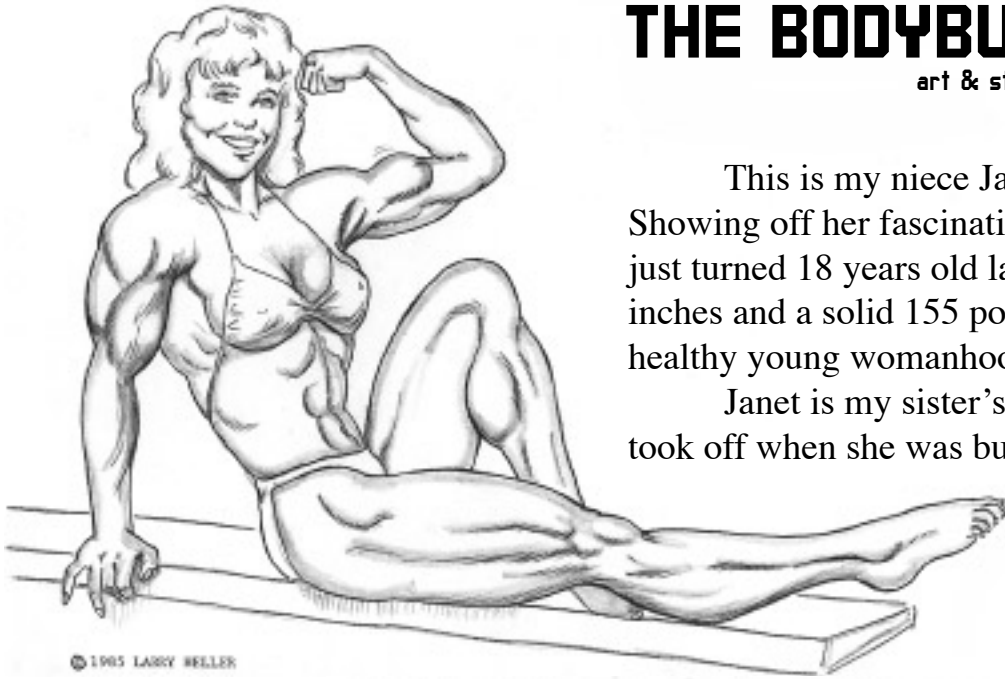


# THE BODYBUILDING NIECE

art & story by LH



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I live over 200 miles from them, but tried to help out as much as I could. I'm really not the father-figure type, at least not for a girl as wild as Janet has always been.

Oh, she was a great kid, just hyperactive to the extreme, with more energy than she knew what to do with. At around 14 she became interested in female body building, and already being quite a husky and strong girl involved in many sports, she took to the weights with ease.

Janet has a body very similar to what her mother's was at that age, and I remember her as being a very tough customer in our frequent brother versus sister scrapes. Janice is 4 years older than me, and I really don't remember ever beating her in a fight, even after I grew taller than her as a teenager!

But, this is Janet's story. I encouraged Janet in her body-building endeavors as I'd always liked the look of strong, muscular women.

This is my niece Janet. Young and beautiful. Showing off her fascinating physique by the pool. She just turned 18 years old last spring, and at five feet ten inches and a solid 155 pounds she is one piece of solid, healthy young womanhood!

Janet is my sister's only child, and since her father took off when she was but three years old, my sister has raised her on her own.





She started sending me photos of her progress. I was really astonished by what she accomplished in just a few short months. Her firm young body started growing muscle at an amazing rate. After about 6 to 8 months, our correspondence dropped off and I figured that Janet had discovered that boys were more interesting than working out.

Then I got transferred out of state with my job, and didn't see Janet or my sister for over three years. I did remember Janice telling me once that Janet had still kept lifting weights as well as dating the boys who constantly flocked around her.



She sent me a couple more photos once my traveling job got settled back down again and I was living at a more permanent address in a neighboring state. These were taken when she was still a senior in high school, but I couldn't believe this was the same little girl I use to bounce about on my lap!

My sister called me and told me that Janet was attending college in my state(actually just about 30 miles from where I lived), and would be visiting me later that week on her own. Janice couldn't get off until the next week, and would be out to help her daughter set up at the campus then. I tried to tell her that I didn't have a separate room for anyone to stay with me, but she told me it would only be a few days and Janet was probably not going to spend the night at my place anyway. I was living in a one room studio apartment at the time and I knew it would look odd to have an attractive young woman staying overnight.

