

## THE BLESSING OF THOR

BY TROGDOR297

Gloria sat leaning against the bartop of her favourite pub. She'd been going here for years, decades even. It used to be owned by the father of her friend Tom, who she'd gone to high school with. Now Tom himself owned it, as well as tending the Bar on most nights, including tonight.

"Here you go, Glo" He said, as he slid her Gin & Tonic across the counter to her. She gave him a smile and grabbed it. "Thanks, Tom" He nodded, then turned to serve his next customer. Gloria turned back around, and began to sip her drink.

She honestly didn't know why she'd come here tonight. This used to be the favourite place to get a drink for her and her ex-husband. Since he'd left her half a year ago, she'd stopped coming; too many memories. She was only out tonight, because her son insisted she get out of the house, and this was the only place she could think of.

All around the room were people talking and flirting. She'd never been much of a flirt herself, she'd only ever been with her husband, who'd asked her out when she'd moved back home after college. They'd gotten married within a year. That was thirty years ago. Thirty years of marital bliss; ended because he decided to run off with their yoga instructor, a girl 20 years their junior.

It still hurt her deeply to think about how he'd betrayed her this way. She just didn't understand what she could offer him that she couldn't. They'd built an amazing life together, two kids, a home, countless memories, and he threw it all away for a fit body. It wasn't like Gloria had let herself go. She took care of herself, kept herself healthy. She kept her curly red hair dyed, to avoid any signs of her turning grey. She wore nice clothes, did her makeup on nights out. But she couldn't turn back the clock. She was a woman in her 50's; she had wrinkles, age spots. These things are unavoidable, and to her ex-husband, a deal breaker.

A man of similar age sat down at the bar beside her. He gave her a nod of greeting before ordering a drink from Tom. She looked him up and down, he was well dressed, decently handsome. Maybe her night wouldn't be a waste.

"Having a good night?" She asked.

The man grabbed his beer and turned to face her. "Sure, Sure. You?"

She shrugged "It could be better. I'm Gloria"

He raised his bottle to cheers her "Doug"

She clinked her glass against the bottle "So Mr. Doug. You from around here?"

He shook his head "No, just in town for a few days"

She finished her G&T “Oh really? I’m surprised, our town doesn’t get many visitors. Need someone to show you around?” She said with a smile.

He turned his body to face her “Look, Gloria. It was nice to meet you, but I’m actually here to meet someone. I’m flattered, really, but you’re not really my type”

Gloria frowned, shocked at his abrupt response. Before she could say anything else, he stood and walked to the door, where he greeted a woman in her early 40’s. He led her off into the bar, taking a seat somewhere near the back.

Gloria sighed, turning back to face forward. “Another one, Tom”

Anticipating her need Tom pulled a fresh drink from below the bar and handed it to her. “Here you go, Glo.” He noticed her glum expression, and leaned forward against the bar. “Hey, you okay?”

She took a sip of her new drink “No, Tom, I’m not. My husband left me, and now I’m pretty sure I’m going to be alone for the rest of my life!”

Tom blinked “I see...this goes beyond my bartender expertise as an unlicensed therapist”

She chuckled sadly “Sorry. Shouldn’t have dumped all that on you. I guess I just had different expectations for tonight. Last time I went to a bar single, I met my husband and we fell in love. Obviously that’s setting the bar too high, but I would’ve liked to meet somebody.” She turned to look at the numerous men around the bar, either talking to each other or to younger women. “That’s not happening,” She said, taking another sip.

Tom nodded “To be fair, Glo, this wouldn’t be my first choice of a place to meet somebody”

She raised an eyebrow at him. “No?”

He shook his head “Nah, the days of picking up strangers at bars are behind people our age. Unfortunately it just comes off as sad... no offence!” He added at the end, when she gave him a look.

“Ok, then where should I go?” She asked.

“I’d try the gym? Being healthy is a big thing these days; meeting someone who also values their health is important to people our age”

Gloria nodded, finishing her drink. It made sense. She’d always stayed healthy by working out in their family basement. They had an exercise bike that she used most days, as well as mats for her to do yoga on, now that she was definitely no longer going to their old yoga place.

She finished her drink, handing the glass back to Tom, as well as some cash to pay for the two she had. “Thanks, Tom, I think I may have to try that sometime.”

He gave her a wave as she got up to leave. "No problem. I'd recommend the Super Gym on Wellington, I've heard nothing but good things"

Gloria gave him a nod and she headed out the door. She typed the name into her phone. There it was, Super Gym, just a few blocks from her house. And it had excellent reviews on google. "Alright then, guess I know where I'm going tomorrow!" She said as she walked out the door, feeling a glimmer of hope.

The next day after work Gloria drove over to the gym. For five minutes, she sat in the parking lot, her car in park. She'd been so excited throughout the day, but now that she was here she felt nervous. Shaking her head, she pushed through it. She had nothing to be stressed about. She was just going to the gym to get some exercise, nothing more. If she met someone then that was just a bonus.

She entered the gym and quickly signed up for a membership. She was surprised how quickly it went, as she'd always heard how gyms would try to upsell and lock you into costly plans. Here the receptionist had just had her fill in some quick info, and told her the flat fee for the month. She'd paid without hesitation, before heading to the changeroom and changing into the clothes she'd brought. She'd settled on a loose t-shirt and some sweatpants, nothing revealing or tight. Just trying to stay comfy.

She entered the gym and looked around. The place was certainly busy, but no one looked her way as she entered. All over there were people working out in pairs or solo. She noticed a number of people with red polos assisting some of the gym-goers. She looked at the wall, and saw a poster with one such person shown with the words "Ask us about our trainers!". She nodded with understanding. She wouldn't need a trainer, she was just here to do some cardio. She walked over and got on one of the ellipticals and started her workout.

Several minutes later and she'd built up a bit of a sweat. She felt good though, working out in the gym like this, it felt right. Though no one had come to talk to her, she didn't care about that at the moment. She got off the elliptical, stopping to take a drink of water from the bottle she'd brought, when she saw something that made her blood run cold. Walking through the entrance of the gym was her ex-husband and his new girl. She was wearing tights and a sports bra, showing off her toned midriff. Just the hint of abs were visible beneath her smooth skin.

