

# BACK ON TRACK (Part 1)

- a Rag-Man story -

([amysconquest.com](http://amysconquest.com))

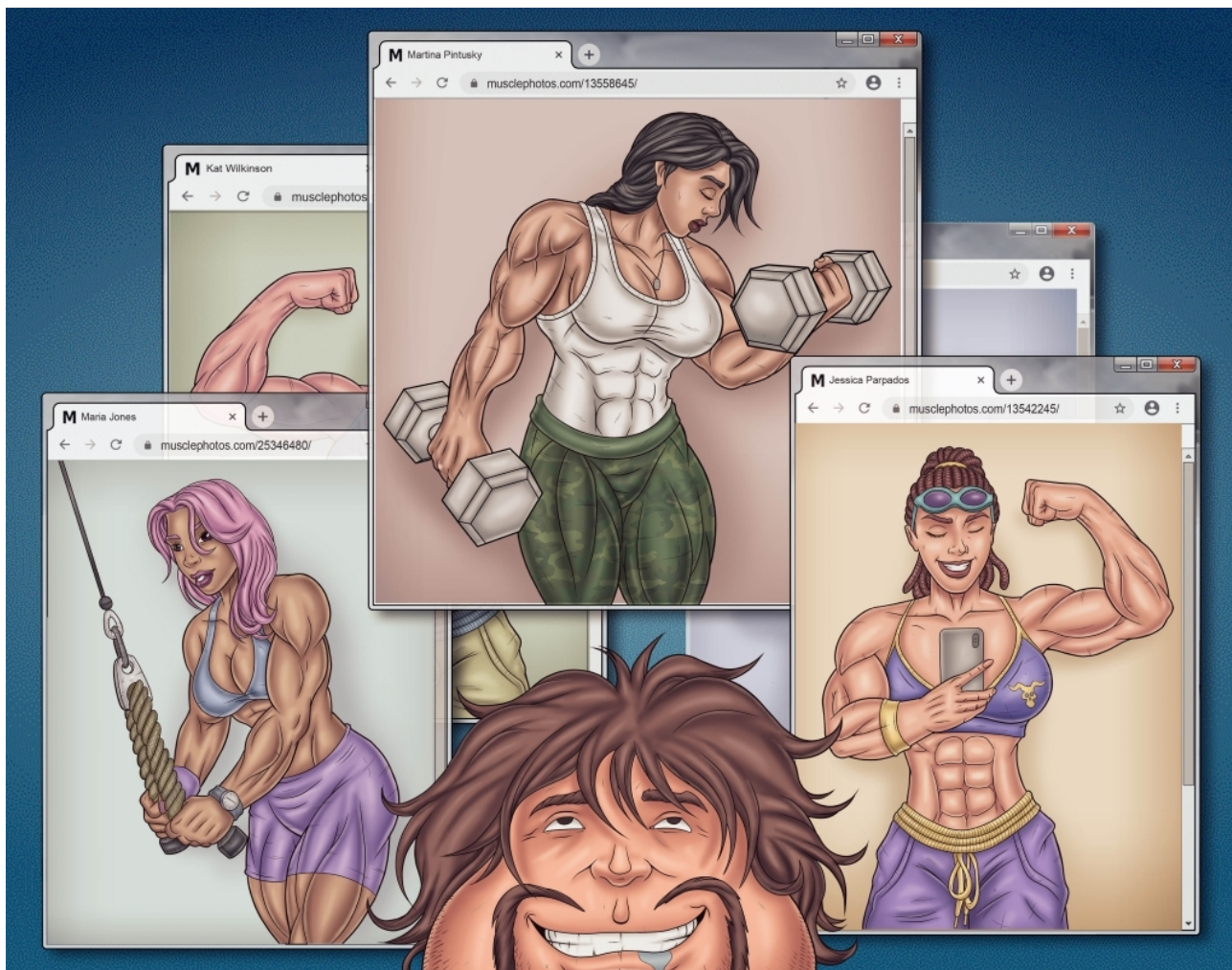


A typical Saturday night, and Josh Timmerman was spending it the same as he had for many years now, in his apartment, playing video games and eating an assortment of food, snacks and drink. Not an unusual occurrence for many young men these days, though unlike most of them, Josh does so completely alone, as he had spent all of his time for as long as he could recount.

