

(Warning: This story contains female muscle, graphic sexual context and taboo subjects)

There was an old saying; 'When trouble comes, it's your family that supports you'.

To say the Nakano sisters had complicated relationships and history was an understatement, as was often the case in a family with numerous siblings. There had been a period of their lives in which most of them had been, knowingly or unknowingly, pitted against each other to compete for the affection of one man. Some would say it was foolish, to stake their familiar bonds over such a thing. It had been difficult at points, but at the end of the day, nothing could break the bond the Nakano sisters had for each other.

They'd always be there for each other. And if there was something they learned it's to always be honest about their feelings.

"What do you mean I've been gaining weight?!"

That didn't mean there weren't 'confrontations' from time to time. It was bound to happen even in the best families.

Itsuki glared from her place at the dinner table at the one who dared to lob such an accusation at her. Nino was indifferent to her youngest sister sending visual daggers at her as she gathered the empty plates around the table.

"You just had three servings of chicken and rice," The second eldest replied with an arid tone as she took the plates over to the kitchen. "Don't think I don't notice you getting love handles"

Miku slowly shrank in her seat, trying to avoid getting caught in the blast of the storm that was about to envelop their household.

Ichika sighed to herself, she would have rubbed her temples if not for the fact her hands were busy helping Nino with the dishes. "There is a proper way to say things, Nino..."

"So I like to eat a little more from time to time!" Itsuki crossed her arms and turned her gaze from them, "I still keep my figure!"

"You don't work out," Miku voiced her thoughts despite herself. Itsuki now turned her glare to her.

"Exactly," Nino said with a violent nod of her head. "Walking is not enough; you need to start taking better care of yourself! Just last week you had ice cream twice, three pastries, and went out to have burgers and fries yesterday!"

"She has a point..." The oldest Nanako mused. "If you want to keep eating like this, Itsuki, at least make sure you're balancing it with the proper training regimen"

The most studious one of the five stammered, "B-B-Back me up here, Yotsuba!" She looked at the fourth seat of the table... which was empty.

"Still in college," Miku muttered. "Will come back in a few weeks"

Itsuki groaned, dropping her head to the table.

"That said," Ichika continued, putting the last plate on the sink and giving a matronly look at her sisters, with her arms akimbo for a stronger effect. "You two could stand to take better care of yourself. I don't think you girls have been doing much in terms of PE since the vacation started" A raised brow was the finishing blow.

The three girls all squirmed on their spots, giving each other sheepish looks.

"W-Well, what about you?!" Nino shot back accusingly.

"I'm an actress," Ichika deadpanned, "Do you have any idea how demanding this job is? If I'm not below a certain body fat index, then a lot of job opportunities are downright closed to me" Her phone beeped in her pocket, and Ichika retrieved it, looking over the text. "Speaking of, need to take this, they're making me go back and forth for this role..."

The three other sisters watched as their eldest walked up to her room and closed the door, the three sighed in unison as they shared a look.

"Okay, okay," Nino picked up her previous tone after their sister left. "Itsuki, you're going to exercise and that's final"

"I have to study!" Itsuki bemoaned.

"You're on vacation," Miku blandly replied.

"Which is why it's so important! I have a lot of free time now, so I need it to keep up my studies if I want to put a good resume for college!" She said, "What about you two?! You are the older ones, shouldn't you lead by example!"

"We are fine" Nino sniffed, turning up her nose. "We don't have to suffer with you. Don't be such a baby... Well, I'm fine. Miku can't even lift a paper straw"

"Don't throw me under the bus" The middle sister gave her typical pout. "You're not so fit yourself,"

"Boys don't like fit girls"

An idea popped into Itsuki's head. Manipulative and childishly vindictive, but she wasn't in the mood to be mature. She was the youngest, and she had always taken it upon herself to be the mature one, well least this time she wouldn't have to struggle alone.

"I don't know," She mused with a fake curious tone, "Futaro seems to like athletic girls"

Miku and Nino froze.

Itsuki kept the smirk from growing on her face. "I mean you know Yotsuna works out, think she told me he likes a girl who can kick his ass"

Their faces faintly blushed as they swirled with the possibilities...

"So you know, there are guys who are into that sort of thing" She shrugs, moving to stand up. "But oh well, doesn't matter anyways since you two won't be working out with me-"

“Fitness is a very important part of health!” Nino all but screamed, slamming a hand upon the table.