Gloria whirled around so as to not be seen. Her breathing quickened, as she started to go into a panic attack. She leaned against the elliptical for support as she started to feel dizzy. Why were they here?! What were the odds! She couldn't deal with this. She hadn't seen either of them since he'd walked out on her, she certainly didn't want them to see her as a sweaty mess in these frumpy clothes.

Suddenly a man appeared before her. He was tall and thin, early 30s, wearing a plain black t-shirt and shorts. He had a kind face with wise eyes, a thin beard covered his chin. He put his hands on her shoulders, steadying her, forcing her eyes to lock with his. "Hey there! You ok? You look like you're going through something"

She shook her head, her mouth moving but no words coming out.

The man nodded. "It's ok, it's ok. My name is Thor, I'm one of the trainers here. Just breathe with me now. In...and out...in...and out" Gloria followed his lead, breathing along with the slow pattern. She felt her nerves start to ease as the anxiety faded.

He smiled at her. "You good?"

She nodded "Th-thanks. I just freaked out"

He stepped back nodding. "Nothing wrong with that, we all freak out from time to time"

She smiled weakly "Well, I don't. But...I saw my ex-husband walk in here with his new squeeze, and...I guess I didn't handle it well" She gestured to the pair who were now across the gym, preparing the squat rack.

Thor smiled "Ah ha, I see! Well...let me ask you something. Would you like to look like her?"

Gloria laughed. "You mean, would I like to be 20 years younger? Absolutely, but I don't think a gym can do that"

Thor shook his head "No, that's not what I meant, do you want to have a body like hers?"

Gloria thought about it before nodding "Sure, she's very attractive, but she's young, and I'm not"

Julius crossed his arms over his chest "Age is just a number. If you train properly you could look like that"

She looked back at them. "Really?"

He nodded. "Yes. Just train with me."

She remembered the warning of the upselling. "How much will it cost..." She asked, feeling sceptical now.

Thor smiled charmingly "Free of charge. I'll even give you unlimited access to my special protein shake blend" He pulled out a water bottle that he'd had tucked into a holster slung around his waist, and shook it.

Gloria raised her eyebrows in surprise "Wow! I guess I can't really say no to that, what a deal!" She offered her hand out, which Thor took immediately, shaking it heartily.

"So shall we start next week, or maybe tomorrow?" She asked as they let go of each other's hands.

"Why not right now?" He asked.

She laughed. "I appreciate your enthusiasm, but I'm a little tired right now"

"Have some of this," He said, offering her the water bottle.

She looked at him suspiciously, but took it anyway, downing a swig. The swig turned into a gulp, which then turned into a chug. She'd drunk half the bottle by the time she released the tip from between her lips.

"Wow!" She said, wiping her lips. "That's really good! I didn't realise how thirsty I was until I started drinking. Thank you...uh...sorry what did you say your name was?"

"Thor"

She smirked "Like the god?"

He shrugged "My parents were greek and had a sense of humour"

Thor took the bottle from her, returning it to its pack. "So, what do you say? Ready to workout?"

Gloria was about to refuse him once more, when she realised that her fatigue had disappeared. She felt completely invigorated, her mind focused and clear, the pain in her muscles gone. "Yes! Let's do it!" She said with a grin.

"So what do we start with? Some more cardio?" She asked.

Thor shook his head, gesturing for her to follow him to the other side of the gym. "Cardio is nice for keeping your heart healthy, but we're aiming to resculpt your body, and the only way to do that is resistance training"

"What does that mean?" She asked as she followed him.

"Lifting weights" He said, pointing at the free weights.

Gloria laughed. "Really? I just want to get a little more toned, I don't want to get huge!"

Thor' face went serious "Gloria, do you trust me?"

She met his gaze "...yeah, I guess?"

He pointed at the weights. "This is the way to get that body"

She sighed, "Ok, what's first?"

He walked over to the weight rack and grabbed two 20lb dumbbells. He carried them to her and held them out for her to take. "We're going to start with arms and shoulders. Bicep curls first"

She laughed “Thor, please. I know I’m healthy, but there’s no way I can lift those”

He gave her a cryptic smile “Won’t know until you try”

She rolled her eyes “If you insist” Reaching out she grabbed the dumbbells and lifted them from his grasp. She held her arms loose at her sides holding the weights. She took a breath and then attempted to lift the right one. “See Thor, I told you...” She stopped mid sentence as she realised that she was actually succeeding. She felt her muscles strain, but she was still able to curl the weight up to her shoulder. She looked at him, mouth agape with shock.

He just nodded at her “Keep going”

She lowered the weight, and then did the left one, once again shocked that she was able to lift it. Back and forth she went lowering and lifting the metal weights. When she’d done two reps on each arm, he told her to switch to overhead lifts. On and on they went, cycling through various exercises. Arms, shoulders, chest, abs, legs, nothing was left out.

As Gloria finished a rep of squats, she noticed the clock on the wall.

“Is...is that really the time?!” She asked.

Thor nodded “Yeah, why?”

Gloria set down the weights she’d been using. “We’ve been working out for over two hours!”

Another nod “Yup. And you’ve been doing great! Do you feel tired?”

Gloria shook her head “Strangely...no, I don’t. My body aches, but...yeah, not tired”

Thor clapped her on the shoulder “Good, good. Still, we should probably call it for today. Don’t want to overexert you. Here, finish the bottle” He said, passing her the protein shake. She held the bottle over head greedily sucking down the nutrient rich fluid. She tossed the empty bottle back to him “Goddam, that may be the best thing I’ve ever tasted! What’s in that?”

He shook his head “Ah, I can’t tell you that, it’s my secret recipe, but don’t worry, you can have as much of it as you want”

She nodded “Yeah, fair enough. Well...thank you Thor. Thank you for everything!”

He gave her a wave “No problem Gloria. I’ll see you tomorrow!”

“I don’t know if I can make it tomorrow!” She called after him.

“We’ll see!” He called back, before disappearing into the men’s change room.

Gloria grabbed her things and headed to the women's change room, quickly showering and putting on her work clothes. Fifteen minutes later she exited her car in her own driveway, walking up to the front door with a spring in her step.

She opened the front door and walked into the hall "I'm home!" She called.

"Hey, Mom" A male voice echoed from the kitchen. She walked in to find her son Troy seated at the table, typing on his laptop.

