**…And A Happy New You**

By Soul-Controller

**Sunday, December 25**

For bodybuilder Ryan Terry, there was nothing better than waking up next to his gorgeous wife Amy. Sure, the spacious bedroom and sprawling mansion were nice touches, but he was a rather simple man who only really desired love and affection. Despite the near-constant late night diaper changes that he had to do for his newborn, the British man even loved being a parent too. So as the early morning alarm began to drone out in the bedroom, Ryan’s face was one of pure happiness and remained stuck in that expression despite Amy’s immediate groaning and attempt at shoving her head further into the pillow. But despite her restless nights of sharing baby changing responsibilities, Amy quickly came around and forced herself to get up. While she headed into the bathroom to do a quick freshening up, Ryan made his way out of the bedroom after changing into his set of the family’s adorable Christmas outfit.

Heading into his child’s bedroom, Ryan quickly changed the newborn into his own matching Christmas onesie before heading into the living room to begin opening up presents. Although the kid would most likely not remember the events of the day, both parents remained determined to give him the best Christmas ever. Although that mainly meant pacifiers, toys, and adorable articles of clothing that had bodybuilder-related jokes and puns on them, the parents were still excited to see how the child reacted to the gifts.

Upon reaching the living room while cradling the baby, he flashed a big smile at his wife and made his way over towards her. After giving her a passionate kiss and handing over the child, Ryan quickly hopped up onto his feet to set up the camera. Given the man’s global influence as a world-famous bodybuilder, there was nothing his followers loved more than thirst traps and yearly Christmas photos. While this was meant to satisfy those dedicated fans, Ryan was also wanting to make a habit of yearly Christmas photos to collect and give to his child one day once he was old enough. It was an adorable gesture, and despite Amy’s annoyance towards wanting to look picture perfect, she loved her husband even more for such charming and grounded values.

So as the hunky bodybuilder set a timer and took a slew of images, Ryan couldn’t believe that he had such a perfect life. He was incredibly wealthy and had a gorgeous wife and kid - there was nothing more he could ask for! This selflessness was admirable, especially since by the time New Years rolled around, he wouldn’t have any of these things left…

**Monday, December 26th**

To his surprise, Ryan Terry woke up feeling quite good. Given his age of 34 and the rigorous physical gym routines he did to keep his bodybuilding physique intact, the man was usually quite worn out every morning. Given the repetitive motion and force utilized in his routines, his joints were usually rather creaky… except for today. For some reason, he felt incredibly refreshed, something he hadn’t experienced since his child was born. With a smile on his face, Ryan quickly hopped to his feet and made his way into the bathroom. His wife was already out of bed, presumably making breakfast or taking care of their child, which was a problem given the insane morning wood that he was rocking. Not only was he revitalized physically, but seemingly his sexual libido had undergone an apparent revamp as well. So after stepping into his oversized custom shower, which was a necessary expense due to his bulky physique, the man wasted no time dropping some saliva into the palm of his callused hand and beginning to pleasure himself. To his awe, it didn’t take much before he reached climax as he quickly painted the blue tile of his bathroom with his sizable milky white load.

After cleaning himself off and using the removable showerhead to flush the remnants of his indiscretion down the shower drain, the man then spent the next 20 minutes washing his hair and lathering up every inch of his body. Given his impressive size, the time was an absolute necessity as he had so much epidermic real estate to cover with his meaty and weathered hands. Upon finishing this up though, he took a final few minutes to do a quick face wash while using one of the many sponsored products he promoted on his social media.

With every inch of his body now taken care of, the man finally turned the shower off while grabbing one of his towels and wrapping it around his wide waist. Stepping off of the tiled shower floor and onto the nearest floor mat, Ryan took a minute to steady himself before continuing onward towards the sink. After wiping off the condensation on the mirror above the sink, Ryan took a moment to observe himself. Although he clearly wasn’t some sort of spring chicken, the man couldn’t deny that he was looking rather *young*. So while he certainly still had a few wrinkles, it was quite obvious to Ryan that several of the ones that usually populated his face had disappeared. “Shit, that face wash is the real deal,” Ryan chuckled to himself, using one hand to run his fingers along the smoother and fresher-looking skin he now possessed. This revitalization wasn’t exclusive to Ryan’s face though, as he could find that his skin felt smoother and healthier even through the spray tan he had from a recent competition!

