

(**Warning:** This story contains female muscle, male muscle growth, and graphic sexual content)

Kyle never had a good time in the gym, granted Kyle seldom had any good time in the Horde, but the gym was a particularly painful time for him. Both physically and mentally. If it wasn't the workout making his string limbs ache, it was the crushing weight of failure that came with the inability to lift the crushing weight of the bars.

Wearing a red and white t-shirt, a pair of loose shorts, and sneakers, Kyle lay on the bench, his arms shaking as he struggled to push the rattling bar up. Pitiful sounds of strain came from his mouth as his clothing was drenched in sweat already. Try as he might he felt this undaunting task was impossible. He was lifting the smallest set of plates and barely got to the second rep...

He wanted to give up, but Kyle knew if he did then the bar would crush his throat. The only assurance he had of coming out of this unharmed was Lonnie looming over him. Looking at him with a stern look and... 'encouraging' him in her own way.

"This is the easiest thing in the world! You think you can be a soldier of the Horde if you don't shape up?!" She barked, making the muscles in her neck twitch.

Well, it would be the easiest thing in the world for someone like *her*. Lonnie's muscles were quite defined and very prominent. Her 17-inch biceps never failed to make him feel inadequate, as did the rest of her honestly. Wearing a red and white tank top and *very* tight shorts, her ripped body was on full display. The six blocks of cut abdominal muscle clenched and unclenched with each breath, the droplets of sweat ran over the treacherous landscape made up of sinewy bumps, pooling in the deepest striations before flooding over and continuing their trek. Her legs were *almost* as thick as his torso. Pretty much the entirety of her body towered over him, as her height had drastically increased to the point she was now a head taller than him.

Lonnie looked like a top-tier soldier who kept herself in shape 24/7, and while she did, her current physique wasn't the result of a rigorous training regime, but the Horde's newest (and very successful) soldier enhancement program.

Hordak looked to the most promising candidates who fit the criteria for a genetically altered cocktail of drugs loaded to the brim with mutagens. The serum was designed to strengthen muscle fiber and bone density, resulting in a drastic increase in mass for both. Which in turn led to soldiers with superior physical abilities.

Lonnie had proven herself worthy of the serum, and she *basked* in the power it gave her day and night. It was... difficult sometimes, to see her friend so large and powerful. Lonnie had always been rather self-assured, but now it felt like a wedge had been driven between them. Making their relationship more complicated as she now expected him to 'catch up'.

She didn't want to babysit him on missions, nor did Kyle want to be a burden... but it's not like he could actually be of any use no matter how much he trained. He was still little weak Kyle...

When it became clear the weights weren't going to move anymore, Lonnie just sighed and easily placed the bar on the rack, much to his relief as Kyle let his arms fall to the sides, panting. "One day, I'll get you to at least finish three sets"

He didn't know if she honestly believed in him, or if it was a self-appointed goal of hers.

Kyle liked to think it was his friend believing in him. But such thoughts were always brushed aside.

"Please, that little twerp is never going to shape up~"

A particularly smug and malicious voice echoed in the nearly empty gym.

Kyle forced himself to sit up so he could look at the newcomer. Catra was grinning at him in that cruel arrogant way of hers. She wore a similar workout outfit to Lonnie's, only hers was orange and black, and like always Catra forsook the need for shoes. It also bore mentioning that Catra possessed a body *just* as muscular and toned as Lonnie. Naturally, Catra had been the first to be enhanced. Even the thin sheet of fur around her body could not hide the lines of definition adorning her powerful limbs, giving her a more... tantalizing look.

Kyle gulped, fighting down a certain natural 'reaction' that often developed when surrounded by such strong, beautiful, *muscular* women. They were very attractive, personality notwithstanding, he couldn't help himself.

As Catra walked up to them, he noticed a small metallic container in her hand.

Lonnie just glared at her, thrusting her chest out while crossing her arms under her generous bust. "What do you want, Catra?"

"The gym's public, isn't it?" The cat woman droned. Be that as it may, Kyle noticed it was only the *three* of them present. The few people present must have left when he and Lonnie arrived. He was surprised, the enhanced soldiers had a... 'reputation'. "I see you're wasting your time again, trying to get the welp to be useful"

"What I do with my time is none of your business," Lonnie growled in defiance. "Now, *what do you want?*" She repeated her question with a bite in her voice. The two *never* liked each other, to say the least.

"Read your mission reports. Outstanding performance as always," Catra looked like a part of her died by saying that. "The same can't be same about pipsqueak here"

Kyle winced under her glare.

"Which is why I don't want to be bothered by poor performance reports from your squad any longer. That is, I'm going to make sure your only liability starts pulling his weight" She held up the container and opened it up. "So you stop making my job harder than it needs to be"

Kyle and Lonnie peered inside, and both their jaws dropped.

There were two serum vials inside.

"You..." He stammered. "You want to enhance me?" Never in a hundred years did he think that'd be possible. He was a *poor* rank-and-file soldier, he figured it'd be a matter of time before someone put him in waste management or something.

"I'm not doing you any favors" She took out one of the vials. Kyle noticed how its own case had an injector at the end there. "This is because I'm tired of seeing your sorry name in my reports, time for you to actually be of use to the Horde"

Without warning, before Lonnie could even voice her thoughts about the whole thing, Catra jabbed the vial in his neck.