A kind-hearted man, who unfortunately went through quite a hardship in his younger years, causing him to turn to an over-abundance of food in coping with, bringing about the gaining of an extreme amount of weight on his 5' 9" frame. This in time lead to him to a life of isolation, believing no one could possibly see any worth in his slobbishly obese form.

Josh made a living working on his computer, something that was a necessity due to his extreme reluctance to leave his apartment for any length of time. Website design was his forte, and he was very good at it, creating sites for several businesses in his area, none of which he has ever seen in person. Such an occupation allowed him to work from home, living a modest life, in a humble apartment, though that suited him just fine....or so he liked to tell himself.

Like anyone, he did desire the company of others, friends to socialize with, a woman to love. Unfortunately his self-esteem was at such a low that he felt these were things that a person such as him could never achieve, so it was best to learn to live without them.



Of course being only human, and a male of his age, he found sexual fulfillment the same way he made his living, online. Josh spent a lot of his free time (when he wasn't working, eating or playing video games) searching the web for his ideal female, which for as long as he could remember, was that of a fit, strong, physically powerful woman. As any erotic preference these days, there was no shortage of material for him to find, from amassing a collection of the sexiest of flexing pictures, to video clips of such females working their mighty muscles, to a wide assortment of mixed wrestling mini-movies. Josh truly has his pick of his particular erotic fetish, though like all who solely used outside sources for such pleasures, inside he truly wished that one day he would be able to enjoy them in person, even just the chance to view such Amazonian visions from afar would be enough for him.

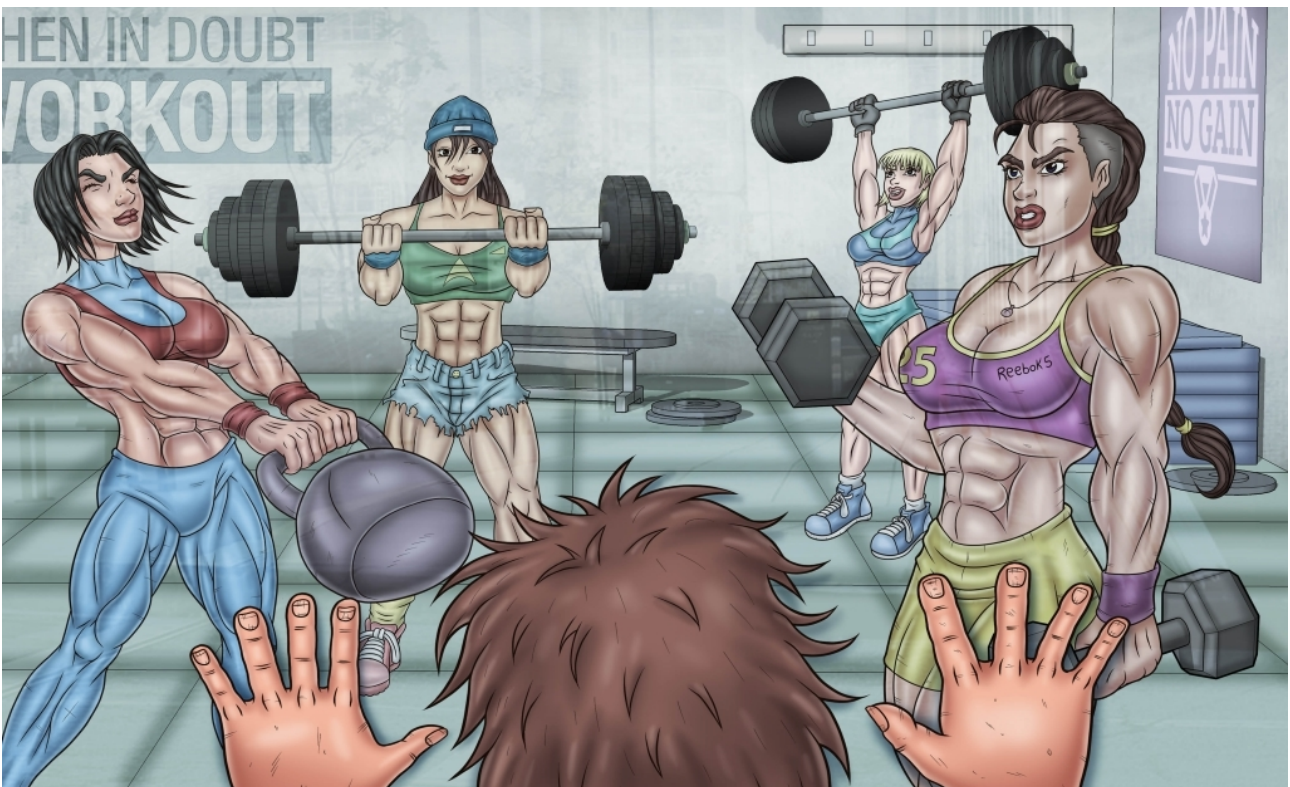
A foolish fantasy, as far as he was concerned, it's not like such fantastic females are knocking down his door (though what a sight that would be), and with him voluntarily housebound as he was, the chances for him to actually see such a woman were simply none at all.

