

A DAY OF EXERCISE PART 1

By SOPHIE93

“You’re late!” Maeve shouted, scolding Antonella upon seeing her arrive at the park last.

“Come on, Maeve... it shouldn’t surprise you at this point,” Lucy replied, giggling a bit with a hand covering her mouth.

“You girls- have such- little trust- in me?” Antonella said between breaths, wiping the sweat from her forehead and relaxing before her tail was suddenly caught in a sea of soft and large breasts. “Mmmfff~!”

“Hi Antooooo!!” Jessica shouted, happily nuzzling her friend’s tail against her middle breast. Antonella’s main face blushed hard and turned to look at her as she took her second head out of her hands.

“Hey! Don’t do that without a warning,” Antonella groaned,

stroking her tail gently like it was a pet. Jessica just laughed the situation off, while Sophie and Lucy drank some water to prepare and Maeve grabbed some weights.

Today was perfect to enjoy the beautiful weather and fresh air, so the girls decided to hold a private workout session at the park in front of the gym. All the girls had their hair tied back and ready for the routine and were wearing noticeably tight clothes, sneakers and headbands to keep them from sweating all over.

"Okay, how are we going to do this?" Sophie asked, "I'm assuming the same exercise won't work for everyone, right?"

"Right, I compared my routine with Antonella's and it's nothing similar," Jessica said.

"Antonella has a lot more limbs than you, Jessica, so that's expected," Maeve replied with a chuckle, looking over at Antonella who sighed as if remembering her workouts was exhausting her already.

"She doesn't have any barbell training," Lucy added.

"Of course not. I know if I give her a barbell for bench workouts, she'll use all six of her arms to lift it. She's too lazy to do it properly." stated Maeve, looking suspiciously at Antonella.

"M-Me? I'm not lazy..." Antonella watched as everyone stared at her in silence. "D-don't judge me, I'm just using the potential of my mutation!" she exclaimed as she gestured with all six arms.

"Pfft!" chuckled Maeve, under her breath. "I'm sure you were like

this before your mutation," she said as she handed Antonella a pair of dumbbells.

Antonella held them in her upper arms before Maeve gave the command. "I want you to do 10 simultaneous bicep curls and rest for a minute afterwards, then repeat with your middle arms before finishing with your lower ones."

The other girls listened curiously as Antonella nodded and began the exercise. Antonella's tail rested on one of her shoulders as if she didn't want to move a single muscle more than necessary.

"Couldn't she use six dumbbells at the same time?" Jessica asked.

"Antonella's arms are stronger than they look but the weight of six dumbbells could hurt her back," Maeve explained.

Sophie and Lucy nodded. "Yeah, even with four arms we can't lift more weight than our backs can handle."

"I can imagine that limit is reached quickly with the 'extra weight' you two are carrying," Jessica said playfully, her left head fixed on Sophie and Lucy's four giant breasts.

"You're worried about us? We have someone with five over here," Lucy said while pointing to Maeve. Maeve just turned around, watching Antonella do her exercises. "Well, my back is really strong and still I don't have the numerical victory either."

"Who do you think has the most total mass?" Jessica asked, crossing her arms under her three enormous breasts and looking at them studiously.

"Geeez Jessica, pull yourself together!" Sophie replied laughingly. Maeve nodded in agreement and turned to grab another pair of lighter dumbbells. "Okay, let's focus on your routines."

Sophie and Lucy held two of them while Maeve handed them two more. Jessica looked down curiously at the four dumbbells the conjoined twins were holding. "What happened to making sure they're not hurting their back?"

"Sophie and Lucy are much stronger than Anto, and those dumbbells are lighter," Maeve replied, turning the twins to show Jessica their shared back. The twins looked back over their shoulders and blushed softly as Maeve touched their muscles.

"Conjoined twins like them must really strengthen this section of their body, where their two spines become one. Their four shoulders give it a lot of support, like here... and here," Maeve explained, touching the girls' shoulder muscles with her fingers.

"Oh, I see, that makes sense... my spines also divide like that and my routine includes a lot of exercises for that section."

"Plus, your front weight is... at least considerable," Maeve remarked playfully.

Jessica looked down at her breasts, smiling proudly. "I better train well to carry them then!"

"Now I want you two to do lateral raises to strengthen your shoulders with all four at once," Maeve explained, mimicking the movement with her hands. Sophie and Lucy adjusted their grips, immediately beginning their set.

Jessica continued talking to Maeve. "So, what are you going to do?"