"How are you?" She asked, as she went to get a glass of water. She was still so thirsty!

"Good, just working through some school work. Where were you?" He asked without looking away from the screen.

Gloria drank the entire glass of water, before refilling it. "Ahh...I was at the gym! I've got a new trainer, his name is Thor"

"Like the god? Ha, that's funny. Which gym?"

"Super Gym, the one a few blocks over"

"Oh yeah! The one that dad...oooo, sorry" He said his face plastered with a grimace as he looked apologetically at his mother.

She waved him off "Oh I'm fine, Troy. I actually saw him, he was there with what's her name. I didn't say hello of course, I didn't want to make a thing out of it."

"Her name's Tina, Mom..." Her son replied.

Gloria rolled her eyes "Whatever. I'm just glad I got a good workout in. Man, I feel great! I can see why you do it!"

Troy nodded "Yeah, I hear you. Feels good to get the endorphins going"

Gloria walked past him, stopping to give him a kiss on the top of his head, before she headed up to her room. She changed into her nightgown and got in bed, turning on the TV to watch some reality tv before going to bed, but she'd barely made it ten minutes before she fell asleep, her body's exertion catching up with her.

The next morning Gloria woke with the sunrise. She sat up in bed, feeling exuberant. "Ahh...I haven't had that good a sleep in...I can't remember when!" She laughed, as she got out of bed, and walked to her ensuite bathroom. She removed her nightgown and made to get in the shower, but she stopped when she noticed herself in the mirror. "Whoa!" She said out loud as she checked herself out.

This was not the body that she'd had when she'd woken up the previous morning. Her skin shone, free of blemishes. The wrinkles on her face, while still present, had lessened. It was

like she'd de-aged a couple years overnight. But this wasn't the most drastic change. That was her muscles.

She'd always been a very slim woman, with little to no muscle mass to speak of.. Her ex-husband had used to joke that with his pointer and his thumb he could completely encircle her bicep. No-one would make that joke today. All over she had visible definition, the smooth lines of muscles pressing against her skin. Her biceps (she couldn't believe she had biceps!) formed slight smooth bulges on her upper arm. She turned and spun, examining herself in the mirror. Her legs were definitely thicker than they had been yesterday, cords of muscles slightly visible as she tensed. And she had a waist now! Her svelte figure had always left her with almost zero curves, but she had them now. Her lower torso flared out slightly to her hips, supported by a new tight muscular ass.

"Holy shit, look at me!" She said with glee. "I'm fucking hot!" She laughed, striking a pose. Just for fun she flexed in a few positions. First tensing her abs, she shrieked with delight when a few bumps actually were visible just above her belly button. Then she brought her arms up and flexed her biceps in the classic body builder pose, causing a vein to appear on the surface of one of her arms. "Oh yeah!" She whooped with delight. As giddy as a school girl she hopped into the shower.

Twenty minutes later she pranced around her bedroom, her excitement having not at all abated. She grabbed a black mini skirt that she hadn't worn in ten years, and a white sleeveless blouse, tossing them on the bed before going to grab underwear from her dresser. She was going to have a good day today, showing off her toned arms and legs. She slipped on her black panties, then slung the bra over her shoulders, attempting to slip her breasts into the cups.

"What...what's going on here?!" She said frustrated. No matter how much she adjusted, her breasts wouldn't sit comfortably within the fabric, instead uncomfortably bulging up against the front.

"Wait..." She said, eyes widening. "No way..." She pulled off her bra and looked down at her chest. "No way!" She ran back to the bathroom and looked at herself in the mirror once more. She hadn't noticed before as her long red curls had been resting upon her chest, hiding it from view. Now with her hair pulled back it was obvious: her breasts were bigger. Her little B-cups had filled out to perky full D's. She cupped them, feeling the soft flesh. "How?!" She said out loud. She shook her shoulders back and forth causing the breasts to jiggle slightly, the sight eliciting a giggle from her.

She walked back to her bedroom, still in shock. She'd never heard of breast growth as a side effect of working out, but then again she'd also never heard of seeing results in just one day. Maybe it was something in that protein shake? She smiled "I should've started working out sooner!"

She went to the closet and pulled out an old bra that she'd bought when she'd been pregnant. It fit loosely around her chest, but it would have to do. She donned the outfit she'd picked out and set off down stairs. She laughed as she could actually feel her breasts bounce as she hurried down the staircase; she'd never felt that before.



She entered the kitchen to find Troy seated at the table just as he had been last night, still typing away at his laptop. He'd already turned on the coffee maker, so she was able to pour herself a cup as soon as she entered.

"You did go to bed, right?" She asked, as she sipped her coffee, leaning against the counter.

"Yes, mom" He said exasperated "I've just got a lot of work to get through, so I woke up early to get a jump start on it"

She nodded "Ok, good. You need your rest"

He nodded without looking away from the computer. This wasn't the first time they'd had this conversation. For a minute there was silence, him typing away at whatever report he was working on, her enjoying her coffee.

"So..." She said, breaking the silence. "How do I look?"

He looked over tiredly, then did a double take. "Holy...wow, mom! You look...you look great!"

"Thanks!" She said, appreciative of her son's approval. She did look great. Her skin glowing and smooth, her hair tied back in a pony tail to show off her neck, her arms and legs taut and toned. This was the most revealing outfit she'd worn in months and she was absolutely killing it. But she didn't just look amazing, she also felt it. She hadn't felt this full of life in years.

She finished her coffee, and bid her son farewell, before heading off to work. She drove all the way with the radio blaring, singing along with her favourite songs. Life was good for Gloria, and it was only going to get better.

Gloria spent the day at work as the centre of attention; all day she was receiving compliments and the occasional innuendo, which she laughed off. She'd been working there as the receptionist for 15 years and she'd never had as many people come up to talk to her as did that day. Most of them just stopped to briefly say hello and comment that she looked good today. A few stopped for full conversations, some brought her coffee. Around lunchtime one of the IT staff asked her out for dinner that night. She politely declined, as he was in his mid 30's, far too young for her. But she still took his phone number. She stared at it, shaking in her seat giddily after he'd left. She'd been asked out! Going to the gym was definitely giving her the results she'd wanted, now she just had to find the right match.