Until one day, which would change his life, forever!

That day started like any other, a typical Monday to start his working week, though early on that morning Josh heard sounds of crashing and clanking, sounds of metal slamming against metal, and for the life of him he had no idea what that could be.

Now while a normal person would simply go downstairs and investigate the source of such noises, clearly this wasn't an option for Josh. Though as the days went on, it became increasingly more difficult to ignore, which even started to affect his work. So summoning up all of his courage, the almost entirely enclosed 28 year old made the decision to venture out of his apartment and see just what was the source of all this unusual sound.

He traversed the few flights of stairs between his apartment and the metallic noise, not an easy task physically due to his impressive girth, though after spending several minutes re-gathering his breath upon reach the ground floor, Josh made his way to the source of the growingly loud sounds, and what he saw shocked him beyond anything he could imagine.



It seemed that the lower level of his apartment building had been transformed into a gym, though not just any gym it appeared, but one filled with some of the fittest, strongest and most beautiful young women he had ever seen! Women of assorted shapes and sizes, all pumping up their rock solid muscles to a truly incredible degree.

Josh was utterly stunned at this sight before him, so much so he couldn't help but stare inside this female centered gym through one of its several large exterior windows. His lusting eyes moving from one sexily female muscled form to the other, completely unaware of what it may look like from their end.

It was simply unbelievable that this was right below where he lived, it was as if God Himself was giving him this gift, this "if this doesn't work, nothing will" incentive for him to emerge from his hidden away living space, and actually try to make something more of his life.

Unfortunately for Josh, what happened next brought him crashing back down to reality, hitting him emotionally and physically at a level he had tried so many years to avoid.



“Well look at what we have here Steve, some disgusting pile of shit is just gawking through the window like some Peeping Tom Perv” spoke out one of the two men before Josh, both looking the exact opposite of him, handsome, well-dressed and supremely confident.

“You’re not kidding Nick, like this waste of space thinks he’s got a chance with Any of those cross-fit chicks! Heck, he would probably need someone that strong just to get his fat ass off the floor every time he collapses under his own weight!” the other man cruelly made out.

“Look, guys....I....I’m sorry, I really didn’t mean.....I was just...I’ll just go now....” Josh spoke in a completely defeated and humiliated tone, taking a defensive stance before them.

“Oh, I don’t think so Tubs! You see, your clearly worthless life makes guys that have theirs in perfect shape, like us, look bad. So it’s our responsibility to make sure you make sure you don’t do this again, teach you a lesson that you wont Ever forget!” the larger of the two men barked out, before smiling to his partner, as they backed him to a nearby wall.

They then physically unleashed themselves on Josh, proceeding to give him a harsh beating, using their much fitter bodies to play with the outclassed Josh, each of their punches, kicks and holds causing them obvious delight, as it did their target pain. Like any true bully, hurting others made they feel so much better about themselves – and at this moment, Steve and Nick were feeling Very Good indeed.



That was until like a flash of light, a streak of pink and purple, made them both deeply regret their vicious act, hitting them with unreal speed and incredible power, causing them to forget about further tormenting their poor, defenseless victim, and to try and save themselves from their own demolition.

Though there was no saving them from what was happening here, as head trainer and co-owner of the gym they were administering their beating in front us, Mia Monroe, decided to end their cruel act and give them a taste of their own medicine, in Spades!



Mia was not one to deal with bullies lightly, events from her own past saw to that, so she spent the next several minutes striking with powerful punches and squeezing with crushing holds on these two foolish men, rapidly turning them from in-control Alpha males to whimpering little babies.