"You mean for my exercises?" Maeve asked as she decided on an exercise to give Jessica.

"I mean, you know, when you watch sexy mutants work out all day and start getting a pair of bone—"

Maeve's gaze met Jessica, stopping her in her tracks. She couldn't overcome her aura even with two pairs of eyes. Maeve walked over and smiled fiercely. "Here," she shouted before dropping a heavy kettlebell into Jessica's hands, who barely managed to hold it up without falling over. "I want 30 squats with this kettlebell held against your chest!"

"30?!" balked both of Jessica's heads, looking at the size of the kettlebell. "Oh gawd, I won't make you mad again."

Maeve patted Jessica's right head. "Good. Now, do three reps of ten."

"Yes, ma'am!" Jessica said obediently before starting.

Maeve took a couple of steps back before hearing Antonella gasp. "How- long- should I- keep going?"

"Oh, it was only one rep with each pair. How many are you up to?"

"I've- done- three- rounds- " Antonella dropped the dumbbells and plopped down on the grass, looking down at her six trembling hands. "I- I can't- feel my arms!"

"Here, drink some water." Maeve grabbed Antonella's water bottle with her tail and moved it over to her. With some difficulty, she began to drink while continuing to talk with her tail. "No more arm exercises for today."

"Okay, you've earned it," Maeve said, watching as Antonella's four eyes weren't fixed on her. She slowly followed her gaze to notice how Sophie and Lucy were also paying attention to Jessica and had stopped exercising.

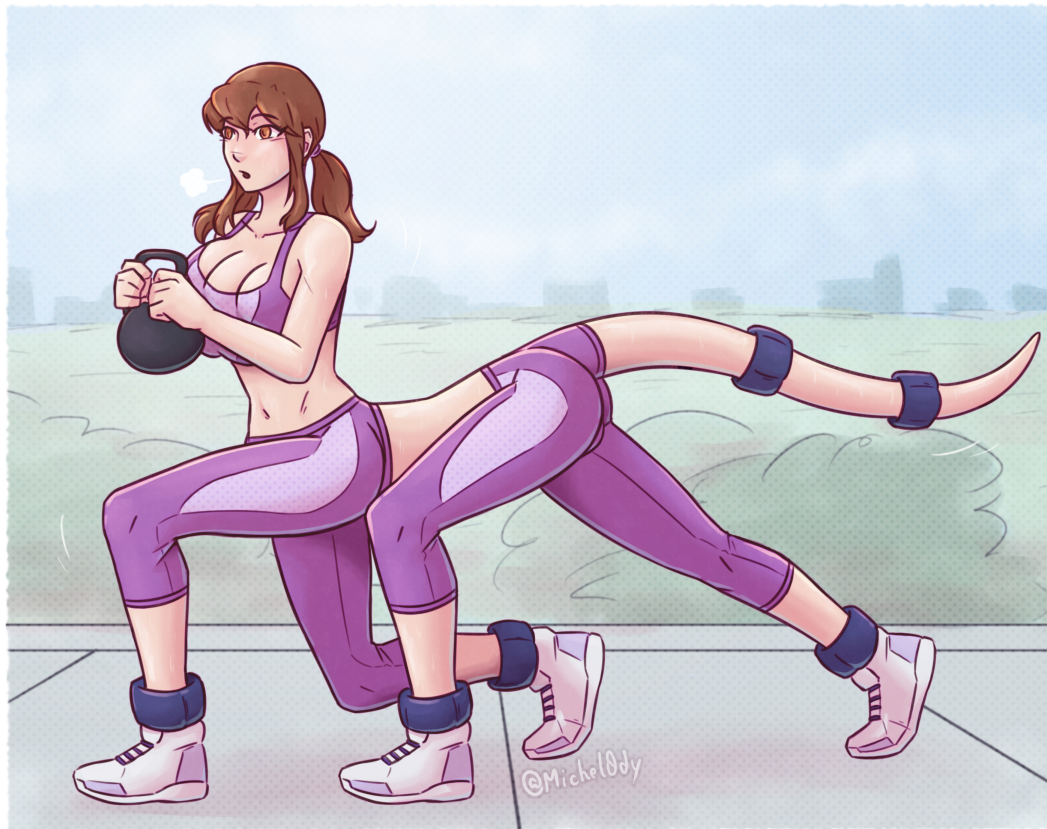
As she lifted the kettlebell Jessica was bumping her three breasts with her hands, squishing and lifting them in rather erotic movements. The size of her breasts were clearly not helping in the exercise and the sweat soaking her clothes didn't help make the image any less distracting.

