

BACK ON TRACK 2

- a Rag-Man story -

(amysconquest.com)



“C'mon Josh, you're going great! Just give me 5 more!” excitedly cried out Mia, her beautifully buff physique standing beside the utterly exhausted form of her favorite training client, Josh. It had been several months since their initial meeting, starting with her protectively defending his extremely overweight form from some cruel attackers, and ending with him agreeing to allow her to train him, in the hopes that she could turn his life around for the better.

In that time, he had made impressive progress, shedding over 50 pounds from his 5' 9” frame, increasing his over physical fitness levels, as well as raising his self-confidence and strength of will. She truly couldn't be more proud of him, and at this time, considered him a good friend.

"I....I can't....I'm so tired....I...." Josh made out through clenched teeth, his heart racing from the strain of his latest physical act.

"There is No Can't, you Can do it! Trust me Josh, I would never let you get hurt, I know you can do it, so stop with the whining and give me my 5!" she barked out like the supportively tough personal trainer that she was, and his faith in her and her levels of trust in him and his abilities, helped Josh dig deep and complete the final reps of his last exercise of the day.

Such were the training sessions between Mia and Josh, an almost daily occurrence (thanks to his apartment being just a few floors above her gym), as she used her physical expertise to give him the best training possible; always doing so with the utmost safety, knowing just how far to push him, even when he thought he had reached his limits.

With each session Josh felt a bit better about himself, not just physically, but mentally as well. He had spent so much of his life as a virtual recluse, over-feeding himself almost to extinction, thinking he would never have a normal life, nor would he ever be close to a special girl. Though as time went on, he got to know not just Mia (though she was clearly his favorite), but also the rest of the super fit females in her gym. He was honored to be the only male allowed to train there, as the girls all took him under their wings (especially those that were there during his harsh beating months earlier), and they all did what they could to look after and take care of him, cheering him on with each and every milestone he achieved under Mia's expert training.



"240, that's awesome Josh!" supportively spoke out Sammie, a young brunette with rock solid abs, giving him a literal pat on the back, as they gathered nearby for his latest weigh-in.

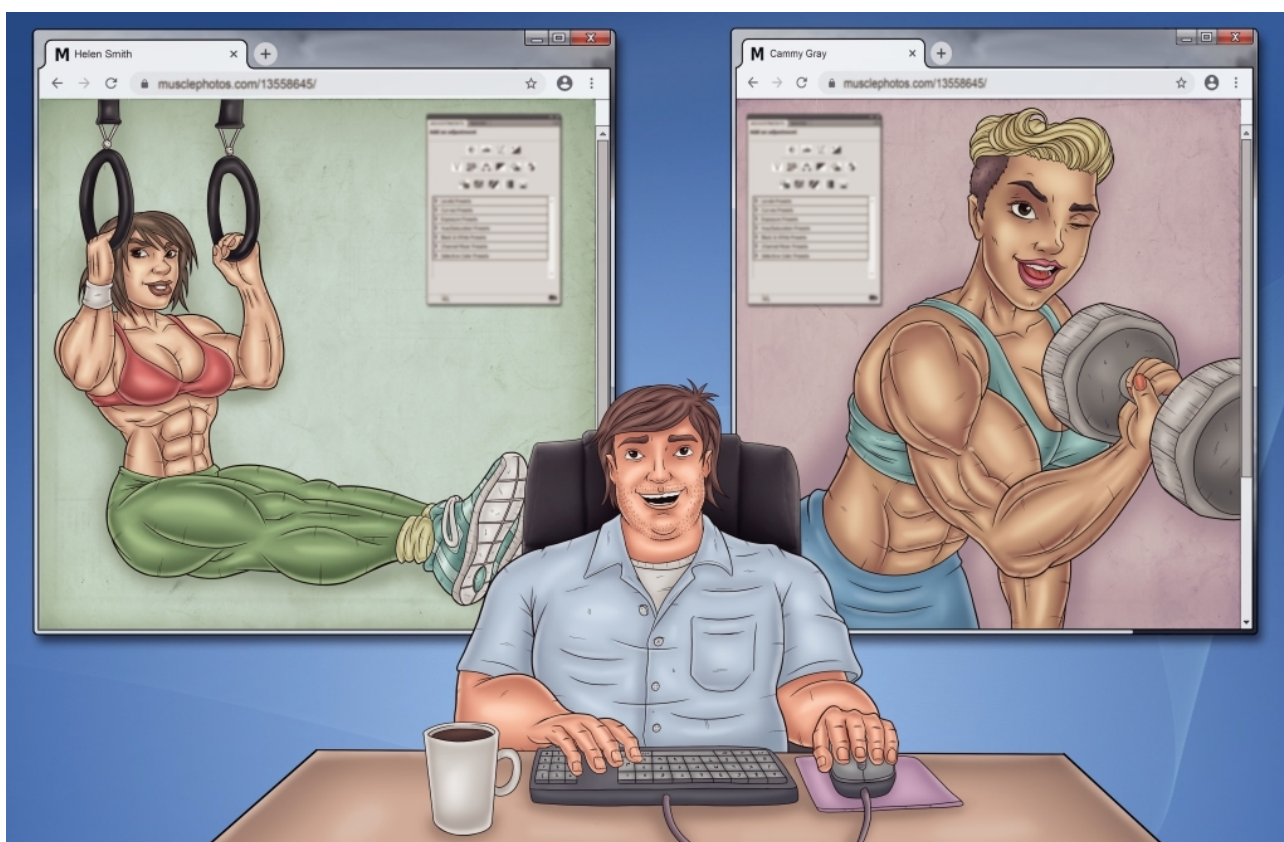
"Yeah, I knew you could do it!" beautiful blonde Heather chirped out excitedly, her shapely muscular arms clapping with much enthusiasm at this new milestone for him.