Although he was shocked that one of the many products he sponsored was actually beneficial, especially since most of the products he promoted were just cash grabs that he didn’t really use as he was more concerned about making income and providing for his family, Ryan knew better than to look a gift horse in the mouth. If he was going to look younger, he wouldn’t complain! Bodybuilding was a competitive space, so if he could keep his vitality along with his impressive physique, the man knew that he would continue to be absolutely unstoppable in every competition!

So with a spring in his step, Ryan quickly exited the bathroom and got himself dressed. After going to have a nice breakfast with his wife and child, the bodybuilder found himself caught off-guard by two realizations. Despite just jerking off in the shower, Ryan’s dick was already at full mast again upon taking just one glance at his wife. His mind was quick to begin fantasizing as a result, imagining himself putting the child in his crib before taking his wife right there on the kitchen counter. But even though this desire was incredibly strong, there was another equally strong desire emerging within him: a desire to go workout. So, thinking about double dipping in terms of having a sweat-inducing workout, Ryan excused himself from the table to go begin his daily workout vlog. After recording his video, the hunky bodybuilder was sure that he could get even more calories burned by having some rough and passionate sex with his wife.

Upon setting up the camera as he entered his home gym, Ryan wasted no time pressing record and beginning his workout. Today he felt an intense inclination towards doing a shoulder and arm workout, so he eagerly proceeded to do a fun yet physically intense workout. Unfortunately though, Ryan quickly discovered that after every routine he attempted, he found himself getting exhausted faster than usual. He couldn’t even do his normal amount of sets without having to stop himself early! Even after removing some weight to lighten his load, the hunk still found himself struggling as his shoulders were silently deflating with incredible haste. Before even the hour mark of the routine had passed, his mountain-sized shoulders (boulders didn’t do his bulk justice) now resembled a pebble with the slight curve it now had. Moving further down his arms, Ryan’s biceps, triceps, and forearms had also lost a good chunk of its bulk as well, although the shoulders and forearms received the brunt of the muscle loss.

While his biceps were still quite sizable and impressive, the same could not be said in regards to his new average-sized forearms and barely defined triceps. While this occurred though, Ryan remained oblivious to his changes, just assuming that he was having an off day while thinking about his wife’s impending travels to visit her family for the holidays. So, although he wasn’t able to get the intensive workout he was craving, his mind began to think about the other form of physical activity he could endure as he traversed up the staircase towards his bedroom.

As Amy laid in bed after putting the baby down for a nap, Ryan stared at the woman in intense lust as he returned to the bedroom. This new libido was a blessing in disguise, because as soon as the couple laid eyes on each other, Ryan immediately peeled off his sweaty clothes and jumped onto the bed. Despite having a bit of a struggle tearing off the woman’s clothes due to the muscle loss he had endured, Ryan remained oblivious as only his primal lust controlled his mind.

For the next couple hours, the couple had worked up quite a sweat due to Ryan’s unwavering libido. By the fifth time he had cum within his wife, the cries of their child forced them to finally break up their passionate lovemaking. Groaning, Ryan sat up and sulked while walking into the shower to clean himself up again as Amy went to take care of the child. As he got cleaned up once again, Ryan couldn’t help but feel hopeful that they could have a few more romps in the sack before Amy had to leave the next morning…

**Tuesday, December 27**

After such a physically intensive day with both an intense workout and an hour-long fucking session the night prior, Ryan found himself willingly ignoring his 7 AM alarms in favor of a few extra hours of sleep as Tuesday rolled around. This extra sleep barely mattered though, as he still felt completely exhausted even after an additional three hours of shuteye. Upon finally forcing himself out of bed and dragging himself into the kitchen in search of his family, Ryan was dismayed by the small note sitting on the countertop. Grabbing it with an irritating sigh, he opened the note and read the contents:

*Sorry babe,*

*You were sleeping and we couldn’t be late! We’ll be back on New Year's Day!*

*Love you,*

*Amy*

Given the fact that his extra sleep not only seemed to make little difference towards curbing his exhaustion but also caused him to miss saying a formal goodbye to his wife with a kiss and possible quick shag, it was safe to say that Ryan was rather annoyed with how his day had already started. Not even his favorite breakfast meal and protein shake could make him feel better as he forced himself to head towards his home gym. Even though he wasn’t in the mood to go through an intense chest routine, he knew he needed to do it. Not only was he eager to build more muscle onto his already impressive pecs, but it was also a welcome distraction from his family’s absence.

