

Rea

By Batuffolino

About a year ago, I was hitting on this girl, Rea. She was really beautiful, but a bit too much on the curvy side. We dated for a while, then, shamefully, after our night together, I choose to let her down, because I wasn't aroused by her, and quite frankly she hurt me during sex, only because of her weight. Obviously during our relation I dropped some hints about the fact that I liked muscular girls, but she always answered that she liked herself the way she was, that they were too muscular, or that she wouldn't want to have a shredded 6 pack.

As I was saying, we broke up, partly because I wasn't attracted to her body and partially because she was still in love with her ex. A few months after the break up, a common friends told her the real reason I left her, so she confronted me about it but I kinda avoided the question and so we stopped talking for a bit, until one night I found her outside a pub on a Friday night. I was kinda drunk and it was winter, so I didn't noticed a lot, but she looked much more slim, we chit chatted a bit and the next day I texted her.

Long story short, she lost about 20lbs, and she got back with her ex boyfriend. We kept texting a bit but after some times we lost contact, until several months after, when I needed an economic advice for my start up, so I contacted her. We chit chatted a bit, and I discovered the unexpected. She was disappointed because her trainer moved to another gym and I, owing her a favor and being a personal trainer myself, offered her to give her a workout schedule to do at the gym. And I asked her what her focus would be. Obviously I expected the usual "I want to tone up, I want to loose fat". Instead she texted me "I want to gain lean mass and loose some fat"

I was kinda dumbfounded by her declaration, so I asked her to send me a picture of her body goal... and she replied me with a picture of Natasha Aughey.

After the first shock, I was happy to oblige, so I adapted a template that I had used the month before for myself. From this day, we kept writing each other at least weekly.

After three weeks, she had the dietologist visit, and she discovered that, in the brief span of 2 months, she gained something like 5lbs of lean mass, while shredding about 4lbs of

fat. You see, according to science, a normal human man would build around 0.5 lbs of muscle a week during a hypercaloric diet, and being a woman, on a fat loss diet. the results is quite extraordinary. I was really excited for this, as the data above showed that she was an easy gainer (truth to be told, her family is kinda extraordinary, two of her cousins are BBer).

Shamefully, the next week, a new trainer got into her gym and seeing that she already was kinda strong and buff (the typical curvy girl, huge legs and wide shoulders), asked her to try a powerlifting meet. Even if I told her to avoid the meet (who was only a few weeks away), she decided against me, and started training like a powerlifter.

In theory, that wouldn't be so bad, but her trainer was kind of a scam, a “national champion” in her little federation, which counted like 5 woman in her category, and she didn't know how to train her. After the meet, she kept training with her, because they've become friends, and kept up with her useless training.

To confirm my theories, in the next dietologist meet, she had lost about 4 lbs of muscles. Still, she sent me weekly photos, and damn she was hot. I'm not lying when I say that her legs and back were built like a 'roid user, but when I inquired, she told that she wouldn't ever do something like that.

In her vacation photos, she was more fat, but still you could see some definition.

Fast forward two months, a trainee of mine got quite a good results on a crossfit challenge and after I shared with her my results, she said some things to me.

First of all, it was over a month that she couldn't go to the gym due to her college problems. She felt kinda flabby and awfully fat (even if she still is under 150lbs), so she asked me to give her a new schedule, as her old trainer has moved to a new gym.

Lastly, she told me... that she was single again.