"I'm very proud of you Josh, you have done an incredible job" Mia made out with a warm smile, her heart melting as she saw the pride emanating from Josh's clearly thrilled face.

"I...I honestly can't believe it. I never thought I could....and I owe it all to you" Josh emotionally made out to the girls around him as he stepped off the scale, though focusing mostly towards Mia, his true inspiration, the one that lead him to this life-changing track.

"I think the credit goes all to you Josh, you're doing the work, staying dedicated, pushing yourself, I'm just the one standing nearby and yelling at you" Mia spoke with a smile, her little joke bringing laughter to those around them. Though Josh knew full well how much he owed her, owed them all here for helping him turn his life around.

So appreciative of their support and encouragement was Josh, that he decided he wanted to return the favor, and do something for them. So he used his expert level computer skills to help improve the website for Mia's gym (which at this point was very plain and basic looking), showcasing many of the muscle girls and fitness females that worked out there, making sure to spice it up with the latest layout and effects, all in an effort to promote it and increase its client base.



After all, a gym was only as successful as its number of members, especially a new gym as this one was (especially one that focused solely on women as their clientele). There was already a good amount of women that came here to build their bodies to their peak, doing so for various sports or athletic events, or for self confidence knowing they could take care of themselves if need be, or just to look good for themselves. Still, more members meant more money for Mia, and if there was anything Josh could do to help her in any way, he would do so in a heartbeat.

He truly did care for her, though while he was certainly attracted to her physically (she being the literal personification of his fantasy woman made that unavoidable), it was her inner beauty that made him have such affection for her even more. Of course, someone as amazing as she would never share the same feelings to him, not in the way he truly desired that was, so Josh decided to leave such fantasies be, and be happy that someone as incredible as she considered him a close friend. So close did they become that it wasn't unusual for them to hang out after the gym closed.

Josh's confidence truly reached new heights that he would even attempt to step out in public after so many years of self-isolation, not to mention with such a beautiful female specimen by his side. Mia actually appreciated his company, especially as she didn't get out socially that much due to the time spent running her business. This led Josh to bring another idea to her attention, one that he felt would help out in that respect and allow her the freedom to socialize much more.

"You want me to have what, and where?" Mia made out to Josh in a puzzled tone, as the two of them walked back after an evening's meal.

"It's kind of a fashion show, at your gym" he replied with much excitement, "Something we can really promote, get the media involved, really make it an Event!" Josh continued, as he flipped through his cell phone, showing Mia a series of items he had marked down for this topic. "We can get a little runway set up, get the girls involved modeling an assortment of outfits, might even get you up there in a sexy little number" he semi-teased Mia, causing her to blush at the thought of her modeling a stylish outfit or fashionable evening gown.



"Mmmm, well, it is an interesting idea, though I think I'll be sticking with gymwear for the event, if you don't mind" she teased back with a wink and a smile.

"Oh, yes, of course, you'd look Incredible in anything.....er....I mean..." Josh stopped himself before his romantic desire for Mia became too apparent, and he might say something that would threaten their blossoming friendship. "Think of the interest this could bring to your gym, not just in the media, but in getting more women to join up. The more members you have, the more money you bring in, the more help you can hire and have more time for.....well, anything you want"

"I don't know, maybe I like what I have already" Mia spoke in a tone that even she had trouble believing.

"Mia, I know you, and I know you always strive for the best, and while I know it's scary doing something outside your norm, believe me, I also know it's so worth it in the end" he continued, now facing her fully, as he softly held her hands in his, "And I'll be with you, every step....if you want?"

"I would want that very much" Mia spoke out as she looked into his face and smiled, his words of help and encouragement to her almost mimicking those she gave him several months ago. It seems now it's his turn to help her change her life, and with his support she knew she could do it. "OK, let's do it!" she made out in her classic positive attitude and flexing biceps.

