

(Warning: This story contains female muscle, muscle worship, graphic sexual content, displays of dominant behavior and obsession, and taboo incestuous elements)

Lexi's routine became pure repetition. Wake up, eat a nutritious meal, endure VR-conditioning, training, and finally rest. She was still allowed her freedoms, her indulgences. She was not a prisoner but an *investment*. And it wouldn't do for her mother's 'precious project' to grow restless.

Her amenities were plenty, her luxury penthouse the pinnacle of class and money. She could live here and be comfortable for the rest of her days. Like a prized canary...

She missed her parties, she missed going out and exploring the world. But until she finally showed the progress her mother wanted, until then the company labs and the training grounds were as far as she was allowed to go.

Her only escape was the luxury of her penthouse, her giant TV would be the window she'd use to peer at the outside world, and her phone the only way to contact it.

Lexi sat on her large couch, browsing the texts of her friends. She frowned in jealousy at the pictures of the beach Samantha sent her, she wanted to sink her fingers in the sand so badly...

Her friend, aware of her circumstances texted: 'At least you're getting ripped'

Well, that was the positive out of all this.

'Can I get a sneak peek 😊?' She texted.

Lexi smiled, gratified by the knowledge her developing body excited her friend. Oh, she tried to play it cool, but she knew Samantha well enough to see the girl was thirsting. It stroked her ego in all the right places.

Lifting the hem of her shirt, Lexi clenched her core and brandished the three rows of tightly coiled abdominal muscles, highlighted all the more by the tanned skin from the sunbathing saloon. She snapped a single picture on her phone and sent it to Samantha's way. She barely had to wait a couple of seconds for the reply.

'Guuuuurl, you getting hotter by the day!'

'Of course I am' Lexi texted back. 'Perhaps once you finish your vacation you can see them with your own eyes'

The reply took longer this time, no doubt she was fondling herself in arousal. Lexi chuckled as she slowly circled her fingers over a nipple, hardening it under her touch, imagining her friend smitten and aroused by her muscles.

A shy voice coughed a couple of times. Lexi sighed and looked over her shoulder to see one of her maids standing dutifully behind the couch. Mimi, she was a pretty thing, with curly black hair and blue eyes. "What is it?" She asked.

"Your scheduled uh," She paused for a moment: "'training session', miss"

"Right, how could I forget?" She droned with the aridness of a desert. She sent her goodbyes to Samathan and stood up, stretching as she turned around. Mimi blushed and looked down. Ah right, she still had her shirt up, she was flexing her stomach at her.

"No need to be shy" She grinned at the maid's embarrassment, liking the flash of lust she saw in her eyes. "They're meant to be stared at after all"

"I-It's not proper, with my position-"

"I decide what your position entails," Lexi said, making the maid freeze as she cupped her chin. "So stare to your heart's content, take a good look at their size" She flexed a bicep that strained against her shirt. "Because they won't be this small for much longer"

It said something she considered her current fitness-pro size to be 'small'.

But in the Hyppolita Foundation, they had different standards.

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The training session proceeded as usual, beginning with a round in the VR helmet to 'educate her'. This time, the subjects were particularly focused; they had a specific purpose in mind. How to seduce and make others submit.

Lexi had experience in that field, she'd had plenty of lovers after all men and women alike. Some had been honest things, and she looked back fondly, if ultimately temporary. If there was something her mother had long since drilled into her was that nobody was up to the standards of their family when it came to true romantic entanglements. Even her father was an unknown figure, just a donor who was the most compatible with her mother's desire to raise her legacy. Their standards were *high*, it'd take a miracle to find a true partner.

Others were just pure fun, they knew what they were getting into. The 'games' she played with them often involved her position, her wealth, her connections, all the power she wielded in an abstract sort of way. Even those who came from wealth would be shaken to the core knowing how much influence and money she truly had, shifting the dynamics completely in a way that Lexi loved.