I tried to clean the place up as best I could. I was excited to see her finally after nearly three years, but also felt uncomfortable now that she was no longer my *little* niece. I had no idea just how awkward things were going to soon get...



I had been putting in some long hours on my job and had finally gotten a day off and wasn't doing much but sleeping when I heard a knocking on my door. When I opened it I was truly shocked by what I saw.

"J - JANET!?" I gulped and gapped at the sight of her. "W-WHAT A SURPRISE! I W-WASN'T EXPECTING YOU TIL, TIL NEXT WEEK..."

"HI UNCLE BOB! I GOT IN EARLIER THAN I THOUGHT."

It was summer time, and her beautiful golden tan highlighted all the rippling muscles her slight attire was revealing. She was just a KNOCKOUT!

Her full blonde hair surrounding a cute, youthful face with dancing green/grey eyes. A figure that just took my breath away. She stood almost as tall as me with shoulders that looked to be broader than my own. Janet grabbed the door frame and leaned away from it, causing the biceps in her arm to bulge forth to incredible size!

I'm afraid I stood there with my mouth open for some time. I just couldn't get over the body on this young niece of mine. Janice was right, she hadn't stopped bodybuilding. The evidence was obvious with all Janet's muscles bulging out under her taut, smooth skin. Janet's legs put me in a trance! They were long and bumpy with solid looking muscles. Her full calves tapering sexily to trim ankles. She must have followed my gaze down to them as she crossed her legs and pointed her toe, causing her thigh muscles to swell forth and form deep crevices and cuts - I think I was about to start drooling.

"YOU GONNA LET ME IN OR WHAT, UNCLE?"



That finally brought me around and she came in and shut the door. Walking around my apartment with my eyes following her every move. She'd grown so much over the last few years.

Janet would look over at me and giggle at seeing me still at a loss for words. She started moving her long blonde hair around and the sight of her big biceps balling up so large and prominently finally helped me to find my voice.

**"GAD! JANET, YOUR ARMS!"**

**"LIKE 'EM? HERE, HAVE A FEEL. PRETTY HARD, HUH? BOTH ARE NEARLY 17" AROUND TOO!"**

**"MY GOSH, JANET! THEY'RE AS BIG AS MINE!"**

Suddenly Janet whirled behind me and encircled me with those husky arms. I was lifted off the floor, and when she started squeezing the air in my lungs left me. The tightening continued relentlessly.



Janet's powerful arms dug deeper and deeper into my trapped waist. I couldn't stand this kinda pain and mounting pressure for much longer.

**"THEY'RE MUCH BIGGER THAN YOUR'S UNCLE BOB! SEE. HOW'S THIS FEEL? WHO'S ARMS ARE BIGGER UNCLE BOB? -UGH!- TELL ME!"**

**"OW! OH! JANET, LET G-GO! YOU'RE C-CRUSHING ME! OH...HUH? YOUR'S A-ARE BIGGER, JANET. MUCH BIGGER... P-PLEASE....."**

Finally, she lowered me to the floor. I had to sit down. My stomach was pained and sore. My lower ribs also hurt - SUCH STRENGTH! Janet was a real powerhouse! And the effort of nearly squeezing me to death seemed to have not effected her in the least.

Janet then started talking a mile a minute about college, workout routines, measurements and how much she could lift. Boyfriends she's put in the same bearhug - a linebacker in high school who's ribs she broke, etc. I could barely follow it all. I simply stared up at her unbelievable body. She was turning me on despite myself, and I crossed my legs to try and hid that fact from her. Janet was probably the strongest woman I had met in my 30 years, and she was my niece - nearly half my age! Again I stared at her amazing legs. and Janet noticed my fixed gaze on them.

"...THAT GUY THOUGHT HE  
HE WAS TOUGH SHIT, BUT  
AFTER I GOT HIM IN MY  
BEARHUG HE DIDN'T. I...OH!  
OF COURSE, I REMEM-  
BER YOU WERE  
ALWAYS THE  
LEG-MAN, RIGHT,  
UNC? WELL, CHECK  
OUT THESE LEGS!



MOM JUST CAN'T KEEP  
UP WITH ME WHEN WE JOG  
TOGETHER. HOW ABOUT MY  
ASS - PRETTY TIGHT, HEY,  
UNCLE? AND AS SOLID AS A  
ROCK TOO!