So, upon entering the gym, Ryan was quick to get to work with his chest routine. Unfortunately for him though, this intensity didn’t last long as his body was once again riddled with an unwelcome theft of his muscles. As he continued to adjust his bench press in between each and every set due to the intense strain he kept feeling, it wasn’t until the man had a 20kg on each side of the bar where Ryan began to grow increasingly confused. He knew he was stronger than this, so why was he doing so poorly?

As if in response to Ryan’s inner thoughts, a slight loosening began to emerge in his chest while he struggled to get through his 5th set. Looking down in both concern and confusion, Ryan too also finally began to realize that something incredibly strange was happening to him. Like air slowly being let out of a balloon, his impressive pectoral shelf was deflating at a rapid rate. Dropping the bar back onto the rack, Ryan gasped in pure disbelief as he watched his increasingly-disappointing chest begin to deflate on itself. By the time he had ripped off his shirt, it was seemingly too late. By the looks of his chest, he no longer seemed to have any sort of muscle whatsoever in that area. “What the fuck is happening to me?” Ryan loudly exclaimed, his teeth gritting in anger as he looked at himself in the mirror.

While he continued to look at himself, it quickly became abundantly clear that he was no longer the same bodybuilding hunk he was a few days prior. No longer was he performance ready based on his deflated chest and slightly smaller arms. Although Ryan tried his best to be a man grounded in reality, his mind couldn’t help but wander to more mystical and magical explanations for his muscle loss. Was it some sort of jealous bodybuilder getting revenge on him beating them? Was it some form of late Christmas punishment from a devious Krampus? Despite arguing with himself for even thinking in such a way, there was certainly no scientific way in which he explain losing so much mass. He had prided himself on being vastly educated about the human body given his desire to sculpt his own into the most perfect version of it, so this lack of clarity only pushed him further into believing that he was undergoing something devious and magical.

Thinking more about the situation over the last few days, he quickly realized that he had worked out every day in which muscle loss had occurred. With this fact now in mind, Ryan couldn’t help but frantically hypothesize that the root of his muscle loss was tied to each and every workout. So, despite his desires to work out and build back his physique as soon as possible, he refused to punish himself further. In Ryan’s optimistic mindset, he would simply just stay away from the gym for a few days and hopefully gain his muscles back as if nothing had ever happened.

So with his mind now made up, Ryan headed out of the gym to go shower and just work on some business-related tasks for his workout programs.

**Wednesday, December 28**

After yesterday’s experience in the gym, it was clear that something strange was happening to Ryan, and today’s glance into the mirror only further emphasized that. The elasticity of his somehow youthful skin along with the sudden lack of facial hair left Ryan feeling like he was some baby-faced high schooler! While it was true that his age was now in the mid-to-late 20s, the drastic change left Ryan going hysterical at the concept of turning younger again. Despite wanting to appear young just a few days prior, this was now a complete nightmare as he not only was losing his muscle but also his rugged appearance!

Just the thought of how his wife would react once she returned home left Ryan shivering in fear. What could he even do to stop this? It’s not like he could go to the hospital and say he was getting leaner and younger! No one would believe him and he’d surely be on a one-way trip to a sanitarium, so Ryan was left with no other choice but to just suffer in silence alone in his spacious house. Within a few hours though, the bodybuilder realized that suffering was an understatement. Anywhere he went in his house, his eyes immediately found themselves staring back into a reflective surface and shutter at the horrific sight of his younger and frailer body! It was incredibly eerie as he couldn’t help but reminisce about the days when he used to be a model that looked just like this…

Unable to get himself to leave his house and scared of doing something that could initiate more changes, Ryan instead opted to spend the entire day relaxing on his couch and trying to remain calm. While there was nothing more that he wanted to do than watching old bodybuilding competition footage, he knew that would only make him more enraged and terrified. So instead, he opted to open up one of the various streaming service apps on his TV and find something that he could just watch to hopefully destress. Upon seeing a banner promoting a new Marvel movie, Ryan immediately clicked on it as he believed that it would be the perfect mind-numbing programming to take his mind off of things. Given his dedicated lifestyle that had him practically living solely inside the gym, there wasn’t much time for the hunk to go around and enjoy more trivial enjoyments such as watching movies or going to concerts. But to his surprise, the man quickly found himself getting more and more engaged with the content - specifically anything involving a superhero named Captain America despite being a British man himself.