However, the women in HF had other means to seduce people. It was the rawest, most physically in-your-face obvious that wasn't flashing your tits. Oh no, they used the sheer imposing factor that came from pure physical presence, of course, all stemming from their powerful muscles.

This was another vital part of her training, how to command devotion, awe, fear if need be, merely by flexing her muscles. Well, to say 'merely' downplayed things. Much like bodybuilding posing was an art that required practiced movements, seducing through muscle was about making the other person *feel* your power without needing to resort to physical force. To truly dominate someone was to make them submit.

Some eagerly did so in the face of such a superior specimen, others took more... *convincing*.

The video displayed in the headset was one such example, the woman involved was Sarah DeNoi. A venerable goddess of muscularity wrapped in ebony skin with a mane of curly hair. The business suit she wore clung tightly to the shredded curves of her body, highlighting her powerful physique even as it obscured it. The video showed Sarah in an argument with another woman, Katherine Newman, a host show, lobbyist, and 'philanthropist' once known to oppose Hyppolita Foundation's activities and influence. A known conservative and old-fashioned woman who got lost in the male dogma regarding women's roles in society. The fool advocated for everything that took away women's autonomy and had been highly critical of their company for promoting such a 'sick and unnatural' look on women.

So of course, Sarah met with her in private to make her an offer.

The recording in Katherine's dressing room showed her standing up to Sarah even when it was just the two alone. Demonstrating she had a spine even in the face of such a large woman. Sarah demanded to know if Katherine really believed their bodies were 'sick', to which Katherine firmly agreed.

So Sarah showed her the error of her ways.

It started with a simple pose, lifting her arms and flexing her biceps, slowly at first then kept tightening their flex until the sleeves ripped at the seams, showing her strong biceps popping through the torn threads, followed by her shoulders and forearms.

Katherine backed away in fright, thinking the large woman was about to inflict physical violence upon her, but Sarah merely kept flexing shifting her pose to bulge out her muscle groups even more, tearing her clothes more and more until she was almost naked if not for the special underwear she had on.

She kicked off her shoes and made her pants *explode* into confetti with the mere flex of her thighs, popping monstrously-sized quads and calves larger than Katherine's torso. The shirt split down the middle, buttons flew and fabric ripped open, it was like watching She-Hulk emerge, only instead of green Sarah was a lovely shade of black.

Lexi bit her lip as the suit stimulated her erogenous zone, chemicals churned as they pumped into her bloodstream. Her nipples hardened, her hands twitched in her manacles as she desperately wanted to satiate her arousal while watching Sarah unveil herself fully. Katherine fell on a chair as Sarah loomed over her, flexing her enormous body with such fine control and practiced ease that it was like she was on the stage, but her audience was just one woman. A singular woman who was experiencing things she never had before.

Sarah was seducing this stubborn and old-fashioned victim of the patriarchy with nothing but displays of her glorious body. It did not take long for Katherine to masturbate furiously, overcome by intense lust and desire. Sarah put one of her legs in the armrest and Katherine latched on to it like a tick, suckling and kissing the huge muscles with hunger before diving straight for Sarah's crotch and feasting.

The recording here was no blackmail, Katherine had become a willing and vocal ally of HF. Advocating for their business anywhere her voice could reach, cutting her previous ties with patriarchal lobbyists and politicians.

Just like that, an enemy turned into a follower. All thanks to the beauty and irresistible allure of an amazon.

“Agh!” Lexi’s back arched as she orgasmed softly, she panted, slowly coming down from the high.

The assistants began removing the helmet and restraints. “Your trainer is awaiting you in Room C, ma’am,” One of them said.

Lexi took a deep breath, calming down. “Where is Doctor Freya?” Usually, she was around overseeing things.

“The doctor is currently busy with another project” The assistant replied.

“More important than my mother’s pet project?” Lexi sardonically said.

“I... am not in liberty to say”

The response made Lexi raise a brow. Huh, keeping secrets now Freya?

Intriguing. It bore investigating later.

For now, she had to go to her next training session.