Steve and Nick couldn't believe they were being handled so easily by a single woman. They were aware of the type of females this gym catered to, so much so that they themselves were going to spend some gawking time of their own through this establishment's large windows, which is why they took it out on Josh so harshly when they saw him doing so.

Though surely a physically capable female would still be inferior to that of an able-bodied male, which both men certainly considered themselves to be, though that myth was being clearly dismissed as Mia proceeded to take them apart, seemingly without even trying.

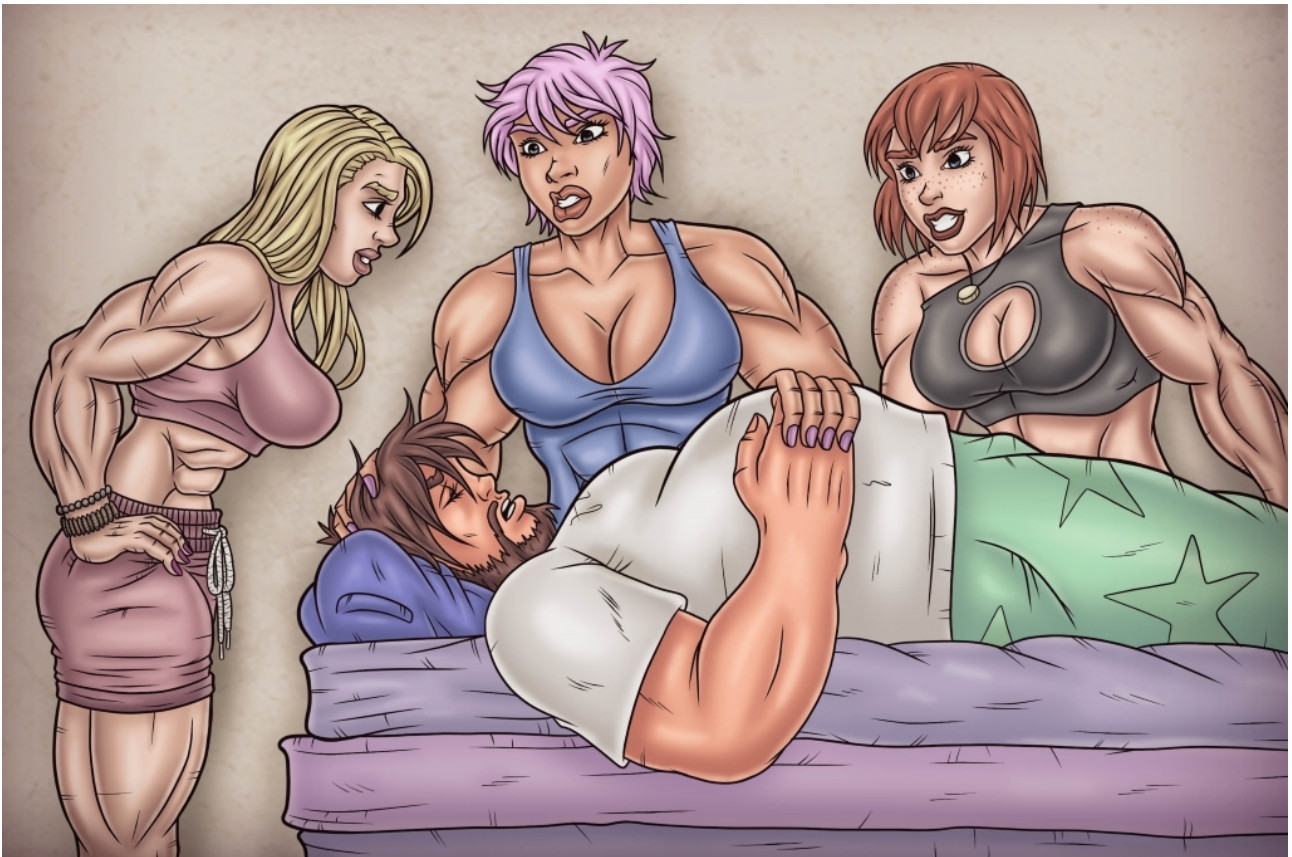
"Stupid men, why must you think you can just beat on those weaker than you are to get what you want" Mia made out, as she jointly crushed them both inside her steel-hard form. "As if that makes you attractive to any woman, let alone women such as those here inside, which would have to be blind to not notice you two idiots gawking at for the past several days" she continued on, before releasing these badly beaten boys. "Speaking of our girls, Tina, Cindy, could you take over?" Mia signaled over to two of her top cross-fitting females.