Driving home, she pulled up to the intersection that would lead to the gym. On a whim she turned down the road, pulling into the gym parking lot a few minutes later. Feeling proud she strutted into the gym, skipping the changerooms. She walked out onto the gym floor, still in her work outfit, and after a moment of brief scanning, spotted Thor standing alone near the back. She hurried over, calling his name as she approached with a wave.

He waved back, walking towards her so he'd meet her halfway.

"I told you, you'd be back!" He said smugly.

She laughed, flipping her hair "Yes, I suppose, I am, but I'm not here to work out!"

He put his hands on his hips, raising a single eyebrow. "No? Why not?"

She smiled, spreading her arms wide "Because look at me! I look fantastic! I've gotten so many compliments today, and I feel wonderful! I've never felt so good in my life. You should sell that protein shake, by the way, it's really good stuff!"

He nodded, face serious "Yeah thanks. I still don't understand why you want to quit though?"

She looked at him confused. "I...I just told you? I look great? I feel great?"

"So why stop?"

Her face went blank, as her confusion increased "What?"

"You said after working out with me one time, you've never felt better. Aren't you curious to see if you'll feel even better if we keep going?"

She looked to her right, viewing herself standing next to Thor in the mirrored walls of the gym. She looked better than she had in a long time, but she wouldn't say she was perfect. She thought of Tina, the yoga instructor. She didn't look as good as her. Not yet at least.

She turned back to Thor, biting her bottom lip with frustration "Okay, I actually sort of want to, but...I didn't bring my gym gear"

He smiled "No problem, you can wear these" He grabbed a plastic bag on the floor a few feet away from them.

"What's this?" She asked, taking the bag from him.

"Some free samples we received from an athletic company. We usually give this sort of stuff away as prizes for contests, but you can have it, no problem"

She looked in the bag and frowned. "This...this is just a sports bra and some shorts?"

He nodded "Yeah, and? Look around, you won't exactly be out of place?"

She looked out at the other gym goers. He was right, most of the other women were just wearing spandex and sports bras. She still felt nervous "But..."

He gently pushed her towards the changeroom "No more 'buts'. Go get changed and we can get started." He pointed at a bench beside the wall with 4 bottles placed atop it. "I've got lots of shake"

She involuntarily licked her lips, the memory of the delicious shake pushing her over the edge. "Ok, I'll be right back!" She said with a wink, before she rushed off to the change room.

A few minutes later she walked back out onto the gym floor wearing her new gym outfit. She'd checked herself out in the mirror before she left; it wasn't something that she'd usually wear in public, far too much skin showing, but she did look good in it. The black shorts hugged her ass fantastically, and the sports bra was surprisingly the perfect size for her breasts.

"Ok, I'm ready" She said after jogging over.

Thor nodded, chucking a bottle at her. "Finish that, and then we'll hit it"

She laughed "The whole thing?!"

He nodded, face serious "Yup, the whole thing"

She rolled her eyes, before unstopping the bottle and starting to drink. As soon as the liquid hit her lips she let out a moan. Even though it'd only been a day she'd forgotten how good it tasted. She sucked greedily, being careful to breathe through her nose, until she found she was sucking on air. "Whew. Ok, that's all of it! Didn't think I'd make it through that...huh. Ok, so uh...what's first?"

"Same routine as yesterday" He said "Repetition is important for building strength"

"Yeah, fair enough." She walked over to where the 20's were shelved, but before she could grab them he stopped her. "Those ones" He said, pointing to the 30s.

She looked back at him, "But...yesterday we did 20s?"

He smiled "And now you're stronger than yesterday"

She smiled back, grabbing the 30s instead. She immediately started into her set of bicep curls. She smiled as she watched herself in the mirror, arms pumping, breathing steady, just the slightest hint of sweat appearing on her skin.

She had been right to trust Thor, this felt amazing. Her whole body burned as she cycled through the different sets of exercises, but it just drove her onward. It was like she was on fire, and she loved it. After an hour, he tossed her another bottle of shake which she downed without hesitation. "Ahh! I feel so alive!" She said as she wiped her mouth.

After the first hour Thor added some new exercises to her regiment. First he had her do chin-ups. She'd never done a chin-up in her life before, but today she felt confident. She reached up and grabbed the bar, and pulled as hard as she could. Almost effortlessly she was able to lift herself up. "Woo!" She cheered as she held herself up, her chin above the bar. Zeus nodded his approval, before demanding she fire off twenty more. With a smile

she did them, her biceps bulging and shoulders feeling electric. When she dropped down to look at herself in the mirror, a number of veins had become visible on her skin.

"Is...is that normal?" She asked.

Thor nodded "Absolutely, your body is just pumping blood to your limbs, helping you to build new muscles"

She nodded. "You know...I still don't want to get too bulky. I'm a lady after all, I still want to be feminine"

Thor patted her shoulder "Don't you worry, I promise I won't let you get to a point where you feel you've gone too far"

She smiled "Thanks, Thor"

He smiled back "Alright, back to it! Let's see some squats!"

The next two hours Gloria spent pushing her body to the limit and loving it. She loved watching herself in the mirror, the way her body moved and lifted. It was like a dream, something she'd never thought herself capable of. Something she didn't know she'd wanted until she'd achieved it.

After reracking the set of weights she was holding, she offered Thor her hand. "Thank you again, Thor. I will be back tomorrow, for certain this time"

He nodded "Awesome, I'll see you then"

Gloria quickly showered, and changed back into her work clothes, before driving home, windows open, just enjoying the night air on her skin. Tonight when she walked into her house she found it empty. A note on the table informed her that her son was out grabbing a drink with his friends to celebrate the completion of the reports they'd been busting their asses on. She had the place to herself. She smiled devilishly to herself; might as well take advantage of that fact.

She climbed the stairs to her room, removing clothes as she went. As she entered her room she tossed the clothes into the hamper, and walked into the bathroom fully nude. There she stood and admired her body in the mirror like she had this morning. "Gloria, you are a sex goddess" She said to herself as she turned to look at every inch of her new toned body. "Sigh... if only I had someone to share it with" She opened the drawer of her vanity and pulled out a small pink vibrator "Guess, you'll have to do"

She flicked it on and placed it between her legs. "Oh!" She said with a gasp, as the buzzing sensation sent shivers through her body. The sensation sent her stumbling backwards until she was leaning against the wall behind her. "Fuck!" She breathed, as she held the vibe against her pussy. She'd turned to this little device several times throughout her marriage, her ex being not as thorough a lover as she would've preferred sometimes, but it had never

felt like this. It was like her sensitivity was dialled up to 11. Within a minute she brought herself to a trembling orgasm. As she came she could feel her new muscles tense and flex.