YOU'LL REALLY LOVE MY  
CALVES TOO. I'VE BEEN  
RUNNING UP STAIRS WITH  
WEIGHT ON. REALLY BUILDS  
THEM UP DOESN'T IT?  
THEY'RE 17 INCHES NOW,  
BIGGER THAN MY ARMS, BUT  
NOT ENOUGH TO THROW  
MY SYMENTRY OFF. YOU  
KNOW MOM'S ALWAYS HAD  
BIG CALVES TOO. BUT MINE  
ARE BIGGER THAN HER'S AND  
SHE'D GOT ABOUT AN INCH  
OF FAT ON HER'S NOW! THO,  
SHE STILL HAS GREAT LEGS  
FOR AN 'OLD LADY'!"





Suddenly, Janet leaped onto my lap, flattening my legs into the couch. Her hard bottom coming down hard and bruising the tops of my totally outclassed thighs.

"SAY, UNCLE BOB. REMEMBER WHEN YOU USE TO PLAY WITH ME ON YOUR LAP! HA! HA! MY LAP'S BIGGER THAN YOUR'S NOW! HOW MUCH DO YOU WEIGH? LESS THAN 150? I WEIGH OVER 160 POUNDS NOW, AND MY BODY FAT IS STILL DOWN FROM TRAINING FOR A CONTEST LAST MONTH. HOW'D YOU LIKE TO BOUNCE ME ON YOUR KNEE NOW? I DOUBT IF YOU COULD EVEN LIFT ME!"

I doubted it too - Janet weighed a **ton!** And now she was urging me to feel her leg. oh! they were incredible! As smooth as satin, and so golden brown! their muscles so firm and solid as they bulged under my trembling fingers. OH SHIT! I was getting very excited again and thing began to *COME UP!*

I couldn't stop it. Janet's sexy, firm body this close - no man could stop such a natural reaction. I just hoped she wouldn't notice.

"FEEL THEM UNCLE, THEY'RE SMOOTH AREN'T THEY? BUT NOT SOFT! MY MUSCLES ARE TOO SOLID TO JUGGLE AROUND WHEN I WALK LIKE MOST GIRLS WITH BIG UNTRAINED LEGS DO. OH! SHAME ON YOU UNCLE BOB!!"





"IMAGINE! MY OWN UNCLE! YOU MEN! ALWAYS THINKING WITH YOUR GLANDS! WELL, TAKE A GOOD LOOK AT THESE ARMS AGAIN UNCLE! DON'T GET ANY IDEAS OR ELSE! A LOT OF BOYS I'VE DATED GOT TOO HOT AND BOTHERED BY ME WHEN I WASN'T FEELING THE SAME WAY FOR THEM AND I PUT THEM DOWN, GOOD AND FAST. IN FACT, SOMETIMES WORKING THEM OVER CAN BE MORE FUN THAN MAKING OUT WITH THEM! HA! HA!"

"O - ULP! NO! JANET! I - I'M SORRY, REALLY! I'M YOUR UNCLE! IT'S JUST THAT ... WELL, YOU'RE BODY IS SO... SO ... CLOSE, AND YOU - YOU'RE REALLY ... UH ... DEVELOPED! I ... GET OFF ME NOW, PLEASE, JANET?"



"I KNOW YOU'VE ALWAYS HAD THE HOTS FOR MY BODY UNCLE. AND MOM'S TOLD ME ABOUT YOU'RE WANTING TO DATE ONLY STRONG WOMEN. WOW! COULD I FIX YOU UP WITH SOME STRONG WOMEN! HA! HA! BUT I'M HAPPY TO SEE THERE IS STILL SOME LIFE IN THE OLD **BONE!** AND SINCE YOU'VE ALWAYS WANTED TO GET INTO MY PANTS ... .."

This was getting just too mind-blowing for me as Janet smiled at me and removed her top. I couldn't believe this was happening. I was wondering if I should stop her. Part of me really wanted her in a very bad way, but another part kept saying, "SHE'S YOUR NIECE! YOUR SISTER'S CHILD!" I was in an extreme dilemma, but I had to put a stop to this right now, this I knew.

Janet now had her tiny skirt off and was about to remove her last piece of clothing - her panties! Anger at myself and at Janet swelled up inside of me...

