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985 words.

<Subliminal>

by <Growing Desires>

Chapter 1

I walked down the street, taking note of the full restaurants as I power walked to the gym, every table was filled with women feeding large men food. Some were even rubbing their exposed stomachs whilst they were out in public. My face burned red when I caught eyes with one man who smiled at me. His grotesquely large belly had popped the button on his jeans and his shirt had started to ride up. The huge gap showed off his fat belly to me. I quickly turned and rushed over to the entrance of the gym.

I don't get it... Everyone seems to be fat these days, but women are into it...

I took a moment to look down at my trim abs and my gym bag swaying in the air.

Almost feels like, why do I bother to do this?

The thought left my mind quickly as I closed my locker and headed onto the gym floor. The usual pounding dance music filled the room, and the thuds of equipment were felt in my chest. I spied around the room and noticed that once again I was the only guy here. I went to the mats to stretch before starting.

Since the changes, I had noticed that men stopped coming here. I have been to this gym regularly for the past six years. Now it seemed to be not only filled with buff women but a lot more of them were working weights than ever before, many of them were even more ripped than me. It was almost intimidating, if not for my appreciation of a buff woman, I would be scared.

I finished stretching and I headed over to the weight area, there was thankfully a gap for a change, so I quickly grabbed it and started to load up some weights to my barbell. I put on 14kg, gripped the pole and closed my eyes, straining as I engaged my muscles. I attempted to lift and whilst this was usually a pretty good weight for me to handle, the bar wasn't moving, I opened my eyes to see a foot on the bar with a long muscular leg leading towards a buff Asian woman, specifically Japanese, I only knew this because I recognised that face.

Megumi?

“Well if it isn't little Nathan.” She teased.

“Megumi? Is that really you?”

She took her foot off the bar and posed for me.

“Who else would it be?”

The last time I had seen Megumi was in school, more than eight years ago at this point. She had changed drastically. Always towering over me, she was 6'2 to my 5'8. She was slim, tall and quiet. We shared some classes with each other, and we became friends but as time marched on and our paths diverged, we found rather quickly we had sent out last messages to each other and months quickly turned into years.

There was no denying it was Megumi, her black hair was tied up like she used to when we had gym, and her face was mostly unchanged. Her petite features on her face were still just as dainty and those brown eyes always seemed so genuine and sweet. Her body however is where the changes have happened. She was slim, very slim and tall previously; now however she was, in one word, buff. Her frame had filled out more, where there was a thin torso before, that was now a trim set of abs, her chest widened into some definition and her arms were muscly. She wasn't ripped like a wrestler on TV, but she was clearly very fit and had a good amount of muscle on her body.

She was looming over me, I was bent over gripping the barbell and her frame was intimidating, I rose up and still saw that I was barely up to her chin, I had to crane my neck to look her in the eye. She

laughed.

“I forgot how short you are,” She giggled.

Her laugh was just as cute and sweet as ever, despite her scary body. I gave her another look over and was surprised to also see that she had changed in another two areas. Her hips had widened.

I bet a lot of muscle had gone to her ass...

I wasn't wrong, although I didn't know it yet. The other area was her chest. Megumi wasn't flat chested the last time I saw her, she had a respectable C cup, but now she had packed her large Es into her sports bra, seemingly the only area of her body that had any fat left.

“Hey, Nathan, what are you looking at?” She used her buff arms to squeeze her tits together.

“Sorry!” I stammered. “You’ve just... Changed... A lot.”

Megumi just laughed. “Yeah, you could say that.”

“You must’ve been hitting the gym every day since we last spoke.” I jested.

“That isn't too far removed from the truth. A good few years now, you look in pretty good shape yourself.” Her words were kind but her meaning felt... off...

“Yeah, been going for a while, recently I started to gain some weight and I didn't want any part of it, so I've been coming here more frequently.”

I saw Megumi's face light up for a second when I mentioned I had been gaining weight. Her eyes flicked over my trim body, and I felt like I was a piece of meat being inspected. She returned her gaze to mine, and she smiled sweetly.

“I've not got tits to squeeze together.” I laughed at my crude joke call back.

Megumi laughed too.

“Hey, why don't we get out of here and grab a coffee and catch up?”

I really wanted to work out, but I hadn't seen Megumi in years. I can come back later.

“Sure, there is a nice place on the street, let's head there.”

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