She sat on the floor of the bathroom out of breath. "My...my god! Maybe I don't need to find a man! Ha ha!" She said as she pushed herself to her feet. Legs still quivering she made her way to her bed, before promptly passing out.

The next morning she awoke before the sunrise feeling revitalised. She leapt out of bed, with a cry of delight. She rushed to the bathroom, eager for what she'd find. Yesterday when she awoke, she'd found herself in a new body, with toned arms and legs. But as Thor said, why stop a good thing. She flicked on the bathroom light, and her jaw dropped.

The body in the mirror belonged to a stranger. That was her face, her red curls, but below that she didn't recognize what she saw. From her neck a pair of traps sloped away to meet her shoulders, shoulders covered with thick corded muscles. Her arms were massive, biceps the size of soft balls, with powerful forearms, that tapered into her hands, still just as small and feminine as they'd been the day before.

Her legs were incredibly thick now, each calf and thigh rippling with muscles beneath her shiny taut skin. Turning around she could see that her ass had grown as well to match the increased thickness of her legs, each cheek smooth and round, the size of a soccer ball. Her waist was still just as small as it'd been, causing her to have an extremely exaggerated hourglass, with her thick muscular hips below, and the slope of her huge lats above, now just barely viewable from the front. She no longer had to flex to see abs, a full 8-pack pressed against her skin.

And as if all of this wasn't enough, her chest had decided to upgrade itself as well. Her pectorals had grown to match the rest of her new bodybuilder physique, but on top of them her breasts had exploded. They'd been decently sized d-cups yesterday, a good handful. Now each breast was a perky round orb of flesh the size of a large cantaloupe. They would've looked preposterously big if the rest of her hadn't gotten so huge. It was then she noticed something else. To look at herself in the mirror she had to slouch, something she'd never had to do before. Standing up straight only her mouth and chin were visible near the top of the frame. She'd grown taller too.

She put a hand to her mouth in shock. "Oh my god...What have I done...I look...I look..." But as she continued to stare at herself, her new exaggerated musculature, she felt her anxieties slowly slip away. "I...I look good!" She said with a smile.

She did look good. Her skin shone with health, her wrinkles had all but disappeared, and her hair was shiny and luscious. And her body...well it wasn't the body she'd expected, but she did look remarkable. She'd told Thor that she'd been worried about being too bulky, but...she didn't feel too bulky. She was huge, yes, but not too huge. And she definitely didn't look unfeminine, with her hourglass figure, and impressive new bust, no one would mistake her for a man. She felt powerful, and what was more womanly than being powerful.

She spent several minutes in the bathroom just checking herself out, trying to take it all in. Every time she moved she watched the muscles stretch and flex beneath her skin. Lifting

one arm up she brought her forearm up to vertical, flexing her bicep. The muscle underneath tensed and surged, veins popping against the skin. "Ooo mama, that's what I'm talking about!" She cheered.

She enjoyed her shower even more today, getting to feel up her new body as she lathered herself. Her skin felt so smooth, with pure muscle underneath, no fat or flab anywhere. Well, except for one place. She spent an above average amount of time washing her new breasts. She couldn't believe how big they'd gotten, the way they felt in her hands. She hadn't had tits that felt like this since before she was pregnant, so bouncy and tight, though they'd of course never been this big.

She'd never thought of huge tits as being something for her. Sure her ex had joked about her getting implants once or twice, but she'd never thought of it seriously. Now looking down at them, she'd wished she had. She really liked them, the way they sat on her chest, full and round. If only she'd had them when she was young and wild. *Then again, I'm looking pretty young and wild now*, she thought as she caught herself in the mirror as she towelled off. She blew herself a kiss in the mirror before walking to the bedroom to get changed.

Tossing her towel in the hamper, she suddenly realised that she had a problem. There was no way any of her clothes would fit her now. Her legs were almost twice their original circumference, thick muscle bulging with each step, even her stretchiest of tights would probably split if she tried to stuff her meaty legs into them. Her arms were equally enormous, though she could get around that by wearing something sleeveless. But none of her sleeveless tops would fit around her torso. The only part of her that was still roughly the same measurement was her waist, but above that her body flared out like a triangle, her rippling pecs and lats adding several inches to her frame. And then her breasts which stuck out an additional six inches off her muscular chest.

She grabbed a pair of yoga pants, and tried to pull them on. She couldn't pull them much higher than her knees; her calves filled the pant leg where her thighs would previously sit. She threw them aside, temporarily giving up on her legs. In the back of her closet she found an extra large men's buttoned shirt, one her ex-husband had forgotten. She stuck her arms through the sleeves, and found it too tight, her arms could barely move as the fabric constricted her bulging form. That would be the least of her problems though. She tried to button it up, and only got halfway before realising the futility of her efforts. The shirt had come together in front of her abs, but there was no way it would reach around her bust. No matter how much she tugged on it, the buttons were almost a foot away from each other. "Goddammit!" She said exasperated. "What am I gonna do?"

Then from the corner of her eye she spotted the sports bra and shorts that Julius had given her yesterday. The material had been light and stretchy, easily accommodating her yesterday. She shrugged as she pulled it out, may as well try.

The shorts went on first. They slid easily enough up her legs, the spandex stretching around her immense thighs, but then she felt resistance. She turned around, to see them catching on the bottom of her huge ass cheeks. "Oh, come on..." She said frustrated. Holding the shorts with both hands she jumped and tugged. Each hop would cause her ass cheeks to bounce and jiggle, as another inch slid into her shorts. It took several attempts to slide them

up all the way, but eventually the waistband of the shorts sat comfortably at her hips. She reached her hand back and rubbed it against her ass. The fabric was stretched thin across her ass cheeks, but it had held.