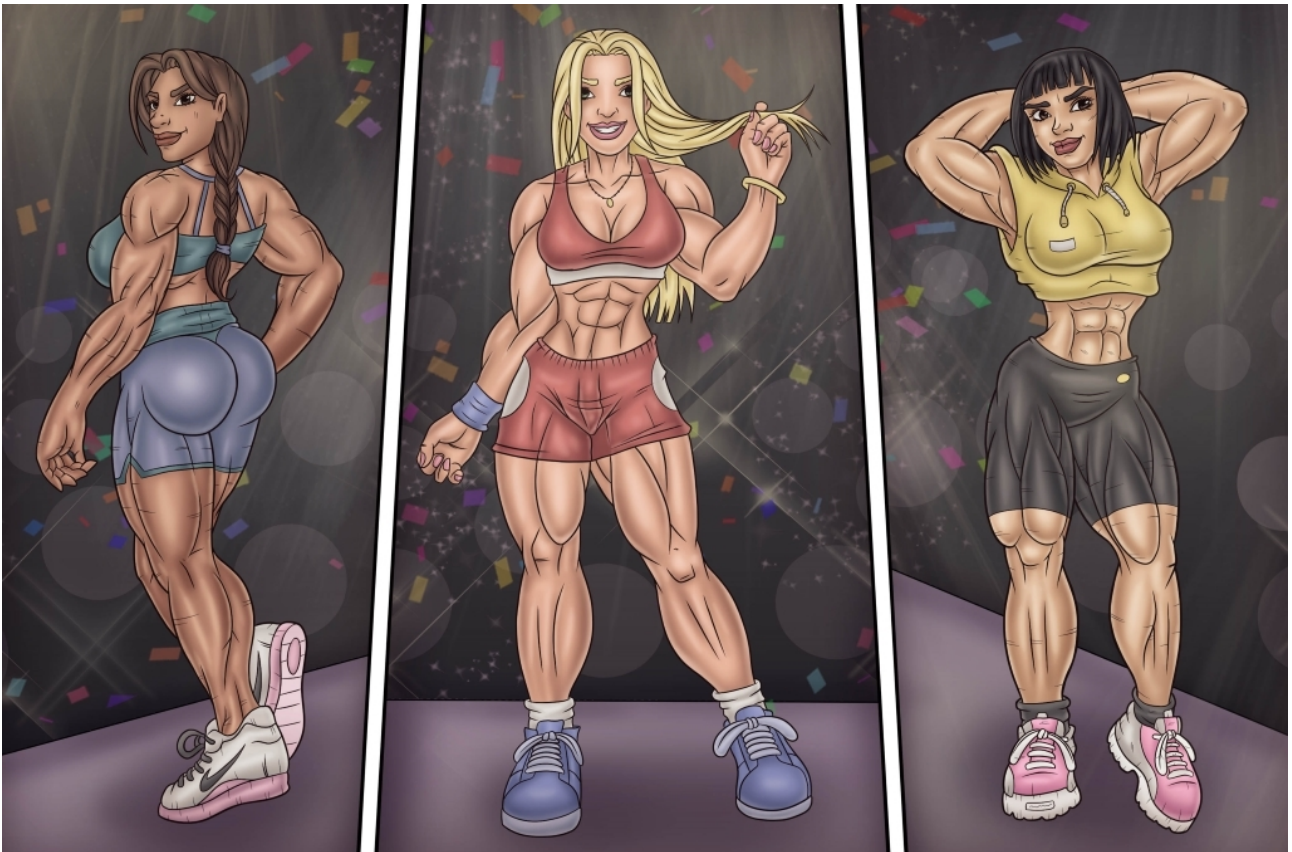
"Wheew, that's a relief, cause I already told all the girls at the gym, and they're all dying to be models for the show" he spoke in a jokingly sheepish manner, followed by a wide smile, which Mia replied with in kind.

Over the following weeks, Mia and Josh solidified their plans for this event. Assorted media outlets were invited for the show, and various clothing manufacturers donated outfits for the muscular models to wear in exchange for promotional purposes. Then with a few minor alterations in the gym itself, a stylish runway was created, and all was coming together beautifully. Before long the day for the event had arrived, with even more interest than anyone had hoped. Not just from the amount of reporters and photographers in attendance, but also from the interest of the wide assortment of women who wanted to know more about this gym, and the type of women that frequented it. That question was instantly answered after the first set of models were introduced and made their way down the walkway. Each of their fit, firm and muscular physiques were clearly on display as they strode out with sexy confidence, though what surprised most of those unfamiliar with such women, was their level of feminine beauty, grace and charm they all possessed as well.



Amazonian built women of various shapes and sizes looking as sexy and glamorous as any fashion model around. Their solid, shapely bodies clad in an assortment of body-hugging outfits, suitable for the most prestigious night-clubs and evening parties, made all about them gasp in awe and wonder. Flashes and clicks whirled about each of these stylish models, as they strode up and back, showcasing both their sexy, revealing outfits as well as their super fit physiques.

The women in the audience smiled with delight at the thought of how they could transform their own bodies into such forms of muscular grace, not to mention the obvious physical strength that came with them, while the male members of the media (the only men allowed in, other than Josh) were clearly entranced by these buff beauties, their looks of lust and arousal all too evident about them.



Then it was time for the gymwear portion of this event to begin, as now different ultra fit females walked to and fro, their rock solid forms clad in the most stylish, form-fitting exercise wear one could imagine. The girls were all having the best time showing off their modeling skills, which while may not have been as polished as world famous supermodels, their bubbly attitudes and girlish excitement (not to mention their frequent sexy flexes) more than made up for it.

Mia was standing off-stage nearby, as a smile never left her beautifully made up face. The energy that was flowing all about the place, the interest in her gym and the girls within, it was unlike anything she had ever experienced.

"It's so beautiful....it's almost like a dream....I can't believe it" Mia spoke with clear emotion, as she watched all that she built becoming so much more.

"Ah ah, there is No Can't, isn't that what you keep telling me?" Josh made out with a warm smile, his joy flowing at how happy Mia was, with him thrilled beyond measure that he had a hand in making her so.

Mia then turned to him and did something that Josh would have never expected, she wrapped her arms around him and hugged him snugly into her, a deep and emotional embrace that filled his heart with utmost emotion, and for an instant gave him hope that maybe, just maybe, she could have the same feelings for him, as he did for her.

"Thank you" she softly whispered into his nearby ears, as she squeezed him a touch tighter into her steely form, the sound of her words sending untold tingles about Josh's body.

They then turned back to the show and watched it continue with much pride. Mia truly felt that this was the turning point for her business, and with Josh standing right beside her (literally and figuratively), with her hand wrapped firmly around his, she knew there would be nothing that could stop her – stop them – now.