“With pleasure” the pair of perfectly proportioned young women spoke out, each with a devious smile on their gorgeous faces. Their bodies clad in skin-tight, revealing gymwear, their physiques as if carved from marble. Mia gave a sexy smile of her own as she watched the two powerful Amazon girls slowly surround and then approach their prey. Getting ready to add to the beating she herself had started, something she was more than willing and able to continue, though her priority now was to deal with the newly unconscious and badly battered form of Josh.

With near ease, Mia carried his over 300 pounds in her powerful arms, bringing him inside her exercise establishment, to help tend to his wounds. Several beautiful buff girls stopping their exercise routines to look as she passed, their hearts going out to Josh, who unlike the two males getting battered around outside, they didn't take his stunned awe of their pumping physiques as lecherous or crude, but more of awe and admiration, which they actually appreciated.





“My God, is he OK??” spoke out a young red-headed musclegirl standing beside Mia, who had rested Josh's body on a massage table where several more mats had been placed onto.

“He's going to be alright, I think” Mia replied with an authoritative tone, clearly displaying why she was in charge here. “I don't feel any broken bones, his size helped him absorb a lot of the attack, but there's a lot of bruising. “Gina, would you mind bringing over some ice packs and towels?” she asked of the worried looking blond nearby.

A few minutes later Gina returned with the requested items, during which time Mia gently and tenderly caressed Josh's still unconscious form. Her using her fingers to administer some learned healing techniques, in an effort to cease any further injury. She then watched over him until he came back to his senses, nearly 30 minutes later, with Mia by his side the entire time, as an alternating array of female gym-goers joined in to check on their patient.

“Wha....uhhh.....where.....” was all Josh could make out at first. His eyes still focusing in on his surroundings, the pounding of his head and aching of his body, making getting his mind together all the harder.

“Shhhh, just relax, you're safe, no one is going to hurt you anymore” Mia made out in a soft, gentle tone, as she rubbed his forehead and hand soothingly. Such treatment seemed to do wonders for his sore body and throbbing head, so much so within minutes he was in full focus of the recent events, what happened to him, and where he was.

“Oh My God!” Josh made out with worry and panic about him, as he made his way up from his carefully made rest area. “I.....I'm so sorry.....I didn't mean to stare....I....I had just never.....and I was so shocked that.....please don't be mad”

“Again, Shhhh, it's OK, we aren't upset, you aren't in any trouble” Mia calmly reassured him, as she helped him back up to his feet, hoping he had the strength to stand on his own, though being ready and able to assist him if needed.

"I...I'm....my name's Josh. I live a few flights upstairs, I was just....I heard a lot of noise, and I was just checking out what was happening" the newly revived man made out, trying to plead his case, while also taking in the full sight of what was the most stunning woman he had ever seen in his life.

Even through the anxiety he was feeling mentally, and the pain he was experiencing physically, he couldn't help but focus on Mia's gorgeously Amazonian physique. Every inch of her made up of perfectly shapely feminine curves, though with muscular definition throughout, and a face as soft and subtle as her body was hard and rippling. He did his best to avoid being lost in his lust, especially after what he had just been through, though coming face to face with his ultimate fantasy female was proving a bit too captivating to fully ignore.

"Yeah, I'm sorry about the noise, we're a bit new here, and still have some finishing touches to handle. Hope I didn't get you coming down here just to give me a noise complaint" Mia teased out with a smile, hoping for one back from Josh, though one never came.

"I...I haven't left my apartment in almost 5 years...." he spoke out in an almost entranced voice, unsure why he felt the need to be so open with this woman he just met, though doing so all the same. And so Josh started telling Mia about his life, and how he got into his current situation. About how he had been abused by family growing up, bullied and teased by "friends", and how that made him seek solace in food and then self-isolation to escape.

The two of them began to tear up at hearing this tale, one which Mia became quickly invested in, as she had a similar story herself, with her unique style and attitude causing her to be made fun of as a little girl. Though as Josh took to food, she took to athletics for her way out. For each snack he ate, she pumped iron, for each social door he closed, she became more outgoing and confident. She realized the two of them were not so different, just opposite ends of the same coin.