For the majority of the day then, Ryan found himself binging through multiple films in the long-running franchise, with the only stopping occurring whenever he needed to use the restroom or prepare some food. But ultimately as the day turned into night, the man eventually found himself passing out on the couch as the films did their job and finally helped him calm down into a fairly peaceful slumber…

**Thursday, December 29**

Once again, the shock of the previous day’s transformations still terrified the man as he woke up the next morning and headed into the bathroom to relieve himself. No matter how hard he wanted to escape and plead for help, he knew that there was absolutely no way anyone would believe him when he said what was happening to him! Every time he looked into the mirror, he only saw a faint resemblance to his old self, as if the reflection belonged to a blood relative who clearly didn’t have as much testosterone as him (as evident by the baby-faced cheeks and lack of a prominent jawline or Adam’s apple).

So, unsure of what to do with his day, Ryan opted to once again spend his day doing random events without much rhyme or reason. He spent a good hour or so cooking up a hearty meal to hopefully take away the upset stomach sensation he had begun feeling upon seeing his reflection once again, but that didn’t do much to curb it at all. Going on a joyride around the area with one of his many expensive and lavish sports cars didn’t do much to help him either, as he was forced to feel even more out-of-his body as he spent several minutes having to adjust his seat (due to the unnoticeable change of going from a modest 5’10” to an impressive 6’1”). After returning back to his house and finding no other activities to do, Ryan quickly grew annoyed. With the gym out of the question as he viewed that to be the cause of his evolving body type, it truly seemed as though Ryan had exhausted himself of every possible option to help pass the time.

But upon returning to the bedroom and staring at a photograph of him and his wife on a bedside table, Ryan’s increased libido suddenly made its presence known by quickly firming up to a semi-firm status. Given the fact that his wife was still away for a few more days, he figured that it wasn’t any sort of problem if he pulled out his laptop and found something to get himself off to. After quickly grabbing a handful of tissues from the bedside table, the man quickly pulled open the laptop and got to searching for some porn.

Upon going to one of his older haunts for pornography, Ryan began to ponder what he should get off to. While it was abundantly clear in his mind that he was 100% wanting a woman to be involved, this increased libido was beginning to influence his mind to become more open-minded. So, upon searching around for a bit, Ryan found himself quickly dropping his underwear as a video titled “Two Hunk Jocks Pound Submissive Cheerleader” began to play.

Instantaneously, Ryan quickly skimmed past the corny foreplay and exposition, eager to get his dick to a climax in record time. As the sex began, Ryan looked eagerly at the screen as he realized just how horny he was feeling. But as he continued to do each continuous stroke of his impressive shaft, the bodybuilder was oblivious to multiple changes occurring at once. Not only was his dick undergoing its own transformation, shrinking both in length and girth, but his legs and mind were also undergoing their own transformations!

Moaning as he stared lustfully at the computer screen, Ryan’s eyes found themselves dividing attention between both the male and women porn actors. While he still found himself turned on by the woman’s bouncing tits with each impactful thrust of a man, Ryan suddenly found himself appreciating the physiques of the male actors just as much. Something about their furry chests, sizable cocks, and buff physiques left Ryan shivering in pleasure as he continued to stroke his cock as fast as he humanly could.

With his newest sexual discovery leaving him completely enamored on the scene playing out on the screen, his body was also undergoing further changes. Firstly, his sizable and thick ass began to lose all of its musculature. Continuing to writhe around in bed, Ryan was oblivious to the new bony ass that he now possessed that would surely make for a rough time in any chair he sat in now.