Although, as if almost on cue, a sudden situation arose that almost did that very thing.



“Well well well, what do we have here, boys?” spoke out an extremely muscular man in a gruff, intimidating tone, who along with several similarly built males, decided to crash this party unannounced. “Aw, look boys, all the crossfit chicks are playing dress-up!”

“Yeah, just like a bunch a silly little girls!”

“What’s next, they gonna sit around and do each other’s hair!”

Several other muscle packed men from this group mockingly spoke, causing them all to start laughing viciously.

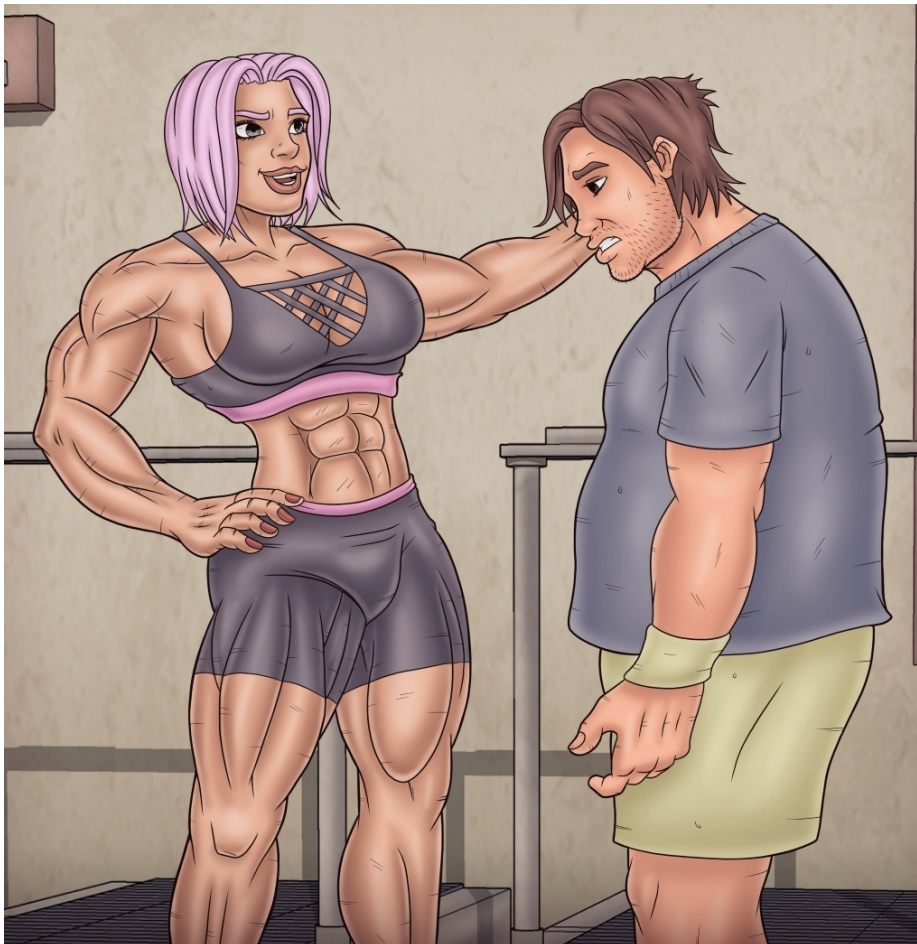
“Stay here” Mia spoke in a protective tone to Josh, as she made her way to the clear leader of this gathering of intruders. Her walk with the utmost confidence, her look intense and unafraid. “You boys have 3 seconds to turn around and leave, before I make you!”

“Ha, you hear that, little Miss Pinky Muscles is gonna make us leave” the massive man spoke, causing his group to laugh out again. “Well, I don’t feel like leaving. In fact, me and the boys feel like tearing this place apart, with your sissy little picture boys to capture all the action. Now, what are you gonna do about that?” he barked out threateningly.

Though his face was just inches before her own, Mia's beautiful face slowly sported a wickedly sexy smile, as if at this instance she was developing a plan that would be the perfect way to conclude this event. "First off, breath mint, use one" she teased the hulking goliath before her, causing those expected to be in attendance to laugh, "Second, what makes you think that you and your guys can do a single thing here without us girls stopping you?"

"Girls don't stop guys, Muscle Bitch!" he replied with noticeable anger in his voice, not taking lightly her recent insult. "Guys do what they want, and girls step aside or they get made to, or worse! Maybe you got enough muscle to scare your average guy, or in his case, below-average....." he cruelly made out, pointing to Josh, an act that made Mia's blood boil, though she held her anger in check, for now, ".....but against guys like us, you girls are all the same – weak and helpless"

"Is that so?" Mia made out in an almost playful tone, "Well what do you say we test that out, right here, right now? Your guys against our girls, in the ring!" she continued, her challenge causing most all around them to gasp in shock. Even Josh was unnerved by this declaration, as while he knew Mia could deal with a pair of obnoxious bullies with ease, these men before her were Huge, much bigger than any of the girls in this gym, and the last thing he wanted was for any of them to get hurt – especially Mia herself.



"Hahaha, you're joking right?? You think your little gym bunnies have a chance against any of my guys?! Hell, I'd bet any one of us could slaughter any three of you!"

"Oh, I think you boys will have your hands full with a little 1-on-1 with us weak, helpless little girls, but thanks for the counter-offer anyway" Mia spoke in a taunting manner, which seemed to garner smiles from many around them, though Josh was not one of them, his face filled only with worry and concern.

