Your Growing Sister

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VA by Syclas



Hey bro, welcome home! Long time no see. So I guess you’re back for the New Year, huh? Only one more semester until you graduate, right? Pretty exciting stuff!



Oh… me? Well, you know. Same old. Still working part time at the store. They barely give me any hours at all. I may as well be unemployed at this point \*sigh\* I just don’t know if I’m cut out for college, plus it’s so damn expensive. I couldn’t get those scholarships that you did, so it’d be student loans for me.



Hey… come on. Everyone is struggling, the economy is still down in the toilet. If anything, I should be happy I have the job that I do!



\*sigh\* I can’t believe you’re being such a jerk about this. What was that? Really? You think I’m wasting my life away? That’s pretty rude you know! WHAT!? I’m getting fat too?! I… you jerk!



I mean… \*sigh\* I guess you’re right. I have been putting on some weight, especially with the holidays. I’m just so stressed out and…

Oh. Really now? Going to boast about how you’ve been working out while you were away? \*sigh\* put your shirt down, I don’t care how flat your abs are. You’re not even that buff.



What was that? You’re going to get fitter for the New Year? You’re going to get an awesome job once you graduate? I mean I’m happy for you but… \*sigh\* Oh, *come on*. I’m trying to be nice, and you’re being such an ass about this!



You know what!? Forget this, I’ll show you. I’ll do the same stupid workout plan you do. I’ll study on my own and learn all kinds of things. I’ll get a better job than you, WITHOUT wasting my time at college! Yeah! Oooo…. Just you wait brother dear, I’ve been in a funk for the past few years, but now I’m ready to go all out!



Oh, yeah… uh, can I see your workout plan? I kind of… have no idea what I’m doing. \*nervous laugh\* Okay, so this is the plan? Let me just take a picture of it real quick with my phone, alright, got it. Thanks, I guess… asshat.



Hey brother, how’s it going? Haven’t seen you around much the past couple days. Truth is… following your workout was a great idea! I had no idea that lifting weights so much fun!

I feel great, and the sensation of my muscles pumping up was awesome! Can’t believe that I never tried it before. I’m going to definitely be doing this all the time. I can’t wait to see how friggan jacked I get!



What’s that? Oh. Really? You say I won’t get jacked because I’m a girl? Damn bro, it never ends with you, does it? I’ll make you regret saying this stuff…!

(Two days later)



Been a couple of days since we last spoke one on one. Gotta say, I’m feeling better and better by the day!

Huh? Well, I’ve been following your full-body workout plan once a day, yeah. Sometimes I feel like I could do it multiple times a day though. Such a rush to get the blood pumping to my muscles!



Errr, what? You’re only supposed to do it every two or three days? Well, doing it daily seems better to me! Oh? My muscles won’t recover properly? Huh? I must be doing the exercises incorrectly?



Well… Hm. I guess I DO want to get as buff as I can. How about I join you in the gym tomorrow then? You won’t be working out again until the day after? Well, we can just do it then!

(Two days later)



Alright, we’re finally at the gym together! You know, even though I’ve only been a little under a week, I think I’m already getting some decent results! Check this out \*flexes arm\* I’ve got a muscle! It’s not huge or anything, but, damn, I never thought that I’D have an actual bicep!



Huh? Beginner gains? Interesting. Well, let’s see just how many of those I can get. If you’re right that I’m not doing the workouts correctly, then this will be a good opportunity to fix that. Let’s do it!



Okay brother, you go ahead and do your thing, I’ll watch. Okay… I see… Interesting… Didn’t know that move… Cool, thanks for showing me!



Hey, I was wondering about something. These dumbbells here, the thirty pound ones… I could’ve sworn you were struggling a lot with them? They don’t look that bad, let me try… \*loud grunt\* oof, I guess they ARE pretty tough, but \*grunt\* there, managed to get a single repetition in! Nice!



If you had that much trouble with those, then… wouldn’t that mean you aren’t really much stronger than me? Oh? Newbie gains and you’re a guy so you’ll get stronger faster than me? Hmm… We’ll see about that…

(Two days pass)



Hey brother! Been a couple of days since we were at the gym. I guess I should hand it to you again, your technique of doing each lift was great! Check this out! \*double bicep flex\* I’m building honest to goodness muscles!

My arms are like little lemons now! And they’re super hard! I’m getting stronger in the gym too, all of my lifts keep going up!



Oh yeah, by the way, still not really seeing any need for rest days. You sure about that whole thing? Well, I guess that means I need to push myself harder, right? I’ll go head to the gym right now!

(Two days pass)



Been a couple of days since we last talked, huh? You hiding from me or something?

So… I’ve been keeping up with the workouts, though, I’m sure you can tell from this! \*double bicep flex\* Check those babies out! They’ve gotten bigger, harder, stronger and more defined in just the past two days alone \*giggles\*



Also… look at this! \*lifts shirt\* my belly is totally flat! Hell, if I twist around a bit, like this, you can see little abs pop up! \*laugh\*

My legs are blowing up too. It’s getting harder to fit into my jeans. Guess I’ll have to start wearing leggings, or even just go with shorts. Yeah, shorts. I know it’s winter, but, believe it or not, I don’t really feel the cold so much anymore.