While he curled his toes and tensed his muscles, Ryan’s impressive leg muscles began to deflate with rapid pace as if they were in a deflating competition with his still-shrinking manhood. His sizable thighs lost every single morsel of their bulk, giving him a tiny pair of thighs that would have a perpetually wide thigh gap. As he continued to tense up though, his diamond-sized calves also lost all semblance of muscle to just give him a new and complete set of twig-like chicken legs.

As if the universe was perfectly aligning for Ryan, the man found himself reaching an incredible climax just as his legs finished achieving their new appearance. Like a long-dormant volcano, the head of his cock erupted in pure sexual pleasure as thick streams of cum shot out across his bare torso. It was hot as fuck for Ryan to witness, even though the cum looked depressing in a puddle over his pitiful new chest. In many ways, it felt as if Ryan had never truly cum before based on just how pleasurable it was. But alas, that was just the power of his secret sexual discovery of his newfound bisexuality! Upon finishing cleaning himself off, the man found himself growing incredibly exhausted until he eventually passed out for another long slumber…

**Friday, December 30**

After Thursday’s sexual awakening for Ryan, it wasn’t much of a surprise that the man found himself eager to jerk off 24/7. So, for most of the day, he found himself eagerly experimenting with his new body as his mind continued to be shifted further with each corresponding ejaculation that he experienced.

By the time he had reached the fifth jerk-off of the day, there was absolutely no way that Ryan Terry could call himself a heterosexual man anymore. His rabbit hole of porn-watching had quickly caused the man to shift his tastes from bicurious viewings of three-ways to just straight-up erotic and kinky gay sex. While there was something that left him eager to watch porn videos that involved jocks fucking twinks due to him wanting to imagine himself topping such weak and frail men, he had no idea that the root behind this was due to his mind altering until he wanted to solely be a bottom.

Twisting his body to the side, Ryan’s sexual experimentation began to press on further as he moved his free hand towards his bony rear end. After a moment of hesitancy, the man quickly found himself messing around with his tight asshole. As he continued to tease it, gingerly sliding a finger or two on occasion, Ryan couldn’t help but loudly moan and have full-body shivers. It was unlike anything he had ever felt before! In fact, it was so life-changing that he didn’t even notice the sudden shift in his voice. This shift was quite extreme too as the gruff British tone was replaced with a light and airy voice that had a slight lisp attached to it.

As these high-pitched moans continued to fill the gargantuan bedroom, Ryan’s experience with dual sensations coming from both his ass and cock was a dream come true for the changing man. Even as he faced full body exhaustion given how much he’d gotten off over the past day, the man persevered through the feelings as he pushed himself towards one final orgasm. As a slight stream of cum dribbled out of his overworked manhood, the most holistic transformation of his body began. While he was too busy watching the mess he made, Ryan’s biceps shrunk just a smidge as his thighs, quads, and pecs lost even more muscle. Despite these significant alterations, the biggest change Ryan could notice was in his abs. His highly defined abs were quick to lose a fair bit of definition, still remaining present on his now-flat and pale-looking torso, but not nearly as extraordinary as they once were.

However, while most of the transformation involved a loss of mass, there was one area of Ryan’s that was suddenly gaining it in bulk: his ass. Immediately, supple flesh began to invade his bony rear end, lifting the man a few inches into the air as the soft cheeks of a petite bottom finalized their emergence around Ryan’s still-exploring fingers.

After cleaning himself off and going to take a shower, Ryan was obviously quite stunned to see what he looked like. Besides his still-impressive biceps, the man would easily find himself categorized as a twink (which obviously left the bodybuilder horrified). However, despite the clear shock and disgust about losing his muscles, there was a small voice in the back of Ryan’s mind that was turned on by the progressed changes. So, upon washing himself up and throwing on a sweatshirt that was now oversized, the man’s horny mind told him to find someone to fuck him. Now being severely influenced by his high libido, Ryan was left with no other choice but to oblige.

For years, he had heard about the popular app Grindr, but he never in his life would have imagined he would be taking photos of himself and his ass in search of someone to fill his needy hole. But alas, there he was frantically looking through a sea of dreamy hunks for anyone willing to fuck him. After a few minutes of searching, Ryan ultimately found someone able to make the drive up to his residence. So after confirming the date, Ryan eagerly waited around for the man’s arrival. Although he was unsure of what was going to happen, there was one thing that he knew for sure: he absolutely needed to have this new bubble butt of his fucked senseless by a bulging and hulking man.