“Oh Josh, I’m....I’m sorry you have to live like this....or better yet, Had To, but not anymore!!” Mia made out with total excitement, causing her muscles to harden and expand to even greater levels.

“Uh, I’m not quite sure what you.....”

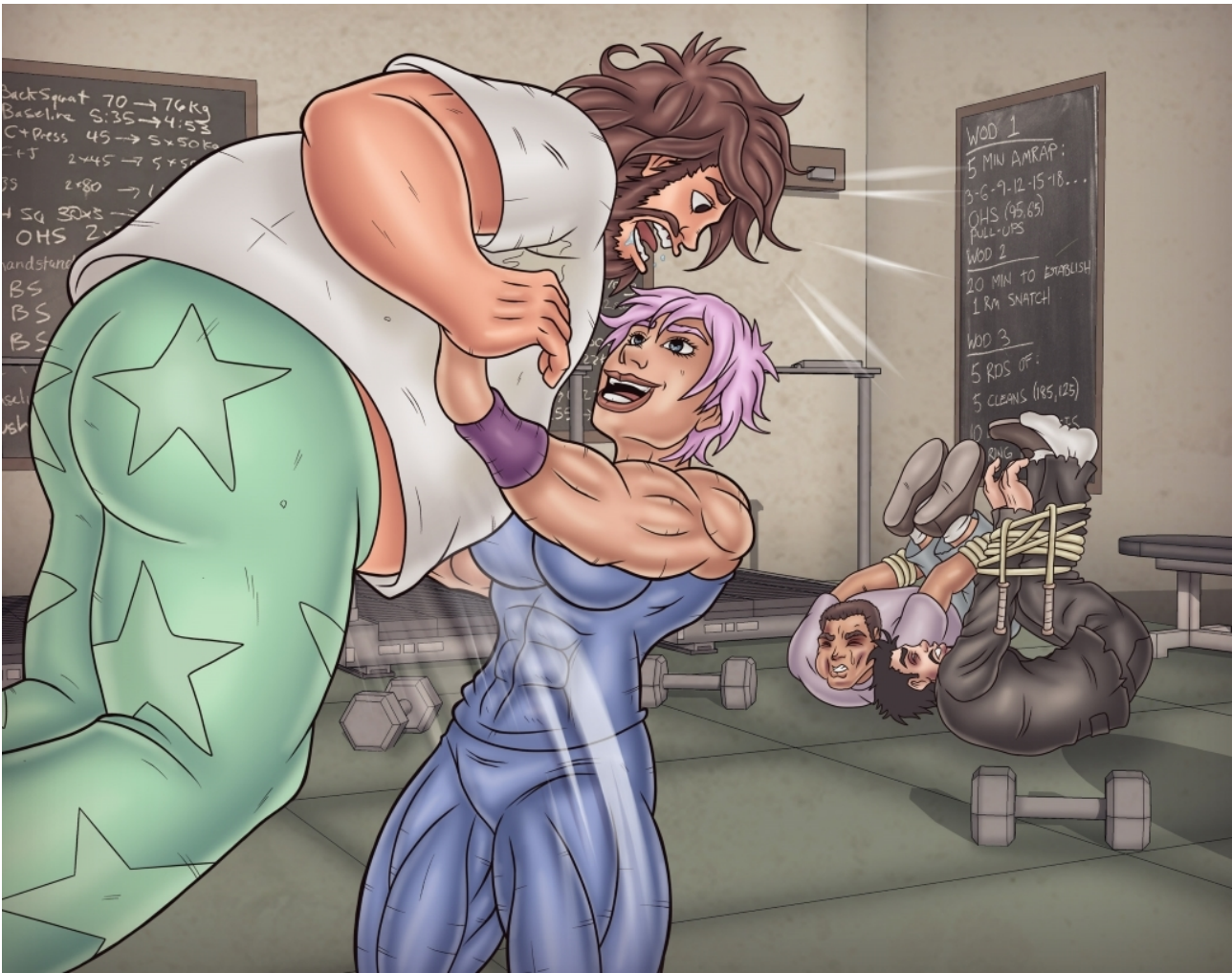
“Isn’t it obvious! I’m going to help you, to get you back into shape, and get your life back on track!” she made out with girlish glee, flexing her rock solid biceps as she did so.

