy left the room to mix up a whole bunch of her special recipe. She returned with a milk jug filled with a sickly green colored, cloudy mixture. "It smells bad and tastes worse. I didn't say it would be easy. I've, um, got something I've gotta check. Drink down two full glasses and then we'll start." Cindy said. Beth looked around, seeing nothing to drink out of. She picked up the jug, opening it. She looked ill when she smelled it. "You're not doing some kind of joke on me with this? It smells worse than vomit." Cindy replied "Drink it down. I'll have the rest." She had opened up the desk drawer and pulled

out her notebooks. "What blood type are you?" Cindy asked. Beth replied "A negative." "Great, then this will work. At least, it should work to give you a jump start." Cindy closed the notebook. "I don't want you all weirded out when I do this. And no, its not some kinda evil vampire thing." She stepped over to Beth, pausing. She winced as she bit down on her own tongue. Cindy then leaned over towards Beth, putting her hand behind the girl's head so she couldn't pull away. Beth frowned, not knowing what to expect. Cindy then opened her mouth, and slid her tongue in past Beth's lips, holding it inside of the girl's mouth as drops of blood oozed from her bit tongue.

Beth tried pulling back as Cindy leaned in for what looked like a kiss, but there was no way she could budge the girl's hand. She felt the coppery tasting blood soak into the mouth and throat, as none of it reached her stomach. When Cindy let go of her, she felt dizzy, falling back onto the bed. It felt like fire rushing through her veins. Every inch of Beth's body was burning. It took several minutes to come out of her daze. Her mouth felt dry, her pulse was still racing, pounding in her ears. "What happened?" She asked. Cindy replied "My notes showed that someone could get a boost if they gained the blood chemistry of another person who had already gone through the process. That is, as long as their blood types were the proper combination. I wasn't a hundred percent sure it would work, but, I'm the one getting straight A's in biology." Beth then said "So, in the end, you guessed?" Cindy nodded. "There's only one way to know if it worked. If your body responds, we'll know tomorrow morning." Cindy picked up the jug and chugged down about 2/3 of it. She handed it to Beth. Beth scrunched her nose, slowly lifting it up. "It'll be a lot easier to just swallow it down fast. Its not like we're doing wine tasting." Cindy pantomimed taking a sip from a glass, swirling it around, and looking thoughtful. Beth smiled, then lifted jug to chug down the rest. After finishing, she said "That is the worst tasting thing on earth. I'm sure there is an award for it." Cindy replied "It builds character, right?" Beth chuckled "Everything awful builds character."

Cindy explained the basics of the exercises, ending in saying that Beth should watch her and do exactly the same things. Soon, there was a knock at the door. Cindy answered it, letting Rose in. Cindy looked over to Beth. "I didn't forget what you wanted to see." She sat on the floor, while Beth was on the bed. She pointed to the woman, motioning her to the floor. She then lifted up her length in front of her, for Rose to take hold of in both hands. "The tip needs to stay in your mouth the whole time." Rose scowled, but did as she was told, stretching her mouth open wide to do so. Cindy started into her exercises, with Beth copying her. After about a half hour, Beth said "Ok. I've had enough. The slurping noises are driving me nuts." Cindy paused, and said "Thanks. That's enough for now." Once Rose had left, Cindy said "That wasn't easy. I had to concentrate really hard to keep it from getting hard." She stood up, asking "How do you feel?" Beth replied "I hurt all over." Cindy replied "I want you to have some more of the supplement. You burn through it fast when you're exercising, and your body is on overdrive." She left the room to mix up another batch. She returned to find Beth flexing her bicep, looking at it. "Its not gonna show until you have a chance to rest. Lets finish this batch and get some more exercises in." Beth agreed and followed Cindy's lead.