"You're on!! And when we're done wrecking your girls, and this place, you and me are gonna spend some time together, get to know one another Real Nice!" he lecherously spoke

Mia then turned away from the mountainous man before her, and walked back to a gathering of her girls with a sexy grin. After a minute's discussion, the women giggling with excitement, three of the girls previously modeling the gym-wear were chosen to go against a trio of male muscleheads. Mia then made her way to Josh, who she could easily tell was not at all thrilled with this idea.

"Mia, this is Crazy! You see the size of those guys, you can't just....."

"Shhhhh...." she softly interrupted his emotional statement, placing one of her muscular arms behind his head, stroking the back of his hair gently, as she spoke out a single word, ".....Trust"

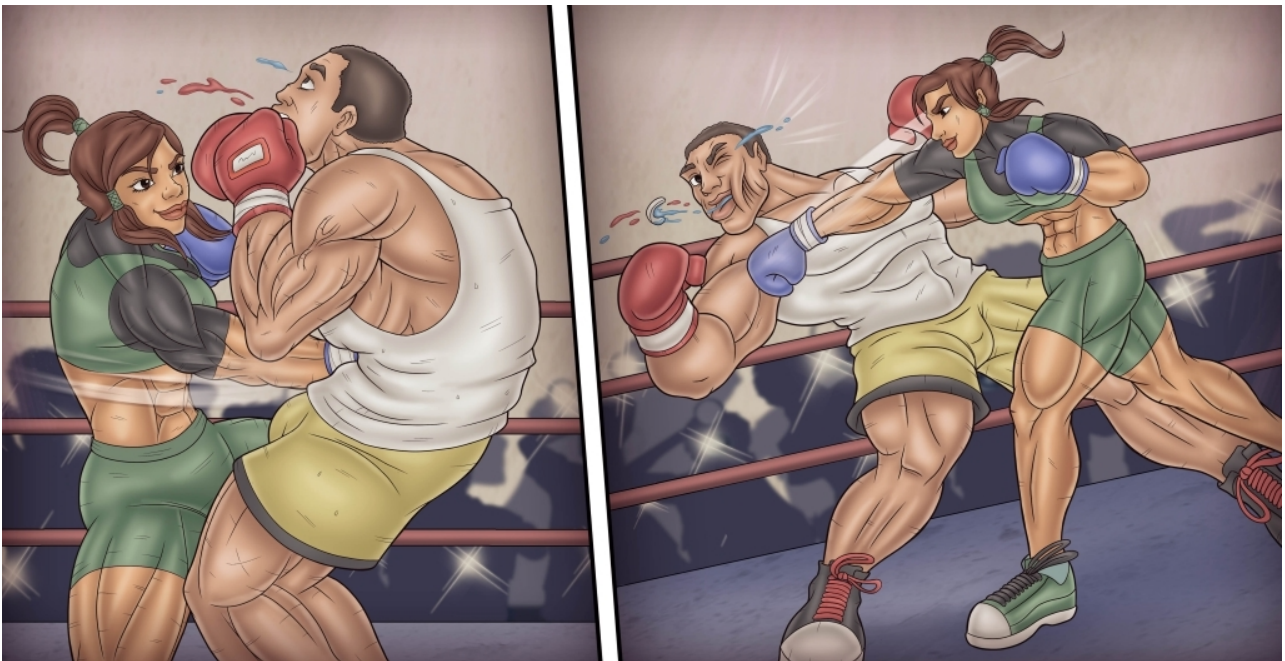
In a matter of minutes, this impromptu Battle Of The Sexes began, with the focus of this event turning from the runway to the ring; as one champion from each gender entered the squared arena, each of them ready to use their strength and skills to emerge victorious.

It was decided that each match-up would be linked to a specific fighting style, this first one dealt with boxing, a sport which normally would never have this pairing face off against one another, as the muscle-packed man was both much heavier and easily several inches taller (adding to a substantial reach advantage). Though to the credit if the young woman bravely entering the ring, she seemed completely unphased by her opponent, as she sexily showed off for the crowd around her, an act that both garnered huge applause from the audience, as well as enraged the massive male on the opposite corner.

So much so that when the bell rung, he bolted out to meet her, planning to overwhelm his much smaller opponent with a barrage of powerful punches, thinking that even a single one of them would be enough to knock her out; though that wasn't part of the sexy young supergirl's plan. Showing off a level of fighting skill and speed that seemed to dwarf her opponent, the powerfully built woman avoided each and every strike that came her way. She dancing all about him in a near taunting manner, playing to the crowd with her teasing antics, which only served to anger the large man before her even more.

"Stop moving and Fight already!" he growled out, his breath noticeably short as he spoke between continued, energy-draining haymaker strikes, clearly his continued series of missed punches were not only causing him humiliation, but exhaustion as well.

The woman then looked over at Mia, who gave her a knowing nod, as she then sported a girlishly sexy smile, her youthful face with a look of "OK, you asked for it". With that, her speedy defense turned instantly to power-packed offense, as her punches struck his muscle-clad body with devastating effect. His solid stomach caved against the savage power of her impacts, causing what little breath he had to be expelled from his shocked, blood-spurting mouth. This alternatingly followed with thunderous punches to his head, causing crackling sounds from each strike.