“What? No wait, I can’t.....”

“Why can’t you? Come on Josh, this is fate, us meeting, your situation, my gym. I won’t even charge you, I’ll be your personal trainer, and you’ll be our first and only male client” Mia continued on, “I’m not taking no for an answer, OK?”

“Well, I....I....” Josh slowly made out, as this was a truly life-changing decision if there ever was one. Could he really agree to this, could he really be able to change his life so drastically – though the more his mind whirled about this decision, his only thoughts were how could be not. He needed a change, he needed help, and here was his ultimate fantasy woman making him such an offer, in a location surrounded by other Amazonian females, which just happened to be on the ground floor of his own apartment building. How could he possibly refuse.

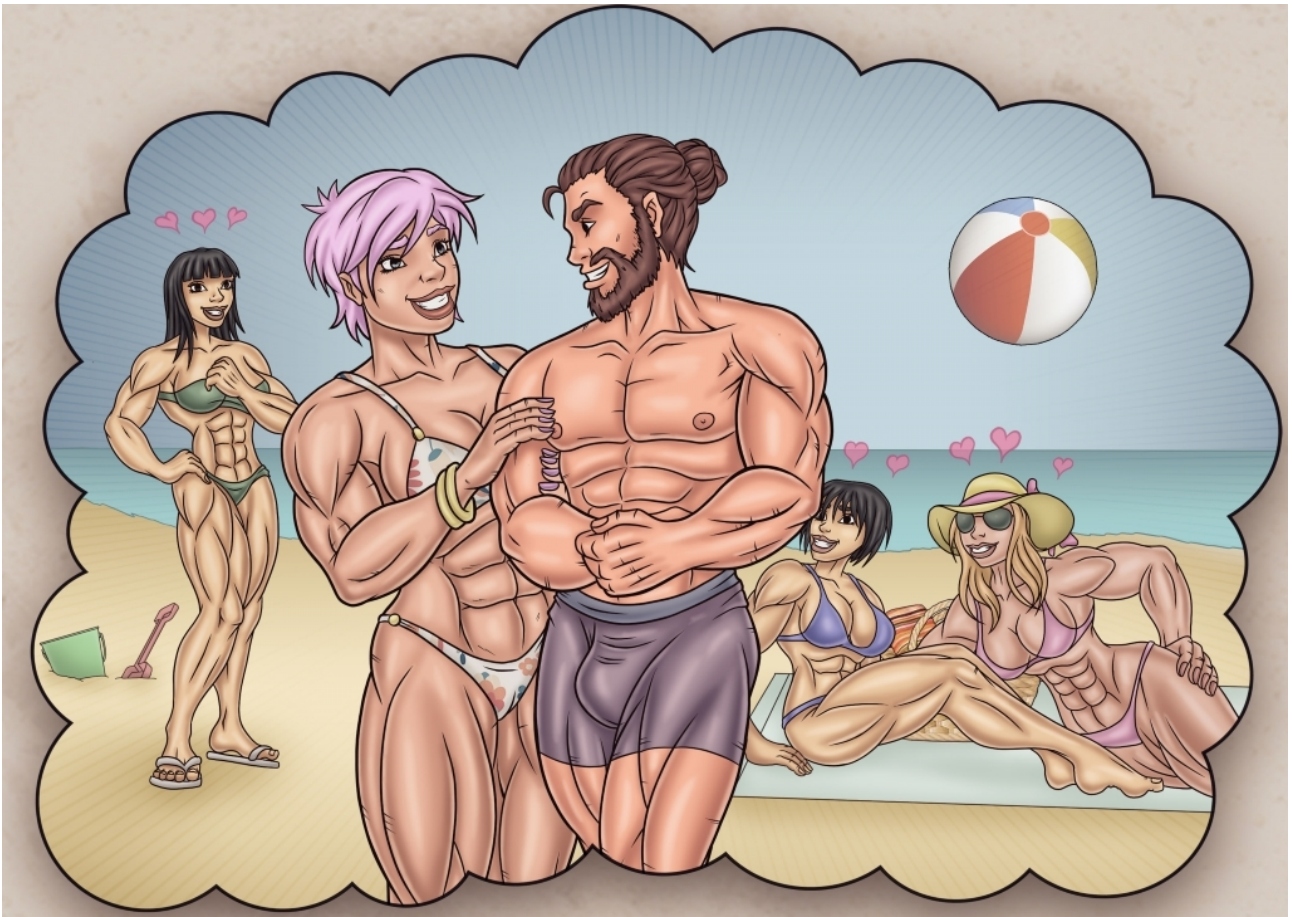
“Yeah....yeah, sure, why not. Let’s do it!” Josh spoke out with as much enthusiasm as he could, something that caused Mia to shout out with thrilling excitement, which was followed by a feat of strength that surprised the heck out of Josh, as she grabbed him on each side of his impressively sized waist, and lifted him up several feet off the floor. Doing so with such ease that she actually began spinning him around while doing so. This act caused Josh to see the badly beaten and tied up bodies of his former attackers off in an area of the gym.