"STOP THAT RIGHT NOW YOUNG LADY! PUT YOUR CLOTHES BACK ON AND GET OUT OF MY HOUSE THIS INSTANT! YOUR MOTHER WILL HEAR OF THIS..."

"OH MY! SUCH MOCK OUTRAGE! GET OFF IT OLD MAN! ADMIT IT! YOU'VE WANTED ME SINCE AS FAR BACK AS I CAN REMEMBER. ALWAYS TOUCHING ME WHEN YOU THOUGHT NO OTHERS WERE LOOKING!"

"TOUCHING YOU!? WHAT!? -ULP! JANET W-WHAT ARE YOU G-GOING TO DO? I MEAN, I....."



"IN FACT, THAT IS THE REAL REASON FOR MY VISIT HERE TODAY, UNCLE! I'VE ALWAYS WANTED TO PAY YOU BACK FOR ALL THOSE 'FUN' TIMES ON YOUR HORNY LAP! YOU USE TO SCARE ME SOMETIMES, YOU KNOW! BUT NOW, YOU SEEM TO BE THE ONE WHO IS AFRAID. WHY SO AFRAID 'DEAR' UNCLE...?"



Janet came over to me locking my eyes to her's as she climbed back onto my lap. She looked really angry. It was a scary look now that I'd seen some of what she was capable of doing with her muscular body. I admit I was afraid of her now...

"WHAT AM I GOING TO DO? WHY, REPAY YOU OF COURSE, AND I'LL START WITH THIS!"





With a lightening quick move, Janet had my neck between her hard, sinewy forearms, cutting off both my voice and breath!

"THIS IS A NICE REMEDY FOR ALL THOSE TIMES I HAD TO LISSEN TO YOU GO ON AND ON ABOUT SOME STUPID THING OR ANOTHER. TRYING TO KEEP ME ON YOUR HORNY LAP AS LONG AS YOU POSSIBLY COULD. SO NOW, I'LL DO THE TALKING UNCLE, AND YOU, YOU'LL DO THE LISTENING!"

Try as I might, I could not begin to loosen her armbar lock. I pushed at her nearly nude body, no longer mindful of that fact as I struggled in her deadly grip. My face was turning a bright red and I felt Janet snaking her big legs around my waist on the couch. I felt her locking her ankles behind my back, this raised my fear level tenfold!

"YOU SEE, UNCLE THIS IS A LITTLE HOLD I LIKE TO CALL MY **ONE-WAY WIMP PUMP!** I'VE HAD IT ON A FEW GUYS BEFORE, EVEN MY HIGH SCHOOL SCIENCE TEACHER IN FACT. HE HELPED ME TO NAME IT. IT IS VERY SCIEN-TIFIC TOO. MY LEGS SQUEEZE YOUR GUTS IN AND THEY PUSH AIR OUT BY LOOSENING THIS STRANGLE LOCK ON YOUR SKINNY NECK A LITTLE AND THEN QUICKLY TIGHTEN IT UP AGAIN SO YOU CAN'T GET ANY AIR IN, AND ONLY I CAN SQUEEZE AIR OUT! IT'S VERY SIMPLE UNCLE - I SQUEEZE LOOSEN THEN TIGHTEN UP AGAIN. AND SOON NO MORE AIR IS LEFT IN YOUR LUNGS! IT WORKS PRETTY GOOD, DOESN'T IT? YOU ARE BEGIN-NING TO TURN A VERY GOOD SHADE OF BLUE!"



"I DON'T WANT YOU FALLING ASLEEP ON ME YET THOUGH. SO HERE, HAVE SOME AIR. NOT SO FAST! SLOWLY, YOU'LL HURT YOURSELF! BREATH SLOWLY. HA! HA! HA!"

Janet legs were crushing me. She had laid back and straightened out her muscular lower limbs adding even more pain and anguish to my hopelessly suffering situation. I felt like a drowning man, or actually, a dying man. When I had gotten in enough air to scream out in pain from her killing legs, Janet quickly silenced me with by grabbing my neck with one of her hands. I was fading fast.

Struggling like one who was about to die, I did manage to roll us both off the couch.

"YOU THINK THAT HELPED YOU ANY UNCLE? YOU'VE ONLY MADE THINGS WORSE! HERE, LET ME GIVE YOU A REAL SAMPLE OF MY LEG MUSCLES STRENGTH! ENJOY!"