Hook, line, and sinker.

“Hm!” Miku nodded, clenching her fists as she held them up. “I-I have to stand out on my own too!”

“So it’s decided” An ambitious glint shined in Nino’s eye. “We’re going to work our asses off!”

A grin spread across her lips.

“And I think I know how to make sure we get results *fast*”

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The girls settled into the gym, wearing a set of workout clothes that were identical in design. A pair of white shorts, with each girl wearing a different colored shirt. Red for Nion, purple for Miku, and orange for Itsuki.

Pentagon’s gym was well stocked and equipped with all sorts of equipment and amenities for anyone to use. All at the access of one’s keycards, from towels to energy drinks and protein powders which were cleaned and restocked respectively often. And yet the place was strangely empty most of the time. Perhaps it was the lavish lifestyle of rich people who felt such activities got in the way of their opulent activities, or that the very few percentages of people who lived here weren’t around most of the time. Their father certainly was busy a lot, and to be honest they didn’t really... *know* anyone here.

Ah the woes of the 1%, at least their father made sure they valued what they had and didn’t grow up spoiled like most trust fund kids, they had to work to get far in life.

Though it was through her father’s work that Nion had planned a quicker way to fitness. One that left Itsuki and Miku flabbergasted.

“You stole *drugs* from father’s work?!” Itsuki screeched horrified while Miko stared in silent judgment.

“Oh, I didn’t steal anything!” Nion shrugged as though she wasn’t holding a box filled with pill jars. “I just slipped some yen to a few people to get me some of these”

“That’s still stealing!” Itsuki cried out again, clawing at her face, unable to comprehend why her sister could be so foolish. “We’re gonna get in so much trouble! Wait, what am I saying? *You* are going to get in so much trouble!”

“What even are those?” Miku asked.

“These are the latest of a brand-new performance-enhancement pills for athletes!” Nion proudly said, setting down the box and picking up one of the pill jars inside. “Guaranteed to have fast results! Though they’re still in the trial phases”

“Oh great, you stole *experimental* drugs meant for pros!” The youngest rolled her eyes. “I don’t know what was going through your head, but you’re going to return them before father finds out!”

Nion held the small jar to her chest, “Oh hell no, these things are our ticket to fast fitness!”

“Why are you so sure?” The middle sister wondered.

“Because I saw what these beauties did to the test subjects,” Her grin was wide and ambitious. “And well... why don’t I just show you?”

Before either could stop her, Nion popped a pill into her mouth and swallowed. She shivered as though suddenly filled by a wave of energy. “Woof! Hits harder than a caffeine pill!” She said with delight, pocketing the jar away before hopping over to a pair of dumbbells.

She wasted no time and began to do reps, the second eldest kept a wide smile as her arms swung back and forth. Their weight was minor, ideal for a beginner, but still challenging. Her lithe arm muscles flexed and rippled with each rep, the flesh felt invigorated, powered by the chemicals of the pill that were swiftly affecting her system, breaking down the chemically enhanced protein and pumping it through her veins and into her muscle tissue.

Nion muttered to herself as she carried on her task, "Futaro likes fit girls huh," She panted as the effort began to take its toll. "I'll be the fittest girl there is..."

She dropped the weights, and her sisters stared slackjawed.

Her arms were *firm*. They had actual tone. The sort you'd only see if you consistently worked out for *weeks*. There were faint lines splitting the bicep from the arm, as the muscle formed into a small ball of flesh.

Nion grinned triumphantly, flexing her new and improved arms. "See what I mean, girls?!"

Itsuki sputtered, "T-That's not possible"

"Oh, you better believe it is! Dad's company is pouring a lot of money into this project, and *damn* it's bearing fruit!" Nion said, slowly flexing and stretching her arm to get a glimpse of her faint triceps. "So, what are you two waiting for?"

Miku gulped, "We... We shouldn't"

"Why not?" Nion rolled her eyes in an exasperated gesture. "Aren't you tired of being as weak as a kitten? And you, Itsuki, don't you want to get fit fast so you can get to your studies? Hell, I think some colleges will be impressed if you add more physical activities to your resume"

Her words were filled with temptations, and the two girls couldn't, or rather, didn't want to argue with her points...

Itsuki imagined the prospects of her academic future, so many doors opening for her. And Miyu imagined herself with the sort of body Futaro would enjoy. A body that brimmed with confidence and strength.

The two picked up a jar each...