“Oh, don’t worry, we’ll let them go soon, we just wanna have a little more fun with them first” Mia made out with a sexy smile, as she lowered Josh’s large form back to the floor. “Besides, we have to make sure they learned their lesson, about not peeking in at sexy gym girls, and to Never even think about hurting you again!” she spoke in a protective manner, something that couldn’t help make Josh smile, as it has been too long since anyone stood up for him in his life. “Now, why don’t you go on home and rest, tomorrow is going to be a very big day for you!”

And Josh did just that, as he slowly made his way back up to his apartment (with a little physical assistance from two other stunning supergirls from the gym), where he strode over towards his bed, and instantly collapsed. His mind as utterly exhausted as was his body, in fact the only part of him that was running full steam ahead was his lust and libido. Having been in such close contact with so many beautiful, buff female bodies, not to mention one of them being responsible for coming to his rescue and saving him from a vicious assault (one of the many fantasy scenarios he had regarding such powerful women), was just too much for him to ignore. So with no help from his trusted computer or his many female muscle sites saved on it, he satisfied himself several times over the next hour, until he passed out from his “draining” ordeal.

As he slept, Josh could only imagine what it would be like if he could actually achieve what Mia had planned for him. Could he possibly lose his massive amount of weight? Could he actually be brave enough to approach a woman and ask her out? What if he could go beyond this, actually have a level of physique that was on par with the fantastic females downstairs, that he could attract the attention of such women without even trying, even the one he desired most, his supergirl saviour, Mia? Such erotic visions swirled about mind, filling his dreams with his most sexual fantasies ever! Was this really happening, did his life and luck just turn around for the better??



Josh woke up the next morning, having slept through almost the entire previous day and night that followed. He had no idea if his fantasies could be achieved, though he knew if there was even a small chance, it would be all up to him to do so. Yes, Mia and her team were a crucial part of his overall transformation, but it was he had that had to put in the work, not only in the gym, but also at home when he was alone. This meant no more all day snacking, and eating properly – which scared him even more than the thought of his newly planned exercise routines, or so he thought.

Once he made his way down into Mia's gym, his mind swiftly changed on that topic, as she began to put him through a series of workouts that he thought were going to kill him; or so his severely out of shape body perceived them as, when in actuality they were basic beginner level routines. Though he trusted Mia, knowing she would never put him in harm's way, and never ask him to do anything she knew he couldn't, and this made Josh push himself more than he ever thought possible.

As tough as his exercises were, Josh managed to keep going with them, and soon days turned to weeks, then weeks to months, as he did his absolute best to stick to his new regiment. His desire to reach anywhere close to his goal fueled him, just as much as not wanting to disappoint his trainer Mia.

Little did he know how proud of him she truly was, knowing just how difficult a task it was to change your life as he was, especially with all he was going through up until now. While trying to be firm in her training of him, knowing she would need to be in order for him to get the best results, Mia was always cheering him on, giving him the most positive praises, and pushing him a little more each time, knowing he had the strength of will to achieve his goals. Doing everything she could to not fail his trust in her, as life seemed to do to him up until now.

As time went on Mia grew quite close to Josh, as his trainer and in time his friend. She promised herself she would do anything she could to see him happy again; because she knew full well, if anyone deserved that, he did.

**THE END**  
(Part 2 – Coming Soon)

**Copyright 2020 Amy's Conquest ([amysconquest.com](http://amysconquest.com))**