Now for the bra. Lifting it over her head, it slid easily down her arms, over her head and onto her shoulders, the arm holes having enough stretch to accommodate her thick biceps. Then gripping the front with both hands, she tugged hard on the stretchy fabric, pulling it forward. It seemed impossible, but the fabric continued to stretch out and down until she'd managed to pull it over the front of her breasts. She released it, letting the spandex constrict upon her flesh. Similar to the shorts, the material was stretched thin, but it held. Her breasts were squeezed tight against her frame, flattening slightly, a few inches of cleavage visible above the top of the spandex. Her breasts had stretched the garment to the point that the underband didn't rest upon her rib cage, instead it sat a few inches off of her body. If one stood below her, they would see the bottom of her titanic tits, bulging out between the bra and her body.

Gloria took a breath. That had been a little difficult, but her clothes were on now. She'd have to go out and purchase more clothes tonight, although, maybe not. She hadn't quite decided yet if she intended to return to the gym or not. Thor's mantra ran through her mind "Why stop now?".

She ran downstairs, giggling as she went. Her enormous breasts bounced tremendously, despite the constricting effects of the bra. She entered the kitchen, finding her son at the table once more. No laptop today, instead he just nursed a cup of coffee, holding his head as he recovered from his night of partying.

"Hello dear" She said cheerfully as she walked past him.

"Hey, mom...How are..." He stopped talking as he took her in. "Mom? Is...is that you?"

She turned to face him, with a dazzling smile "Why of course, darling. Who else would it be?"

He shook his head "I...I don't know? But...how?!"

She poured herself a cup of coffee "I told you I was going to the gym, didn't I?"

"Yeah...but" He spluttered "You've only been going two days, and you're enormous?!"

She nodded, taking a sip "I look good, right?"

He nodded, face blank "I mean...yeah? If you wanted to look like this, then yeah. I just don't understand how you could've grown this much. I think you're taller too? And umm...your..." He trailed off.

She smiled "Yes dear, my tits have grown too" She leaned over, giving her shoulders a shimmy, causing them to bounce in their spandex cage. Her son went red, feeling deeply embarrassed. She continued on ignoring his embarrassment "Honestly dear, I don't know

why, but I have to say that it agrees with me, don't you think?" As she spoke, she couldn't help but pose and flex, showing off her new muscles. A few veins snaked along her arms, forming ridges on her skin, now a constant presence.

He nodded, as he gaped at her "Sure, sure...as long as you're happy?"

"I am dear. Thank you for understanding" She opened her arms, gesturing to him to come give her a hug. He stood and walked over tentatively. He'd always been an inch or two taller than her, now the roles were reversed. As he approached she swept him up into her arms, squeezing him against her. Instinctually she lifted him off his feet, just like she used to when he was a little boy.

He wheezed as she pressed him against her, his lungs struggling. "Too...too tight mom"

She dropped him, Troy landing unsteadily on his feet. "Oh sorry dear, I just love you so much. Going to have to get used to the new me, you know?" She said with a chuckle. He nodded, still catching his breath as he returned to the table. She walked out the door, ass cheeks rubbing against each other in their spandex prison. Troy watched her go, shaking his head in disbelief as he drank more of his coffee.

She drove to work in discomfort, her newly large body not easily fitting within her sedan. She also found it distracting how the seatbelt rested in between her breasts, rubbing against them with each slight movement. With so much flesh squeezed into her bra, she found her sensitivity extremely high. By the time she'd arrived at work, her face was flushed and her nipples were erect, forming subtle dents against the spandex.

She walked in the door and sat down at the receptionist's desk. She had to squeeze into the office chair, the piece of standard furniture not built for her new jumbo ass. She also found it difficult to type as her thick biceps pressed against the side of her melon sized tits when she reached toward the keyboard. This was going to take a great deal of effort to get used to.

People's reactions today were much different than what she'd received yesterday. There had been an endless stream of compliments yesterday, from men and women alike. Today it was silent. She politely greeted everyone just as she did every other day, but today the typical response was open mouthed stares. Gloria understood, she probably would've stared as well, if she saw herself like this. She looked so out of place, seated behind that tiny desk, stuffed into this little chair. Her muscles rippled and strained with each movement, demanding to be used, to show off her strength.

Only two people actually stopped to talk to her throughout the day. The first was Glenn from IT, the man who had asked her out the previous day. Unlike the others Glenn was not put off by her new extremely muscular build. If anything he appeared to be allured even more.

"Good...good morning Gloria" He stuttered as he stood before her desk, hands resting on the countertop. His eyes were wide, flicking back and forth, not content on which aspect of her new physique to focus on.

She smiled at him, noticing his obvious attention. "Hello Glenn, how are you today?"



He nodded, his eyes meeting hers "Great, I'm great. You...how are you?"

She leaned back in her chair, resting her head upon her hands which she'd entwined behind her head. This position caused her upper muscles to stretch, her lats and biceps visibly flexing as she held her position. "I'm doing pretty good Glenn. Pretty good indeed"

Glenn involuntarily licked his lips as he watched her show off for him. "Been working out?" He asked dumbly, as if she'd come by this form some other way.

She nodded "Yes, I just took it up recently but I'm liking the results." She released her hands behind her head, instead holding them up and flexing. Her biceps visibly hardened and swelled as she flexed them. She turned her head, and barely had to crane her neck to plant a kiss on the one on her right. "Oh...mama" Glenn said under his breath as he watched her muscles expand with ease.

She let go of her pose, stretching her arms over her head before settling back into the comfortable position she'd be in when he'd arrived "Is there anything I can help you with Glenn?" She asked the man who still stood before her.

Glenn wiped some sweat from his brow before he replied "Yes, I was...\*cough\* I was wondering if you'd reconsidered my invitation to dinner?"

Gloria smiled, her teeth white and dazzling. She'd rejected him yesterday simply because she thought he was too young for her. But what is too young, really? He was cute, and he clearly wanted her, why not take a chance?

"I have Glenn, and I'd be delighted to join you for dinner!"

His face lit up immediately. "Really?! Amazing! When are you free?"

"Tonight, at around 8? I need to go to the gym first, but after that I'm all yours!" She said, while handing him a card with her phone number on it.

"You bet!" He said, taking it from her, before running off, like he was Charlie Bucket just opening the golden ticket. She shook her head with a smile. He was cute, but more importantly he recognized how good she looked now, something that everyone else couldn't comprehend.