Kyle's pupils shrunk as a rush of *burning* liquid spread through his neck to the rest of his body. Veins bulged over the area where Catra had injected the serum, the sounds of wet leather

stretching seemed to come from his own *flesh* as the fibers were subjected to a harrowing mutation.

Cords of strained muscle solidified under his skin. Trembling palpitating groups of flesh expanded in size at an astonishing rate. Kyle felt an incredible wave of energy wash over his very being, like a constant electric shock coursing through the tissues of his body, filling him to the brim with *power*.

The muscles expanded audibly, Kyle grunted and groaned under the intense sensations of his body breaking apart and rebuilding itself stronger than ever. Bones cracked and lengthened, accompanying the swelling of his muscle mass. His expanding torso made the shirt tighten around him to the point it looked snug, sleeves filled up until they rivaled the girls', biceps formed into steely balls as his forearms widened in circumference.

His feet felt cramped and uncomfortable under the tightening material of his socks and sneakers, calves expanded out like inverted hearts as his thighs widened to the point the cuffs of his pants threatened to rip.

Kyle clenched his jaw tightly, groaning desperately as he rode out this wave of pleasure and pain mixed into one. His pectorals thickened noticeably, pushing out against the tight web fabric, three rows of perfectly shaped abdominal muscles were clearly visible under the damp shirt, flexing as his body clenched in its entirety, striating the muscles into a powerful flex that made them jump to the point it looked like his skin was barely wrapping around them.

Then it was over, and Kyle felt he could breathe again. He let out explosive pants as the sensation in his muscles slowly dimmed, yet the energy remained. He looked down at himself, marveling at the sight of his prodigious physique. He looked outstanding, like an elite soldier of the Horde.

He felt... alive.

Kyle laughed, he laughed loudly and with joy as he jumped to his feet, flexing his arms proudly and enjoying the rippling bulges that formed as a result. "I feel... I feel..." He grinned, slowly bringing his arms back into a powerful most muscular, enjoying the sounds of a few threads snapping. "Strong!"

While Lonnie merely stared impressed at her old friend's physique, Catra just kept that smug grin of hers. "Well, maybe you'll be of some use now. But those aren't just vanity muscles, you gotta *use* them"

"Hell yeah, I will!" It surprised Kyle a little he spoke like that, with such exuberance in his voice. And while it only weirded out the other two a little bit, to see the soft-spoken and timid young man shout out loud with such candor, it was understandable. The rush post-serum was... *intense*, to say the least.

Kyle wasted no time in grabbing more weights, stopping only for a moment to wonder at the back how he was *lifting* them with so little effort, and grinned in excitement as he placed them on the ends of the bar. With four on each side, the bar had gained enough weight to crush the old Kyle.

But that Kyle was gone, he thought with relief. A new stronger and more useful Kyle was born today.

He lay down on the bench. Whereas he once looked at the bar with trepidation and fear, he now stared at it eagerly, *wanting* to feel its weight against the strength of his muscles.

The bar lifted from the rack, rattling the weights and falling over his chest... and Kyle lifted it up.

It went down again, yet Kyle raised it again.

Over and over.

Without stopping, without slowing down, without feeling his arms would snap.

Kyle grinned in a fit of euphoria. He was doing it, he was actually *doing it!* He was crushing the bar that had previously dominated him with only a *tenth* of the weight!

Kyle felt *powerful*.

As the blonde stud lost himself in the workout, the two ripped young women merely watched on. Catra did not miss the look of bafflement and... *interest* Lonnie was giving her friend.

“Well hopefully he won’t be so useless now,” The cat woman grinned, eyes twinkling with amusement. “He’s not *too* bad looking now either~” She purred, with the intent to get a reaction out of her ‘rival’.

It worked, as Lonnie instantly snarled at her, “Always talking like you’re in heat”

“You’re the one looking at him like he’s a fine piece of beef,” Catra chuckled, “Then again,” She slowly raised her arm, flexing it to present the rear muscles to the braided young woman. “You get like that for anyone”

“*What,*” She hissed dangerously.

“My mistake, *anyone bigger than you~*”

A vein threatened to explode on Lonnie’s forehead. “Bigger? I’ll show you bigger...!” She growled like a raging beast, and flexed both her arms, displaying their rippling muscularity and throbbing veins.

Catra smirked at the challenge, casually tossing the container with the last serum dose as she struck pose after pose in Lonnie’s direction, the two competing to see who possessed the superior body.

The container rolled until it was next to Kyle... who stopped his lifting to look at it.

The serum sat there, so temptingly close. He wondered what it’d happen if someone were to take a second dose. Someone... like him.

He pictured himself even *bigger*, far more powerful, glorious. The biggest soldier in the Horde, the strongest and most accomplished one in their history. Someone who could turn the tide of war.

Kyle the wimp was a memory now, but if he truly wanted to stamp it out, to destroy him entirely... he could take it, he could ascend *even* beyond that shadow of his former self far more than he already had.

Become someone new, someone who would never be afraid or timid anymore.

He looked at Catra and Lonnie flexing off. Their bodies were works of art, so beautiful and *titillating*. He spent many a long shower fantasizing about them...

He imagined himself bigger than either, with a body that'd be as irresistible to them as they were to him.

Kyle put the bar on its rack and got up from the bench... picking up the vial.