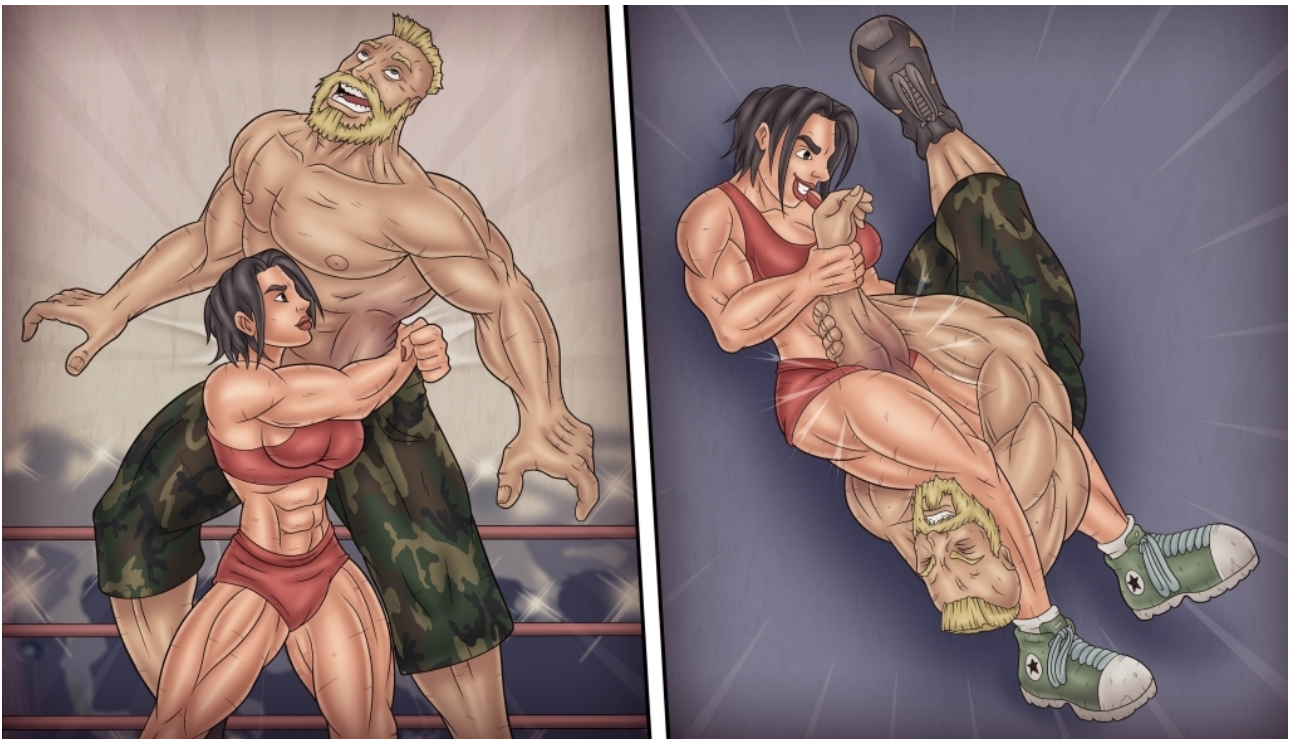
This onslaught went on for only a few minutes, though during that time the once cocky brute was reduced to a puddle of weeping male flesh. His face now a mass of swelling and bruises, his chest heaving with much strain, as thankfully his gorgeous female attacker (who seemed to have plenty of energy left to burn) showed mercy on her foolish foe, and knocked him clean out with a final devastating strike. The crowd roared with applause, as the female fighter raised her arms in victory, smiling proudly to the gathering around her, as she stood over her utterly defeated foe.

The group of muscle men looked stunned at what they had just witnessed, though with a few barking orders from their enormously built leader (his version of raising the morale of his troops), they brushed off this surprising loss, and psyched themselves up for the remaining matches to come.

The next of which involved the masterful martial arts, each side putting up their champion, who was highly skilled in several forms. Something each of them displayed after entering the ring, showing off an incredible array of much practiced moves for the crowd around them. Though any chance of this being an even fight diminished all too quickly after the match began, as the stunning female fighter swiftly showed just how superior she was to her opponent. All it took was a matter of seconds for her to shoot out two lightning fast kicks from her ultra solid and shapely legs, one to his mid-section, the other a split second later to his face, for the large male martial artist to collapse on the matted floor, unconscious. Her task was a swift and decisive win, and she completed it with unbelievable skill and ability, a feat that once again cause the crowd to erupt with applause.



The hulking male intruders were instantly struck stunned silent once more, and not even the intimidating bluster of their musclebound leader could return them to their previously threatening ways. It took all the strength of will the final male combatant could muster, a solidly built wrestler, with years of experience under his belt, to even enter the ring against his impressively buff, though clearly much smaller, female foe. The end result of this match was a surprise to no one.