**Saturday, December 31**

Waking up the next morning, the real version of Ryan Terry would have surely been traumatized by the sight before him. Not only was he still in possession of a weak and frail body that had no type of musculature besides some oversized biceps, but there was also a nude hunk of a man loudly snoring beside him! However, the new Ryan Terry was at least ok with one of these sights, due to the fact that he himself had invited the man from Grindr to stay the night after hours of intense fucking. As expected, Ryan wasn’t nearly as prepared to bottom as he assumed, so by the time his tight hole had been filled five times, there wasn’t much feeling there besides intense radiating pain from such forceful intercourse. The worst part about the events as he recollected them was that he had been the one actively *demanding* the man go harder and faster as an incredibly submissive side emerged within him.

But despite this newfound eagerness to submit for any man bigger than him, Ryan found himself declining the opportunity to be fucked yet again as the man finally stirred awake. Given their continued horniness though, the two men decided to improvise by looking at each other while jerking themselves off. Just like the days prior, the physical activity began to invoke further physical changes for Ryan as his biceps were the final casualty of body transformation.

With each passing stroke along his average shaft, Ryan’s biceps began to wither away to give him the complete appearance of a twink who never set foot in a gym. For the most part, the change was unnoticeable for Ryan as he bit his lip and stared at his bedroom companion’s sculpted body. However, by the time his upper arms only had a small curve to them, Ryan’s attention was quickly gained as an intense cramp began to spread through the limbs. Looking down in confusion, the man watched the last remaining vestiges of years of hard work completely evaporate from his body to finalize his transformation into a twink. Despite the horror of what he was witnessing, Ryan’s hand remained at a death grip around his smaller manhood as he pushed himself to climax in tandem with the brown-haired muscular man.

Upon wiping themselves off, Ryan found himself increasingly confused as the man quickly got to his feet and began to get dressed. “You- you don’t want to stay…?” Ryan pondered, his mouth dipping into a low frown as the man looked directly up towards him.

“Nah bro, I’ve got to get to the gym. I usually workout with another bodybuilder and we jerk each other off in the sauna… and I can’t miss that!” the man responded, flashing a quick wink to Ryan as he finished pulling on the tank-top, athletic shorts, and shoes that he had arrived in. Despite this clear rejection, Ryan was unable to take no for an answer, continuing to offer various possibilities to the man about things they could do around the huge property.

After taking a deep breath, the man directed his head away from his feet and looked up at Ryan to deliver a clear yet fatal blow. “Dude, I don’t know what you think this was, but I have no interest in spending any more time with you. You were just a quick fuck that I needed after a rough day at work.” he curtly said, although there was a slight hint of remorse in his eyes as he continued to make the situation abundantly clear to the clingy twink. “Believe me, if I ever wanted to settle down, I wouldn’t do it with some pale twig like you!” he continued, not even giving Ryan a chance to respond before grabbing his coat and heading towards the door.

Standing there in disbelief as he heard the front door slam on the other end of the house, Ryan was unsure what to do with himself. He knew that he was still married and in a relationship, but the pure rejection was such a fatal blow that it absolutely rattled his system. When he had been a single bachelor, he used to be the one delivering the harst and direct rejections, so to be on the opposite end of that left him completely devastated. 

After laying in bed and letting a few tears fall down his soft cheeks, Ryan finally got himself out of bed and headed towards the bathroom. After flicking on the light and turning on the shower, Ryan found himself staring directly in the mirror to check out his new physique. The previous mentality of accepting the change was quickly thrown out of the window as the illusion broke and the real Ryan Terry persona re-emerged. Of course, as a seasoned bodybuilder who had built a career for himself as being the biggest and hottest stud in the UK, the man absolutely went batshit as he attempted to flex his various muscle groups yet found no musculature moving in response.

“Fuck this, I won’t go down without a fight!” Ryan angrily growled, but given his new light and airy voice, the sentence came across much more sexually-charged rather than its intended effect of anger and perseverance. No longer caring about cleaning himself off, Ryan found himself rushing (at least as fast as his frail legs could go) towards his home gym to begin another workout. No matter how long it took or how hard he had to work, Ryan Terry wasn’t willing to just accept this new reality. He was a bodybuilder through and through, so despite his twinky body, the insane amount of knowledge he had garnered left him optimistic about the possibility of regaining everything he lost.