OH MY LORD! What strength! I'd thought my memory of this kind of pain had faded with the remembrance of her mother's scissor holds and how she use to torture me with them when we were kids. But Janet's incredible leg strength out-did any her mother use to have by leaps and bounds! My lower ribs were ready to break and my insides were searing fire! And still the pressure mounted! I could do nothing to free myself - I couldn't even beg for mercy. I was too far gone. Janet leaned back and jolted additional crushing force into her hold and I went under.

Squeezed unconscious in just under three minutes!



Janet must have seen how quickly her great legs were doing me in, for she let up immediately. But still, I was out for a good five minutes. She sat on me and awaited my reentry into this painfully conscious world she was currently dominating.

"ABOUT TIME YOU WOKE UP SLEEPY-HEAD. I WAS ABOUT TO GO GET SOME WATER. WHAT A WIMP YOU ARE. I WAS ONLY BEGINNING TO GIVE YOU A GOOD SQUEEZING. UNCLE, YOU SHOULD TRY TO GET SOME EXERCISE TIME INTO YOUR LAZY SIT-DOWN OFFICE JOB LIFE. MAYBE I'LL START COMING OVER HERE REGULARLY AND BE YOUR PERSONAL WORK-OUT INSTRUCTRESS. HOW'S THAT SOUND? WON'T COST YOU TOO MUCH. HE! HE!"



I could barely speak as my head kept spinning. She weighed so much, sitting on me like this. Making it very hard to breath. Her big firm thighs tight against my sore sides. The size of them was frightening to see so close up and menacing as they were.

"P-PLEASE ... OH ... JANET ... I'VE, I'VE HAD E-ENOUGH ... I'M - OH! MY HEAD ... I ... I ... "

"HAD ENOUGH!? YOU, MAYBE, BUT NOT ME! YOU KNOW I'VE ALWAYS BEEN ENERGETIC! SO, YOU'LL JUST HAVE TO TAKE IT UNCLE, DEAR! TAKE WHATEVER I WANT TO DO TO YOU, YOU PATHETIC OLD MAN!"





"SUCH A FUNNY NOSE! I USE TO DO THIS TO ALL THE LITTLE BOYS IN GRADE SCHOOL TOO. OH, I WAS A TERROR TO THEM, FOR ONCE I HAD THEM PINNED BENEATH ME, I COULD DO ANYTHING I WANTED TO THEM! I WAS STRONGER THAN MOST THE BOYS EVEN BACK THEN! AND ANOTHER THING I REMEMBER UNCLE, YOU USE TO ALWAYS TRY TO STICK YOUR HANDS IN MY PANTIES WHEN I WAS A KID. THAT'S CHILD MOLESTING UNCLE BOB! I DIDN'T REALLY LIKE THAT AT ALL! AND I THINK YOU DESERVE SOME ADDITIONAL PUNISHMENT FOR THOSE TIMES, DON'T YOU!? WELL, IT DOESN'T MATTER WHAT YOU THINK ANYWAY. LET'S SEE, WHAT IS A GOOD PUNISHMENT FOR THAT DIRTY YOUNG MAN YOU USE TO BE...?"



Looking up into this young woman's bright shining eyes as she decided what next punishment to dish out to her helplessly pinned uncle just made my stomach crawl. She slowly shifted herself forward atop me until she had most of her weight right over my neck! Choking off most of my precious air. I looked up at her in wide-eyed fright.

Then she shifted herself further forward and SAT ON MY FACE!





"NOW, UNCLE I'D MUCH RATHER YOU STUCK YOUR FACE IN MY PANTIES! OH, YES, THAT'S IT. SQUIRM BENEATH ME, YOU WEAKLING MALE!"

Now, I couldn't breath at all, I was stifled by her scent! Janet was smothering me again and the fear of certain death made me struggle to get her superior body off of me. I bridged and Janet fell forward. But she was ready for such a move as her muscular thighs clamped tight about my head. My face was still nearly engulfed by her sex. Then she began mounting the pressure of her deadly head scissors!

"UNCLE, YOU KEEP MAKING THINGS WORSE FOR YOUR-SELF!"

I felt her thigh with my free hand - the massive muscles bulged hard and smooth under my trembling fingers as the unbearable pressure grew. My head felt about to burst!