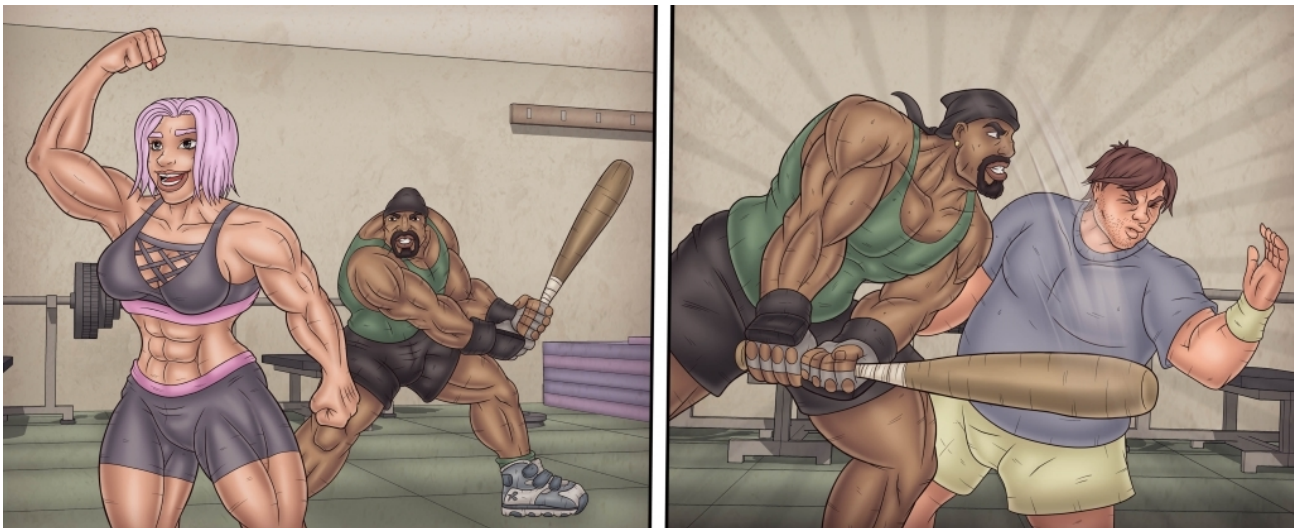


As intimidating as the muscular man clearly was, the stunning woman before him was not worried in the least. In fact, like the previous two Amazonian females before her, one could say that she was actually enjoying herself here, as sexy smiles and girlish giggles were mixed in equal measure with male screams and bones breaking. A sport one would clearly believe the large fighter would have all the advantages, quickly turned into a lesson in female superiority, as crushing bearhugs, brutal bodyslams and breath-taking choke-holds enabled the powerful woman to utter man-handle the larger brute, claiming victory with ease when the match finally ended. A match that went longer than any expected, not due to the evenly matched fighters, but because she was having so much fun that she wanted to prolong her enjoyment, and clearly that of the crowds as well.

In the end, this Battle Of The Sexes was nothing of the kind, as the trio of matches was simply a display of what strong, skilled, powerfully built women were capable of, and that was an inspiration to every single woman in attendance here. An unexpected, yet perfect, conclusion to this event.

“Fuck this shit, no way is this happening” the massive leader of the once powerful macho men made out under his breath, as he watched the latest of his group being carried out of the ring, completely defeated. The crowd's cheering with the utmost excitement echoed all about the gym floor, so loud in fact that it was almost deafening - which gave this man an idea of how to get back at these seemingly super-women, specifically their leader, Mia. Standing several feet behind her, he noticed her focus was completely on the events at the ring before her, which gave him the perfect opportunity to strike her from behind, using a large wooden bat that one of his group had brought. A cowardly, craven act to be sure, though at this stage he knew it was his best chance to claim victory over the opposing leader, and prove the superiority of the male gender.

This act very well may have worked, as while these women were clearly amazingly strong and physically capable, they were not invulnerable and clearly such a strike probably would have caused Mia serious harm. Thankfully since this situation began, Josh kept a keen eye on Mia, his intuitive mind thinking something like this may well have occurred. Unfortunately, the same cheering volume that allowed this man his chance at a silent attack, also made it impossible for Mia to hear his cries of warning. There was simply no other choice to make, if he was going to protect this woman who he cared so very deeply for, he would have to make the ultimate sacrifice.



CRACK!!

The sound of the powerful weapon strike now echoed over the sudden silence of the crowd, though its impact not on its intended target, but across the face of Josh, who only just managed to make his way before Mia, taking a devastating blow that stunned everyone around them.

“JOSH!!” Mia screamed out in horror, as she watched Josh fall to the floor in a near lifeless heap. She dove to the floor beside him with incredible speed and heartbreaking emotion, as she cuddled his unconscious form into her muscular body, holding him in a protective, loving manner.

Several of her girls raced to Mia's side, both to care for Josh after this sneak horrendous attack, but also to see that she herself was alright. The growing emotional connection between Mia and Josh over these months was not lost on the assortment of gym girls at this establishment, they all seeing quite clearly what both of them had a much tougher time doing, or at least admitting to one another. They were very happy to see them growing closer, as they held Josh in very high regard, and knew he was a good match for Mia. Though previous thoughts of joy for them were now replaced by sheer horror and concern for their fallen friend, and his increasingly enraged protector.

With several other girls now caring for Josh, Mia stood up tall and powerful before the near quivering hulk of a man, her eyes red with fire, her muscles pumping with unreal power. In an instant she reached out to grab the blood-stained bat from his firm grip, and like a twig she savagely cracked it in two, just with the strength of her super strong arms.

This act caused the remaining muscle men (those that weren't still unconscious from their recent beatings, that was) to flee in terror, praying they would make it out of here in one piece, vowing to never return here or harass anyone associated with this gym again. Their leader unfortunately was not allowed such mercy, nor would he have gotten close to the exit to make his escape, as with the intensity of the avenging Amazon that she was, Mia pounced on him, showing no mercy, and holding nothing back!