While such a resistance to change was admirable in a sense, the forces behind his and another man’s transformations weren’t so happy to see such stubbornness. So, by the time Ryan had put in countless hours of hard work in the gym (which occurred much faster given his weak body) and passed out, reality began to work overtime to teach the man a lesson…

**Sunday, January 1**

As Ryan and his fellow transformee slept, the forces behind their transformations worked tirelessly to rewrite both of their realities. Given the fact that Oliver, the man who had actually wished for the physique of Ryan Terry, went along with every change no matter how shocking it was, he was rewarded substantially. Not only would he find himself in Ryan’s former mansion, but he would gain every remaining aspect of his life as reality altered to make Oliver Terry the biggest, hottest, and most popular stud in the UK!

Given Ryan’s persistence towards refusing the changes being done to him, reality hadn’t been too kind to him. While there were aspects such as a slight age regression that were good, almost every other aspect of the change was negative. Not only would he be whisked away from his mansion and family, but he would wake up and find himself waking up in Oliver’s former flat on the other side of town. Despite the few decor changes that the new bodybuilder made throughout his transformation, the flat was quickly returned to its former design involving the gay literature, superheroes, and Funko Pops the the original Oliver (and as a result the new Ryan) adored.

By the time Ryan was able to calm himself down and explore his surroundings the next morning, the man was forced to quickly adapt to the new life he had been punished with. After hearing several loud bangs on the front door, Ryan cautiously opened the door to find an older looking man staring at him. “Rent’s due this week, do you have my money?” the older gentleman asked, causing Ryan to nervously “uh” and “um” until he could come up with an answer.

“I don’t have it yet, but uh, you’ll get paid soon,” Ryan said awkwardly, quickly noticing the newfound struggle he now had when it came to being sociable. This was yet another punishment from the reality shift, as the former hunk was now a socially-anxious twink who often found his voice cracking as he stumbled over the simplest of sentences. After closing the door as the man huffed and puffed away while demanding his money as soon as possible, Ryan made his way into the bathroom to check if any further damage had occurred to his body.



Unfortunately for Ryan, more changes had in fact occurred, as even the slight hint of abdominals were taken away from him! Not only that, but the tips of his dark brown hair had also been dyed to a light blonde shade. Such a sight was an immediate emasculator for Ryan, as he couldn’t help but tear up at his seemingly final form. Clearly, it seemed like the universe was working against him as he was getting a body and life that was the exact opposite of his! By taking away his home gym, there was practically no way that the man could consistently build muscle… unless he gave up everything to spend all of his days in a local gym trying to build muscle back.

But after searching through his new bedroom and stumbling upon his wallet, there seemed to be no indicator of a gym-focused lifestyle for the new Ryan. Alas, besides an ID which informed Ryan of his new name of Ryan Thomas along with a new age of 19 and height of 6’1”, there were only a few credit cards and a coffee shop punch card to inform him of his new identity.

After spending a few minutes checking out his bedroom and closet (which was now filled with multiple cosplay costumes and superhero-related graphic tees), the continued sight of his new living arrangement quickly became too much for Ryan to handle. So to save himself from another breakdown, Ryan decided that he needed to get into the closest gym so he could start building his muscle back up. Luckily, as he looked around on his phone for his gym, he was able to locate one that he had frequented many times to try and get people to sign up for his fitness programs. Even though he had just done one two weeks prior, it truly felt like a lifetime ago for the new Ryan given what he and his body had gone through!

Upon heading into the gym and purchasing a guest pass for the day, Ryan cautiously made his way onto the busy workout area and immediately started to have a panic attack. Seeing so many bulging and hunky men was causing mixed emotions to emerge within the man as he found himself incredibly intimidated yet extremely turned on by the visual. Although there were multiple men who were kind to him as they offered up their machines to him as soon as they finished, even the briefest of interactions with these men left Ryan shivering and unable to formulate a sentence.