The second person to talk to her wasn't so understanding, her boss Mr. Esteban.

"Ms. Dubois! What is the meaning of this?" Her boss said, voice irritated as he entered the lobby from the elevator.

She stood up with a start. "What...what do you mean, sir?" She asked.

"What do I mean?! Look at you! This is a place of business, and you're here in booty shorts and a sports bra!" He said hands flailing at her.

"Sir, I'm sorry, but...these were the only clothes that fit!" She shrugged, causing her enormous traps and deltoids to shift and tense beneath her skin.

He shook his head "It's my responsibility to ensure all employees are wearing clothes appropriate for business. It is your responsibility to acquire those clothes. If you show up tomorrow dressed in similar attire you will be relieved of your position immediately." Then without another word he stormed off.

Gloria was left feeling depressed. She had no idea where to get clothes that would fit her new form, and she only had until tomorrow! She left work that night still unsure of what to do. What she did know was what she had to do right now. She got in her car and drove straight to Super Gym. She needed to feel the burn again, to expel this pent up energy. She had these muscles now and she was dying to really use them, to see what she was capable of.

She walked straight into the gym, already in her workout attire. She breathed in the air, letting out a sigh of relief. A few people turned to watch her as she began to walk through the gym, but most ignored her, or only gave her a nod of greeting. She walked to the back where she found Thor waiting once again by the free weights.

"Ready to go?" He said, without commenting on her changes. She nodded, before holding out her hand "Shake" She said, demandingly. Without hesitation he placed a bottle in her hand, which she sucked down greedily. "Let's do this," She said after wiping the leftovers from her lips.

The workout he put her through today made what she'd done yesterday seem like a light warmup. The jump in weight was astronomical, but she was more than up to the task. Sitting at the Lat Pulldown machine she watched as with each heave, she lifted the entire stack of attached weights. Her shoulders and back tensed with each pull, but she didn't struggle for one moment.

After that they moved onto bench press. She lay on the bench beneath as Thor racked weight after weight onto the bar. There must have been two hundred pounds on each end. She looked at him, and he nodded at her. Taking a deep breath she gripped the bar and lifted. It was heavy, there was no doubt about that, but slowly she lowered the bar, until it collided with her tits. Then she pushed raising it back up to full extension. She did ten more reps, each time moving quicker and more assured. A small crowd had gathered when she re-racked the bar at the end.

Next were squats, where she once again hefted an impressive amount of weight onto her shoulders, then began to dip with ease. Each squat she felt her ass and thighs burn, but it was a burn that she was becoming addicted to. "Shake!" She yelled mid set. Julius held the bottle in front of her to drink from as she held the weight in a standing position, before she continued with her squats.

She continued on with her workout. Leg press, Arm lifts, shoulder press, chest fly. Every part of her body got its time to show off. She ended her routine working her abs. She hung

off a bar by her knees, and banged out 100 hanging sit ups, curling up until her chin touched her legs.

Doing a flip to get down from the bar, she landed with a whoop of delight. She turned to face Thor, offering him her hand. "Thanks again," She said with a smile.

He took her hand and firmly shook it. "See you around" he said. She nodded, before heading to the shower.

"Ahhh, I needed that" She said to herself as she washed the sweat from her body. Her body felt even bigger now, muscles pumped after her workout. Veins were visible all over her body, her skin shiny and tight against the ridges of the hard flesh beneath. She pulled on her clothes and exited the changeroom, she had a date to get to. But when she entered the lobby she was shocked to discover that her date had come to her.

Glenn was standing waiting for her by the glass entranceway. "Glenn! What are you doing here?" She asked as she walked over. As she neared he pulled a bouquet of flowers out from behind his back, offering them to her. "Oh Glenn! These are lovely!" She leaned in and gave him a kiss on the cheek, causing him to shudder. "So, where are we going?" She asked him with a smile.

"Well...I, uh...I thought we could try St. Michelangelos? That new Italian place?" His eyes weren't focused on her face, instead taking in the sight of her muscles fresh from her workout.

She laughed "I'll be honest Glenn, I'm not exactly dressed for a fancy italian dinner" It was then that she noticed the obvious tenting in Glenns pants, and a new idea came to her mind.

"Glenn...how about we skip dinner and you come to my place...for dessert"

"Y...yeah?" He said with a nervous smile.

She nodded "Yeah!" She reached out and took his hand, leading him to her car.

Ten minutes later, they arrived at her house. She led him into the kitchen, giving him a brief introductory tour. Glenn had barely paid attention, his focus fixated solely on her. As they returned to the kitchen she whirled upon him. "So, Glenn. Tell me...do you like my body?"

"Oh yeah..." He said, his mouth going dry.

She stepped forward, getting closer to him. He was rather tall, a few inches taller than her at the moment, but he still felt small next to Gloria. "Would you like... to touch my body?" She purred.

He nodded wordlessly. "Well go on then" She demanded. Glenn reached out and placed his hands upon her waist, her abs and obliques tensing at his touch. "Oh....shit" He said as he ran his hands over her massive form. "Mmm..." She moaned as he massaged her midriff.

After a few seconds she grabbed his hands "Let's go upstairs, I'd rather you feel me up in the bedroom"

She turned to lead him from the kitchen, but felt resistance as he refused to move. "What is it?" She asked, raising an eyebrow.

His face went pink with embarrassment, but he still managed to get out "Could...could you carry me?"

She smiled "Absolutely, come here baby" He stepped close to her, and in one effortless movement, she scooped him up into her arms. Compared to what she'd been pumping today, lifting Glen was like picking up a small child. He wrapped his arms around her neck, leaning against her thick muscular shoulder.

Taking the steps two at a time she gently carried him up to her bed. She deposited him on the bed, then began to disrobe. Glenn got himself naked as well, sitting on the bed waiting for her. Removing her shorts and sports bra she stood before him in all her glory, arms and legs bulging with muscle, massive ass tense and round, and of course her full spherical tits, like two large melons on her chest.

She got on the bed, crawling on top of him. Glenn let himself be pushed back as she positioned herself over him. When her face was level with his she lowered herself closer, until she could kiss him. Below her breasts pressed into his chest, covering his entire upper torso. He was a surprisingly good kisser, and she felt herself begin to get more and more aroused. Pulling back she looked him in the eye.