Janet pulled over a pillow and leaned back and got comfortable as she watched the various forms of agony she could bring to my trapped face with her awesome legs. I jerked about like some trapped rat, hopelessly searching for escape where there was none.

Janet was toying with me like a cat with a cornered mouse. Then she glanced at her watch.



"OH SHIT! I WAS SUPPOSE TO BE OVER AT RUBY'S PLACE 15 MINUTES AGO!"

At last I was free. My head spun and throbbed and I could barely make it to a chair. Janet began to dress. I felt totally humiliated. I was again that frightened and beaten little boy my sister use to reduce to tears. But now, I was a full-grown man and my 18 year old niece had just done this to me!



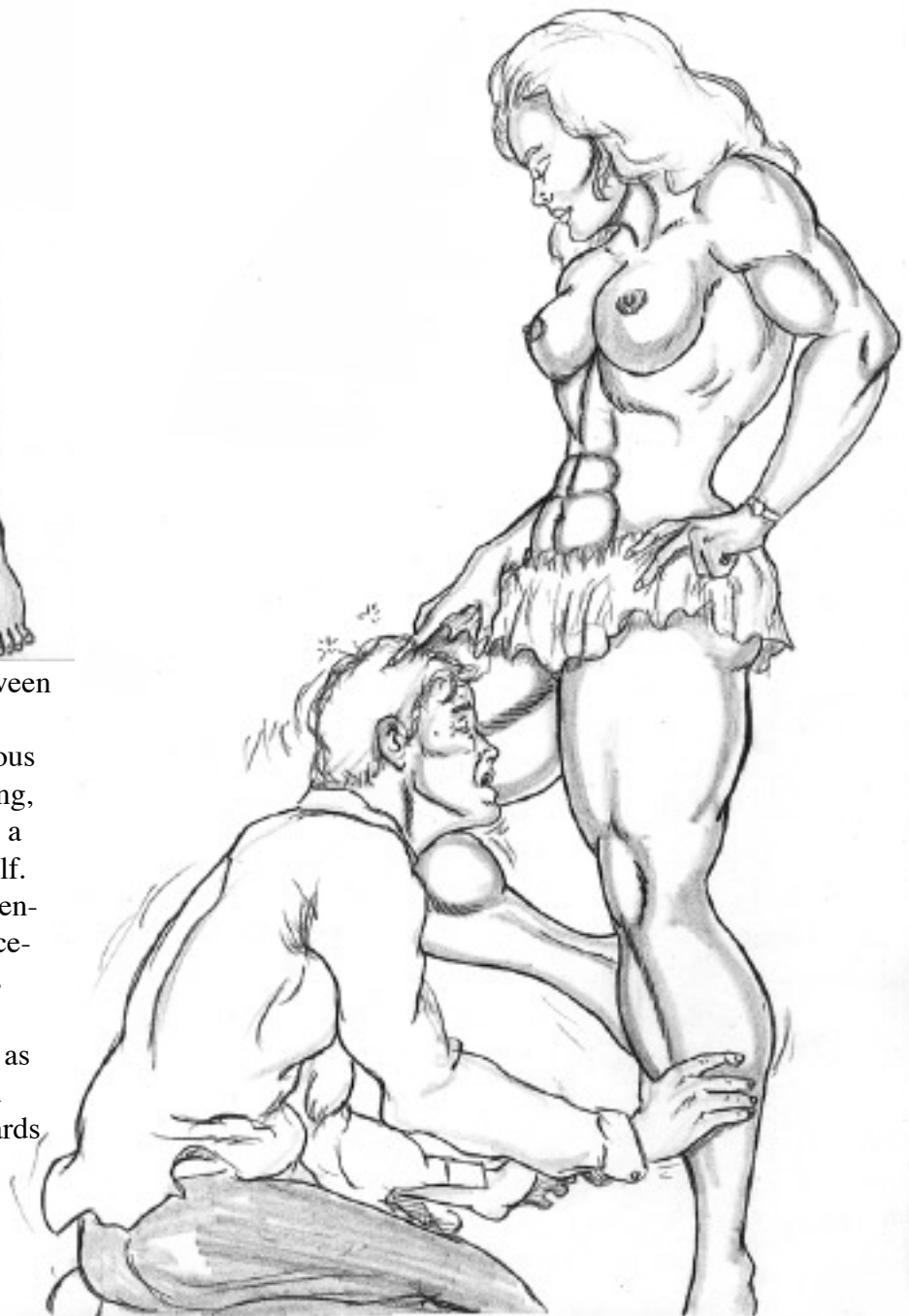
"SORRY TO HAVE TO SQUEEZE AND RUN UNCLE, DEAR. I DIDN'T REALLY GET A CHANCE TO TOTALLY TEACH YOU A LESSON TODAY, BUT THERE WILL BE MANY MORE LESSONS FOR YOU, I AM SURE!"