Due to this newfound anxiety overtaking his life, Ryan could do anything really besides awkwardly move around the outer edge of the room as he tried to force himself to both become more sociable and get on the machines so he could start building muscle. While standing in one corner near a section of mirrored walls as he attempted to collect himself though, Ryan’s attention immediately began transfixed as a man walked up to a few of the corner mirrors.

The man was an incredible beauty and innately intimidating due to his obvious older age and bodybuilder physique. Every inch of his body was a pure delight to the eyes, as Ryan found himself literally salivating while staring at this mystery hunk. How had he never seen him before during his previous visits to the gym?!

Now extremely horny and thus eager to observe further, Ryan found himself quickly moving closer towards the man who was continuing to effortlessly pull off various bodybuilding poses. Unfortunately for Ryan though, his lustful wandering left him unwilling to pull his eyes away from the hunk as his feet made contact with a displaced dumbbell. Gasping as he tumbled down to the ground, Ryan felt all eyes on him due to his careless thirsting. Unfortunately, these eyes included the very same man who Ryan was thirsting for… and he didn’t seem too happy at all! 

“Hey, what the fuck are you doing? Are you some fucking homo or something?” the man cried out, causing Ryan’s body to shiver in fear as he looked up towards the intimidating man. However, just as Ryan attempted to formulate an apology to explain himself, the former bodybuilder watched as the fury in the man’s eyes faded and was replaced with something *quite peculiar*. In fact, it almost seemed as though the man recognized him somehow!

Even after the bulky man suddenly behaved kindly by extending a hand to pull the twink back onto his feet, Ryan quickly dismissed that theory. Reality had been rewritten to make sure Ryan Terry was seemingly a coffee lover and superhero-loving twink, there would be no reason for such a buff and intimidating guy to know who he is! Just as Ryan began to quietly whisper some thanks towards the intimidating man, he quickly found himself the subject of some ridicule as the man pointed out Ryan’s bulging manhood.

“Aw fuck bro, get that little thing away from me!” the man loudly said, chuckling to himself as Ryan frantically attempted to conceal his horniness from the hunk and the various other gym-goers staring at him. Upon finally positioning his tight pair of briefs over his still-throbbing manhood, Ryan bashfully looked up towards the hunk as he continued to be ridiculed and interrogated.

What, do you get off to bodybuilding studs like mine?” the man said, which quickly turned into a sea of hunks chuckling as Ryan cautiously nodded his head. Although he wanted so badly to lie and say that it wasn’t true, it was blatantly obvious to everyone that Ryan was incredibly turned on by all of the muscle hunks inside the gym. So in Ryan’s mind, it made no sense to lie, especially since the man inquiring about such a fact could easily destroy him if he wanted to!

As they both stood still for a second, Ryan found himself confused on what to do. Should he go, or should he wait to be dismissed by the intimidating man? Luckily though, a decision didn’t need to be made by the anxious and indecisive man as the other man suddenly asked him a shocking question.

“Hey, would you like to be big like me someday?” the man asked, smirking to himself as Ryan’s eyes lit up and he quickly nodded his head. As the man continued to talk with Ryan and offered the possibility of being trained by the hulking man, Ryan knew that it would be an absolute dream come true and thus foolish to turn down the opportunity. Not only would he be able to build muscle with the man’s assistance, but he’d have constant wanking material late at night when recollecting the intimate experience of being personally trained by the gorgeous bodybuilder. Hell, even though Ryan knew the proper technique for every single exercise and machine, he found himself eager to purposely mess up so the hulking brute could correct him and graze those callused hands along his smooth and tender body!

So, as the man brought Ryan towards the front desk of the gym to get a gym membership and also iron out the finer details of the personal training (namely the price), Ryan felt increasingly optimistic about his life. Unfortunately for him, he had little way of knowing that he was actually working with the man who had stolen his body and entire life. To add onto that, the muscle thief also had no real intention of fully training the man either, instead wanting to watch the man pathetically fail for his own amusement. Despite now being a painfully straight man, the hulking man, who Ryan ultimately recognized as Oliver Thomas - one of the most popular bodybuilders in the world, was going to find personal enjoyment by watching Ryan awkwardly attempt to hide his numerous boners from being turned on by his former muscles. Not only that, but he was going to have extra enjoyment in stealing the man’s hard-earned cash to help provide for the family that a man named Ryan Terry had once called his own…