"Ok, lets take a break." Cindy said. Beth got up, shaking out her arms and legs. "Any more and I won't be able to move. How about if I get to have a little fun. Lets put on some videos and rest a bit." Soon, "Teen Titans, Go!" was playing on the computer monitor. "Do your Raven imitation." Beth asked. "Yeah, What-ever." Cindy answered. Beth then asked "Is it my fault you've got the same hair and face? Just watch the cartoon. I wanna try something. When I push on the this side of your hand, straighten your arm. When I push on this side, bend your elbow and cup your hand over your arm. After that, flex. Got it?" Cindy answered "What do you have in mind?" Beth answered "Just don't look. I wanna test you out." Cindy waited, watching the episode, when she followed the signals. Beth had placed a five pound hand weight standing on its end on top of Cindy's bicep, putting the other end under her palm. Cindy then slowly flexed, her biceps peak rising upwards. The handle portion of the weight collapsed into itself, glowing a dull red as it heated up from the pressure. The ends of the weight then started to flatten outwards. The metal glowed and started to melt, flowing down over Cindy's arm. "What did you put there? Its starting to melt." Cindy asked. Beth answered "What does it feel like?" Cindy answered "Its sorta like ice melting." Her cupped hand pressed into the steel weight, with it oozing up around the edges of her fingers. "Squish it the rest of the ways all at once, but, um, make sure *not* to splash me. You've gotta promise that." Beth said. Cindy answerd "Ok, ok. " She cupped her hand, aiming at the wall just above the monitor. She flexed, flattening the weights the rest of the way, sending out a stream of white hot molten steel to hit the wall. The plaster board charred as the force she'd used sent the spray through it, as well as cutting straight through the brickwork behind it to send the metal outside where it sprayed out all the ways to the street. "That was awesome!" Beth said. Cindy looked to see that it wasn't water that was running down her arm in rivulets. The molten steel quickly hardened. Cindy peeled it off, dropping the spiderweb like bunch of it into the trash can. Beth reached to pull it out, but pulled her hands back before touching it, as it gave off a lot of heat. "I'll squish just one more thing for you, then its back to the exercises." Cindy said. Beth thought about what to try next, and pulled a paperback book off of the shelf, putting it in place. Cindy flexed slowly, not knowing what Beth had put on top of her arm. She didn't want to take any chances that might end up killing her friend. She found that it didn't flatten as she increased the pressure against it. She grunted with effort, putting as much force against it as she could. She smelled smoke in the air, and stopped, looking over. The book was smoking. Beth took it back, trying to open it. The pages had fused together, turning to blackened carbon. "Look at this." Beth said as she handed it to Cindy. "I've gotta try that again tomorrow. I bet after all this exercise and the formula, I'll be able to do better."

They went through another round of drinks and exercise, skipping supper as they were too full already. It wasn't until midnight when Beth fell asleep. Cindy stayed up to do a few more hours of exercise. She had an idea that she needed to try out. If she could control the size of her muscles, to have them grow, she should also be able to have her cock grow out the same way. She smiled, enjoying what she saw when she found out it worked. She practiced for about a half hour before she was too tired to continue. She went to sleep as well.

Cindy woke up before Beth, the sun shining in her eyes. She wait up and got to her feet. She had slept on the floor, letting Beth have the bed. Looking herself over, she didn't seem to be any different than when she went to sleep. She figured that her resting size had reached its maximum, though she could always have improvement on her body's density and how much she could fill out. She looked over to the bed, seeing Beth half covered by the sheet. She had definitely changed a lot. She shook the bed, getting a muffled reply from Beth. The girl then slowly opened her eyes, sitting up. "You've gotta look at yourself in the mirror." Cindy said. Beth slipped the cover off, getting to her feet. She walked over to look at herself in the mirror hanging on the back of the bedroom door.