Several seconds had passed when Jessica noticed all the girls watching her work out, even Maeve. "Uh... what's up?" she asked. "Am I doing this wrong?"

Maeve shook her head and responded as professionally as she could. "No, no, you're doing it right. Sorry, I got distracted!" She slowly inched her rear legs together to hide a slight boner on both her lengths. "*Gawd, this will be harder than I thought,*" Maeve whispered to herself.

The girls continued exercising for several minutes until everyone, apart from Maeve, was completely exhausted. While hydrating from their respective water bottles, the girls watched Maeve continue her workout.

Maeve didn't seem fatigued in the least; in fact, she was doing



several exercises simultaneously. Her hands held a kettlebell against her chest, while cuff weights were attached to her tail and all four ankles. Her breathing was masterfully under control as her four legs flexed, taking a step forward before standing back up, balancing entirely on her tail.

"It almost feels like she just started," Antonella said.

"She's definitely a pro," Jessica added.

"I want to be like her one day," Sophie said. Lucy continued, "Go on by yourself. If I exercise that much, I'll die," giggling, causing Sophie to look at her twin with a disappointed look, "I'm sure that's my limitation, a lazy body partner."

"I'm on Lucy's side," Antonella said before they shared a laugh together.

Maeve finally finished her workout and took off her weights, walking over to the girls to sit on the grass with them. "Phew, that was good."

Jessica handed Maeve her water bottle so she could hydrate a bit. "I don't know how you last so long."

"Have you always been so resilient?" Sophie asked. Maeve shook her head as she drank, before taking the bottle out of her mouth with a satisfied expression. "Phew, no, but since I mutated for the second time my body can handle it a lot better. Although medically, it makes sense."

"Oh yeah, all humantaurs have two hearts, right?" Antonella asked.

"Yeah, and my second heart," she said, pointing to her second torso, "is quite a bit larger than average."

"Ahh, that makes sense. It has to be able to support the blood flow to the..." Jessica said before feeling Maeve's gaze on her. "...*cough*, the tail. The long tail must be putting pressure on the heart."

"Yes, yes, of course... her tail," Sophie said, trying to save Jessica. Maeve was silent for a few seconds before laughing a bit and relaxing her shoulders. "You're right Jessica, my penises do put a lot of pressure on my cardiovascular system, since they're both quite large."

Jessica's faces both turned bright red. "W-What- but- I-"

"Wow, you don't see Jessica embarrassed like that every day," Lucy noted.

"Or maybe it's because she has some lewd mental image right now," Sophie added as they both giggled together.

Maeve wagged her tail happily while looking at Sophie and Lucy. "Well, I think you and Antonella are free from the routine, but this girl here," she pointed her tail at Jessica, looking at her mischievously, "You need to do more exercises and help me to get the weights inside the gym, as a punishment."

"Damnit!" Jessica said with both heads. Antonella immediately stood up and hustled away. "Before you change your mind, I'll take my leave."

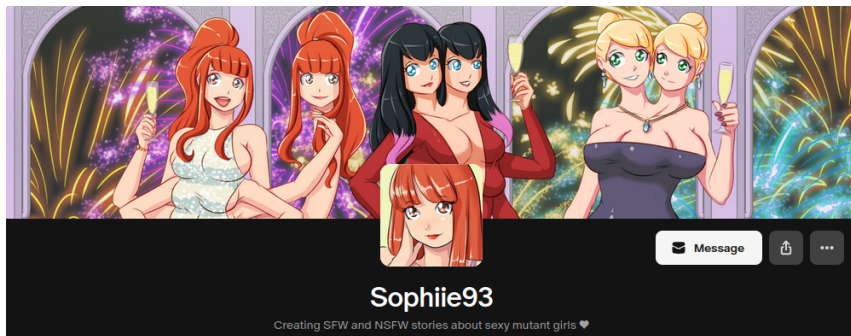
"That's right. come on, sis, let's go," Lucy said. Sophie nodded and waved. "See you later then. We'll join you, Antonella!"

As Sophie, Lucy, and Antonella all walked away, Jessica sighed in resignation, "What exercise do I have to do now?"

Maeve stood up, adjusting her four sneakers. "First we have to carry the weights inside, then maybe we can go for a few laps in the park?"

Jessica smiled softly with both heads. "That won't hurt, I'm in~"

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