As impressive as the assortment of fit females were in their early matches, Mia's fighting skill and physical strength blew them all away. Punches that could shatter concrete slammed into bone and muscle with crippling effect, kicks that could reduce a brick wall to rubble struck against areas of vulnerability in order to cause the most damage, and sheer female power was used to crush, twist, mangle and bend this massive man into a torn, broken, beaten heap of flesh.

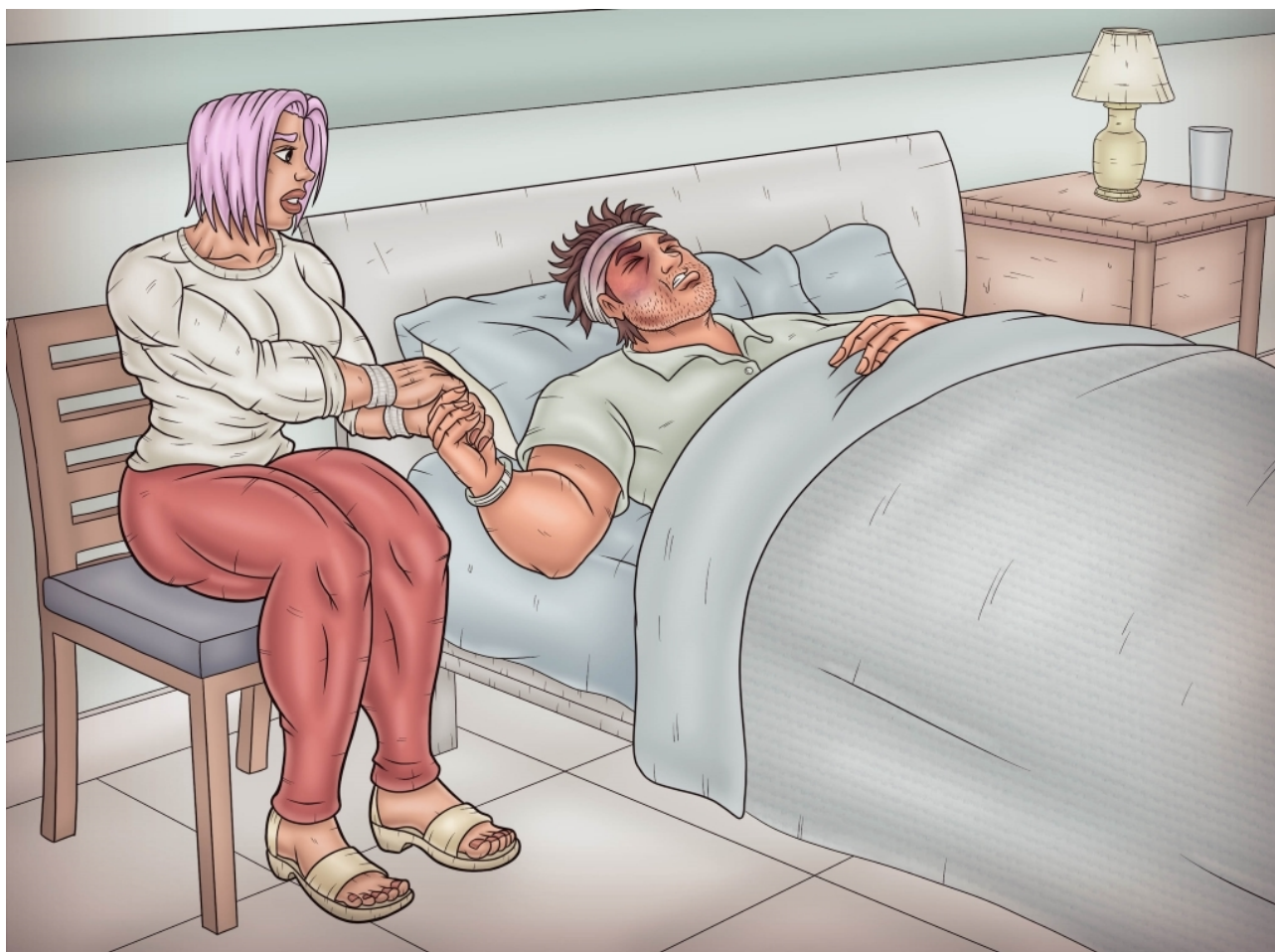


Thankfully an array of powerfully built females stepped in and pulled Mia off his unmoving body before she would do something they would both regret, though the damage she had already caused him at this point was something that would effect him physically for the rest of his life. Tears streamed down Mia's face as she was pried from her continuing onslaught, tears of rage mixed with heartbreak, as her only thoughts were of making this man pain for hurting someone she cared so deeply for; something she never told him, and feared she never would get the chance to.

Several days later.....

Mia sat beside Josh's hospital bed, her hand ever so gently holding his, as she looked after his still unconscious form with extreme care. His diagnosis was still unsure at this time, the impact that he took across his head caused noticeable damage to his skull, which was still in the process of healing, and a clean bill of health could not be given to him at this time. Damage that could have been hers, should have been hers, if not for his selfless act, he once again caring more for her than himself. One of the many things about him that made him so special to her.

Thankfully her near-lethal actions that followed were supported by many eye-witnesses, who more than accounted that he was the instigator of these events, and that her actions were of self-defense. Otherwise she would be in an entirely different situation herself, and not able to look after Josh as she had been doing non-stop since his attack. She prayed to God for divine help, begging for him to awaken, so she could look into his warm, caring eyes and tell him just how much she cared for him - how much she loved him. "Please....please.....bring him back to me...."



THE END
(Part 3 – Coming Soon)

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