Say, just how long do these ‘newbie’ gains last, anyways? Now that I’ve got a taste of building muscle, I want to keep going and going!

Huh? Interesting. Oh, yeah, I guess I should mention I’ve been lifting weights twice a day now. Well… you DID tell me to make sure I was actually pushing myself, and I still can’t help but feel like I’m not really going all out. Hmmm… guess I’ll have to try *even harder*!



Oh, what was that? Cardio? Huh… that’s like… running and stuff? No, I haven’t really bothered; guess I’ll have to try that out too!

(Two days pass)



Morning bro! Didn’t see you at all yesterday. Fancy running into you here in the kitchen. I just finished eating my breakfast – I had five whole eggs!

Fat? Heh, I’m not worried about that. All the food I eat seems to go to the right place, right \*flexes arm\* here! Check this arm out!

Unless I’m mistaken, it’s bigger than it was two days ago. I’ve also got this big vein running across the side of it. I don’t remember seeing that on your arms!



I actually already went for a morning run, hence the shorts. Turns out that what I was talking about earlier, the cold not bothering me, was true!

Probably helps that I’ve got these awesome muscle legs now, huh? Just look at these things! This part, the, what is it? The Quadricep? It’s so big! And I’ve got all of these lines of definition – it kind of looks like a teardrop!



Plus, I have… these! Calves baby! They’re like upside down hearts, aren’t they? \*giggle\*

Say, you wanna lift weights with me today? No? Why not? You scared your little sister may have caught up to you? Huh? Don’t you remember? We lifted weights last week and you didn’t seem that much stronger than me, and well, now, I’ve got GUNS!



Hmm… well, if you say so. Catcha later, I’m off for my first session today. I think I’m going to try and get three in!

(The next day)



Whoa, hey brother! Fancy meeting you in the gym! Guess you really are getting in your workouts. Well, this is my second session today!

Yup, you heard right. I’m definitely becoming the most frequent regular here! \*laughs\* ME of all people, too funny, right?



Say, brother dear… Weren’t you just struggling to curl those 30 pound dumbbells? The very same ones you could barely do last time we worked out together? Hmmm I wonder…. \*small grunt\* Wow, would you look at that? I picked it up soooo easily… HUH, interesting… Maybe… \*light workout breathing\* Oooo – looks like this is actually *really easy* for me to curl \*giggle\*



Mmmm – love that feeling so much; look at how my bicep is getting all pumped up, even from something as easy as this! Say… oh dearest brother of mine… Do you think you can curl those 40 pound dumbbells over there?



Well, go on. You were supposed to progress faster than me, remember? Surely if I can lift the thirty pounders that easily, you can handle the 40s, right? \*laughing\* Oh man, you can’t even do a single repetition properly!



Let me show you how it’s done. \*grunt\* Mmm… nice and heavy! \*exertion\* One! \*different exertion\* Two! \*laughing\* look at my arms! They’re swelling up! You can see more and more lines of definitions, and even my veins are getting bigger. Mmmmm Now the pump is really coming! *Hell yeah!*



You know, it’s funny – I kind of had trouble with these this morning, but now they’re easier than ever. Looks like I got stronger over the course of today alone!



Say, now that we’re both all nice and pumped up, how about we compare arms? Come on, don’t be shy – you’re going to really turn down a flex-off with your little sister? You really that scared? \*giggle\* Yeah, that’s it, roll those sleeves up. Let’s do this. \*flexing noise\* Oh. \*laughing\* Oh my. Just look at that! I don’t think there’s any denying it brother, my arms are definitely bigger than yours. They’re much more impressive looking too. Yours look smaller, weaker, and flabbier than mine!



I would offer to compare legs but… Yeah, you wouldn’t even stand a chance in hell \*giggles\*. Oh, right, how could I forget? Our abs. Remember how eager you were to show off a couple weeks ago when you first got home? Well, let’s try that again, shall we?

Mmm… just look at that bro, six thick, bulging bricks of feminine muscle for me. You can see some tiny little veins running across them too. If I wiggle around enough, you can see my bottom pair of abs, so I kind of have an eight pack! And you… \*giggles\* Well, I think you’ve got a ZERO-pack. At least your belly is flat though.



By the way… is it my imagination, or am I getting a bit… taller? It’s hard to tell, but my clothes just barely fit at all anymore, and you don’t seem much higher than me anymore… Maybe all this food and exercise has somehow triggered an early-adulthood growth spurt? \*giggles\* now THAT would be fun, wouldn’t it?



Also, if I’m not mistaken, you still have two more weeks of vacation; roughly the same amount of time it took for me to build myself up this much. \*giggle\* Can you even imagine what I’m going to look like before you leave? I’m going to dedicate every waking day to making sure I get as big, strong, and buff as possible!



Oh – by the way, about my other resolution… I started looking through some of your textbooks. It’s a lot easier to learn that stuff than I thought it would be. Think you could tutor me sometime? Well, I can understand if you don’t – it sure would be embarrassing if your little sister ended up stronger AND smarter than you! We’re just going to have *so much fun* for the rest of this winter break \*giggles\*!