"So Glenn, have you always been into older women?" She asked coyly.

"I mean, I wouldn't consider you to be an older woman" He said, his nerves starting to abate now that this was actually happening.

"No? I'm old enough to be your mother, Glenn" She said with a smile.

He shrugged "I never really thought of it like that..."

She leaned in close, "Would you like me to be your mommy?" Below she had reached down and taken his cock in one hand, gently but firmly squeezing it. Glenn's eyes rolled back in his head at her touch "Oh...yes please" He moaned.

"Say it" She said, squeezing again.

"Mommy!" He cried.

She kissed him on the cheek. "Good boy, would you like mommy to suck your cock?"

He nodded fervently. Before he could react she slid her arms underneath his torso and lifted him up, holding him upright bringing his crotch to her eye level.

"Mmm, come to mommy" She purred as she brought his rigid cock to her lips. Glenn was powerless as she held him aloft, his knees resting over her shoulders as she slid her mouth up and down his shaft.

"Mmm come on...come for mommy" She said in between dips. His arms and legs tensed as his orgasm hit him at her command, spurting hot jizz into her mouth which she swallowed eagerly. She set him gently down back on the bed. "Hope you're not done, baby, mommy still needs her loving"

Glenn nodded, his erection returning with renewed vigour. Stepping forward she crouched on top of him, squatting down until she felt the tip of his cock at her slick entrance. She slid him in then began to pump herself atop his cock. Her powerful thighs, each nearly as thick as a telephone pole flexed as she continued to spear herself atop his erect member. "Mmm, oh yeah. Give it to mommy!" She moaned. Glenn would look back on this and laugh, as in reality he was giving nothing to her. He was holding on for dear life as this musclebound behemoth of a woman used him as a dildo.

"Almost...there!" She said through gritted teeth. Glenn cried out as he felt her pussy clamp down upon his cock like a vice as she came. She stood, legs tensing and flexing as she pushed through her orgasm. Glenn, helpless as he was, was lifted with her, his cock still prisoner of Gloria's overdeveloped kegel muscles. He hung suspended for a good thirty seconds until her climax subsided and her pussy released him, dropping him to the bed unceremoniously.

With a loud whoomp, she collapsed to the bed beside him. "Aha, thank you Glenn, that was...that was just what I needed"

Glenn laughed "Don't know why you're thanking me, I didn't do anything! But hey, I'm happy I got to come along for the ride"

She laughed "Yes, I suppose you're right. I wasn't too rough on you?"

He shook his head, sliding over so that he could snuggle in beside her "Not at all"

She pulled him in with an arm, letting him nestle against her round tits, each as large as his head. "Mmm that's good, I wouldn't want to hurt my baby" Within moments, they each fell asleep, bodies drained of energy.

The next morning Gloria awoke to Glenn shaking her. "Mmm...wha...what? What is it?"

"Gloria...you...you grew in your sleep" He said with quiet reverence

She smiled as she sat up "Mmm, good, I thought I might. How big am I?"

He flicked on the light. "See for yourself"

She was colossal, muscular definition would put the hulk to shame. She'd grown several inches taller, now around six and a half feet tall. Her calves and thighs were covered in

muscle, thick cords bunched in layer upon layer. Her forearms exploded out from her small hands, to meet her massive biceps, each one like a volleyball sized mass of flesh. Her waist looked unnaturally thin compared to the body around it, her hips nearly three feet across, supported by her massive taut ass cheeks behind, each sticking out nearly six inches from her body. Her upper torso was equally as wide, her lats and pectorals bursting out. Her abs were like cobblestones pressing against her skin. Her deltoids were the size of football helmets, attached to thick traps that sloped up to her neck. Her head was the same size it had ever been, looking tiny atop her massive form. Her face was youthful and smooth, her skin looked like it did when she was thirty.

Lastly there were her breasts. Not wanting to be outdone, they had grown at a commensurate rate. Looking at her body they still looked to be proportionate to how she'd looked the day before, but with everything else so much larger, so were they. Each was a firm basketball sized orb of titflesh, sitting perkily upon her pectoral muscles. It was only when she reached out to touch them did she really get a sense of how large they were, her hands so tiny as they caressed the outer edges of her bust.

"Oh my gods, I am enormous!" She said with glee. Glenn nodded, watching in awe. Then she remembered the events of yesterday. "Oh god, what am I going to do! I've got nothing to wear to work! Not even those gym clothes will fit me now. I'm going to lose my job!" She sat down on the edge of the bed, causing the entire mattress to lift at the other end. Glenn came and sat beside her, turning on his phone.

"Gloria, forget work. They don't deserve you" He said, resting a hand on her thigh. Even spread wide his handprint barely covered a third of one thigh.

She smiled, pulling him into her. "That's very sweet Glenn, but I still need to pay my bills"

It was at this point that he showed her what he'd been searching on his phone. It was footage of last years Ms. Universe bodybuilding competition. "This is how. You'll be unbeatable"

She watched the video of the large muscled woman posing and flexing on stage. "I don't know, do you think I'm big enough?"

He laughed "Yes, Gloria. These women look like children compared to you."

She wiped away her tears, maybe he was on to something. Then she noticed the erection protruding from between his legs. "I see someone still likes my muscles"

He nodded eagerly "Yes, Mommy"

She grabbed him and pulled him atop her. "Good, come to me baby"

### **THREE WEEKS LATER.**

Gloria was waiting for her turn to walk on stage for the competition. Her massive body was oiled to a shine, and stuffed into a string bikini. The cups were only just big enough to cover her nipples and areola, still leaving the majority of her round flesh exposed.

This was her third competition in the past few weeks. At the previous two she'd absolutely crushed any competition. Her definition and pure mass put most of the men to shame, there was no way the women could even come close to competing. As she waited, she thought of her old trainer. Opening her cell phone, she called up Super Gym. When reception answered she asked to speak with Thor.

"I'm sorry ma'am, I don't know who that is?"

"What? He's one of your trainers, he always wears a black t-shirt?"

"No ma'am, our trainers only wear the red polos. No one by that name has ever been a trainer here"

With a click the call ended. Gloria stared off at the sky, giving a silent thank you to who or whatever had helped train her before she walked out on stage to the sound of thunderous applause.