"BUT THEN AGAIN ... IT'S NOT GOOD TO LEAVE THINGS UNFINISHED AS, I THINK YOU USE TO SAY. SO, UNCLE. POOR DEFEATED AND SPINELESS MALE THAT YOU NOW ARE. I WANT YOU TO CRAWL OVER HERE AND KNEEL BEFORE THESE LEGS YOU SO LOVED TO FONDLE WHEN I WAS A LITTLE GIRL. QUIT SOBBING LIKE A BABY AND DO IT NOW!"

I looked up at Janet with both fear and affection welling up in my confused mind. I was being ordered to kneel in abject servitude before my niece! But one look at her now pumped-up and massively muscled legs told me I'd better do it, and do it right now, just like she said.



I crawled like a dog with his tail between his legs on all fours over to where she stood smiling down on my acceptance of her obvious superiority over me. Kneeling before her long, awe-inspiring legs I slowly reached out with a trembling hand to stroke her wide, flaring calf. Her satin, bronzed skin pulsed with the tremendous power that lay beneath it. I shook noticeably in fear of the deadly potential of Janet's beautiful legs! I was also getting incredibly turned on by this closeness, even as terrified as I was of what she could easily do to me with these sturdy limbs. I moved my mouth towards her muscle humped thigh.....



I couldn't help myself. They were so fantastically beautiful, I had to kiss them, lick them, make love to them. But it was all cut short quickly as Janet was not at all interested in my slobbering worship of her muscular legs.

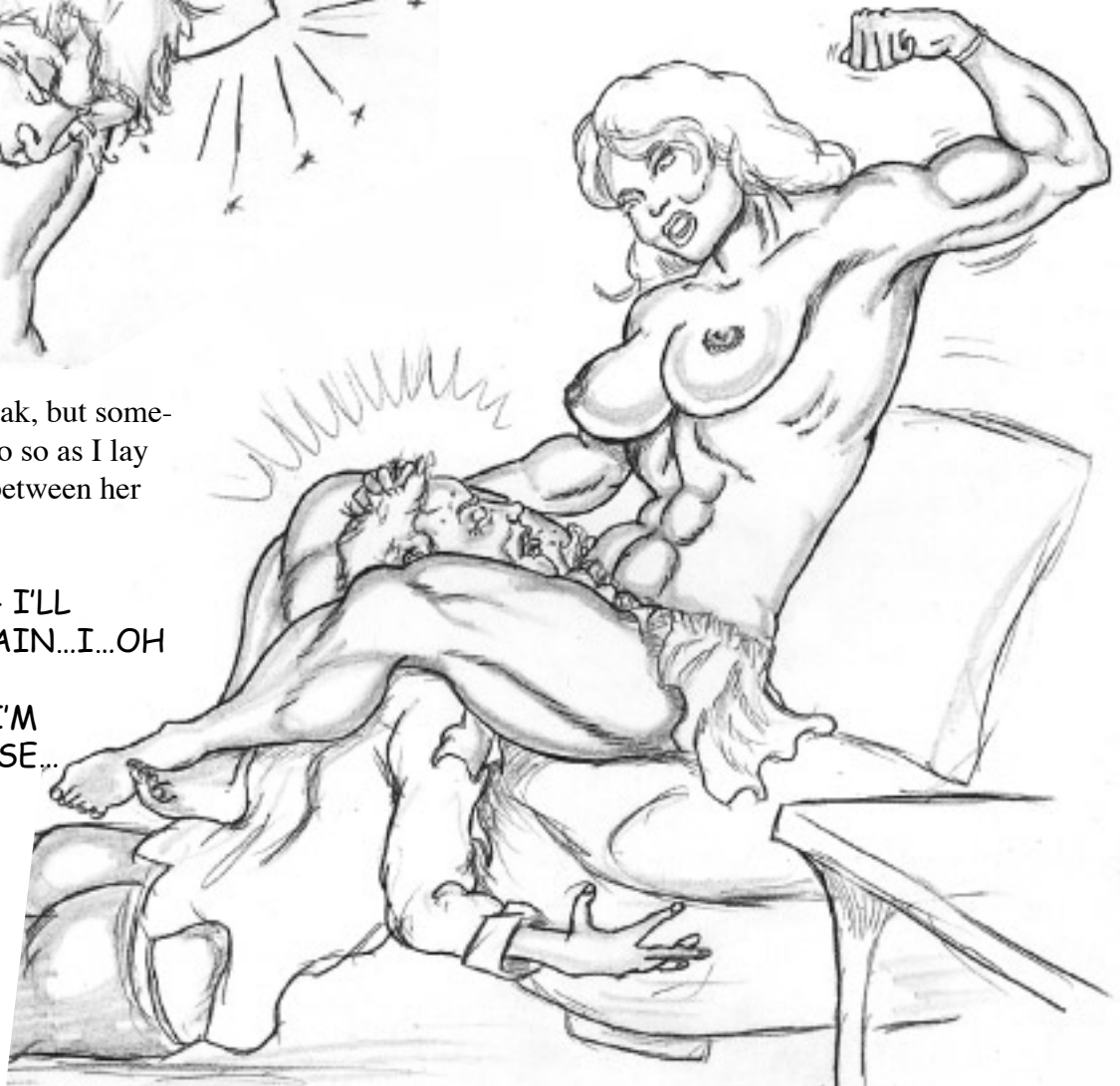
"YOU SICK PERVERT! HOW DARE YOU LICK MY THIGHS! YOU ARE DISGUSTING, UNCLE! YOU DIRTY OLD MEN ARE ALL THE ALIKE. ONLY SEX IS ON YOUR IDIOT MINDS! WELL, I THINK YOU NEED ANOTHER LESSON, RIGHT NOW UNCLE!"