Phil, Cindy's brother, had just finished talking with Alex. He was horny, and she still refused, telling him that it was Cindy's fault. He wanted to let Cindy know just what he thought about that. Maybe that skinny girl could be Alex' replacement. Her pussy would probably be a lot tighter than Alex' was, anyways. He opened the door, dressed in just his boxers. The front of them was already tented out from him just thinking about it. When he opened the door, he saw Beth from behind. First, he noticed the lean, muscular legs, showing heart shaped calves and thick hamstrings. Looking further up, he saw the pear shaped cheeks, with the string bikini bottoms. Then came the tiny waist and v-shaped back, partially hidden by a white halter top. One of the girl's arms was held down, showing a deeply cut v-shape for her triceps. She had straight brown hair. The girl's other arm was held out to the side, bent at the elbow. Her palm was cupped over a five pound hand weight. The girl's arm wasn't even dented in by the item. She had the biggest bicep he had ever seen. In front of her was Cindy. He could see her face and little else, but he didn't really care about seeing her. He heard Cindy say "Now really concentrate and flex it hard." The weight glowed red along its handle as it flattened in on itself by the rising peak of the girl's bicep. Then the ends of the weight glowed red, and then white as they, too were flattened. Metal dripped down over her arm, as her bicep's peak met her palm.

"Holy Shi..." Phil said. Both girls then looked over to him. Beth turned around as she peeled the metal strands off of her arm. His eyes opened wide as he saw her. Her top pulled tight over her extra-perky breasts. The top ended just above the girl's chisled abdominals. Phil said "Beth? Is that... you?" She answered as she stepped over to him. Her thighs rippled with each step. As she got closer he could see just how large her lean muscles really were, dwarfing his own ones. He then realized she had an enormous cock, bobbing far in front of her. It was pushed through the bikini bottoms. She said "You can just call me 'Goddess' if you want.", smirking. She misjudged the distance to him, as she ended up driving the tip of her cock into his stomach. Phil collapsed forward, catching himself by putting both hands on her length. He could scarcely breath. Beth said "Oh, so you want to be my first worshipper, bowing before me." She looked towards Cindy, saying "I think I know how to put him to some good use." Beth sat her fingers on the sides of Phil's head. He could hear the bones in his skull creak under the pressure. He took hold of her wrists, struggling to try and move her hands apart. He was about to scream out when she moved him to the bell-shaped tip of her cock, nearly dislocating his jaws as she pushed it into his mouth. "Mmm. It feels good to have it inside." Beth said as she pushed into

the back of his throat. "Careful with him. It looks like he won't be able to take more than a third of your length." Cindy said. Beth started moving her length in and out of Phil's mouth, ignoring his efforts to push her away, his hands spread out across her abdominals. She didn't take long before starting to pump out her pre, having it spray down his throat. He was barely able to suck in breaths through his nose in-between her pumps. He struggled to be able to swallow fast enough to keep up with her. Beth let go of Phil's head, keeping just her flared out tip inside of his mouth. His jaws ached, about to be popped out of joint. The skin of his cheeks was stretched out over his huge glans. She took breaths in quick gasps as she went into orgasm. Her bobbing cock lifted him up and down a few times before she took hold of it to keep it steady. She didn't want to rip his head off, after all. Her cum jetted out, shooting down his throat to bloat out his stomach and fill his lungs. The thick, hot fluid sprayed out of his nose. He felt like he was going to either drown or burst. He just didn't know which was going to happen first. Just as he felt he was going to pass out, her orgasm finally ended, with her pulling her tip free. He collapsed to the floor, coughing and vomiting up her cum. His body shuddered as he struggled to clear out enough to take in a breath.

Beth's cock relaxed after she finished, cum dripping out in thick globs. She looked over to Cindy, saying "I think I gave him enough for breakfast and lunch." She chuckled. Cindy replied "How was your first communion with your followers, Goddess?" Beth replied "It went quite well. I think I should hold audiences daily. How about if you accompany my holiness outside so we can see what are bodies can really do?" Cindy answered "How about if I were to try out squishing the book to see how much more I can do today?" Beth said "You used enough pressure yesterday to turn it into carbon. What else can be done with it? Turn it into diamond? Lets go."