Janet beat me for more than twenty minutes, but it felt like an eternity of pain and suffering. Twisting my inferior body about in various painful locks and holds. Eventually dragging my near unconscious body over to the couch and clamping my head tightly between those so lovely, yet so crushingly deadly thighs of hers.

"THERE! THAT SHOULD TEACH YOU - WEAKLING! YOU TRY ANY SEXUAL ADVANCES AGAIN AND I WON'T STOP BEATING YOU UNTIL YOU'RE DEAD!! YOU UNDERSTAND ME, CREEP!? WELL!? ANSWER ME BEFORE I SMASH YOUR UGLY FACE IN AND CRUSH YOUR HEAD LIKE AN EGG WITH THESE THIGHS!"

I was barely able to speak, but somehow managed the strength to do so as I lay there, more or less dead meat between her taunt, strong thighs.

"Y-YES...JANET...I - I'LL NEVER... TOUCH YOU AGAIN...I...OH PLEASE...I - I'M SO... S-SORRY...I...SOB...SOB...I'M ...YOUR SLAVE...I...P-PLEASE... OH ... SOB..."





"HI RUBE ... JANET ... SORRY I'M SO LATE. GOT HELD UP OVER AT MY HORNY UNCLES. OH! HE'S UNDER CONTROL NOW! IN FACT, I'VE GOT HIM IN THAT ADAM'S APPLE CRACKER YOU SHOWED ME LAST WEEK ON THAT SKINNY GUY YOU HAD OVER AT YOUR PLACE. WHAT? YOU DO? SO YOU'VE BEEN BUSY TOO WITH ANOTHER WIMP! THAT TWERP FROM YOUR OFFICE? OH! GREAT! TELL ME EVERYTHING! WHAT'D YOU DO TO HIS LITTLE SKINNY WEAK BODY? ....."

Eventually Janet's terrible temper subsided and she remembered her date with some friend again. Dragging me to the phone she sat down and quickly stuffed my neck between her legs, jamming her big calf right into my throat. It nearly choked off all my air. In my semi-conscious state I heard her dialing the phone and getting her friend on the line. It sounded like a girlfriend of Janet's. It also sounded like it was going to be a long and painful(for me) conversation...

(THIS STORY TIES IN -AT THE END -WITH THE END OF "ME AND RUBY BROWN" FROM LAST MONTH'S WEBSITE UPDATE)

