
EXIT
WORKOUT
FIT VS. FAT
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where the strong girls live

IT TAKES A LOT OF TIME TO MAKE THESE STORIES. I'M AN INDEPENDENT ARTIST, AND IT HURTS MY BUSINESS WHEN PEOPLE BUY MY COMICS AND THEN DISTRIBUTE THEM FREELY ON FORUMS OR OTHER WEBSITES. PLEASE DON'T DO THAT. IF YOU FOUND THIS COMIC SOMEWHERE WITHOUT PAYING FOR IT, PLEASE LET ME KNOW. ALSO, I DO MY BEST TO PROVIDE FREE STORIES NOW AND THEN ON MY SITE, FOR THOSE WHO ARE NOT ABLE OR PREPARED TO PAY FOR THEM.

IT'S ONLY BY SUPPORTING MY WORK THAT I CAN GOING ON DOING WHAT I DO.

THANK YOU

JAMES

MY NAME IS ANNE AND MY PASSION IS BUILDING MY BODY INTO A TEMPLE OF STRENGTH AND MUSCLE.

TO AFFORD THIS EXPENSIVE HOBBY, I'M A PERSONAL TRAINER.

THIS IS THE STORY OF A SESSION WITH ONE OF MY CLIENTS...

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HIS NAME WAS JEROME, AND HE WAS REALLY, REALLY FAT. HE CAME TO ME TO LOSE WEIGHT AND TO BUILD MUSCLE. IN HIS VERY FIRST SESSION WITH ME, I TRIED TO GET A SENSE OF HIS CONDITION. SOME CARDIO EXERCISES SHOWED ME WHAT I KNEW ALREADY: THAT HE WAS IN HORRIBLY POOR SHAPE.
WITH THE STRENGTH EXERCISES, HE DIDN'T FARE ANY BETTER...

COME ON, GIVE ME TWO MORE, YOU CAN

AAARGHH

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ALL RIGHT, THAT'S ONE. ONE MORE!

AARGHH--- I---

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I CAN'T...

HE DROPPED THE PATHETIC WEIGHT ON THE FLOOR, UNABLE TO CURL IT EVEN FIVE TIMES!

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I WAS ALWAYS HONEST WITH MY CLIENTS. THEY KNEW IT. THAT WAS THE REPUTATION I HAD BUILT...

I'M SORRY, BUT THAT WAS... EXTREMELY ***PATHETIC*** JEROME...

THAT WAS A REALLY ***LIGHT*** WEIGHT, YOU KNOW...

DON'T MAKE FUN OF ME, OKAY?

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YOU MAY LOOK TOUGH, BUT I DON'T THINK YOU'RE ALL THAT MUCH STRONGER...

OH REALLY? IS THAT WHAT YOU THINK?

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I WENT TO STAND RIGHT IN FRONT OF HIM. HE WAS NOT A SMALL MAN, BUT I TOWERED OVER HIM. AND THOUGH HE WAS VERY VOLUMINOUS, MY SHOULDERS AND CHEST WERE STILL WIDER THAN HIS. I LOVED IT.

YEAH, THAT'S WHAT I THINK. ALL THOSE MUSCLES ARE **SHOW**. I'M SURE YOU CAN'T EVEN LIFT ME...

OH... WHAT WAS YOUR WEIGHT AGAIN, REMIND ME?

ALMOST 380 POUNDS

THAT'S NOT ALL THAT MUCH HEAVIER THAN ME... THE ONLY DIFFERENCE IS...

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--- IN YOUR CASE, IT'S ALL **FAT**- WITH ME, IT'S ALL **MUSCLES**!

AND THEY ARE **NOT** FOR SHOW

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TELL YOU WHAT, JEROME... YOU TOLD ME YOU'RE AN INVESTOR. SO YOU LIKE TO BET...

HERE'S MY PROPOSAL...

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IF I CAN'T LIFT YOU IN AT LEAST FIVE SPECTACULAR WAYS, YOU'LL GET PERSONAL TRAINING FROM FOR AS LONG AS YOU WANT FOR FREE.

BUT IF I ***CAN***, YOU INVEST IN THE NEW GYM THAT I WANT TO BUILD. DEAL?

DEAL!

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IT EXCITED ME TO SEE HOW OUT OF SHAPE HE WAS COMPARED TO ME, SO I TOLD HIM I WANTED HIM TO UNDRESS TO HIS UNDERWEAR. I GAVE THE EXCUSE THAT HIS CLOTHES WERE WAY TOO SWEATY, AND HE BOUGHT IT...

THEN WE STARTED...

ALL RIGHT, CLIMB ON MY BACK!

EH, OKAY...

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I EASILY LIFTED HIM UP LIKE THAT AND MADE A FLEXING POSE... THEN I TOLD HIM TO FEEL MY ARMS...

STILL THINK MY MUSCLES ARE JUST FOR SHOW, HMM?

MM, MAYBE NOT...

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I PUT HIM BACK DOWN AND TOLD HIM TO SIT ON MY SHOULDERS, AND THEN I RAISED MYSELF AND HIM. HE WAS HEAVY, SURE, BUT WELL, WHAT CAN I SAY? I'M EVEN STRONGER THAN I LOOK!

THAT'S NUMBER TWO...

WHAT DO YOU THINK, MISTER FAT ASS?

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OKAY, I TAKE MY WORDS BACK. YOU ARE REALLY STRONG!

I'M GLAD TO HEAR IT. BUT YOU AIN'T SEEN NOTHING YET...

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THEN I PULLED OUT A BENCH, TOLD HIM TO CRAWL ON MY BACK AGAIN, AND STARTED TO DO A SET OF TOE-RAISES...

AND I GUESS I ***DON'T*** TAKE MY WORDS BACK, JEROME: YOU'RE ***REALLY*** FAT AND ***REALLY*** HEAVY!

I KNOW...

WOW... YOUR BACK IS REALLY WIDE!

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EXIT

26, 27, 28...

YOU TELL ME WHEN YOU GET BORED, BIG GUY. I CAN DO THIS ALL DAY...

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NEXT, I LEANED BACK ON A LOWER BENCH, JUST SUPPORTING MYSELF WITH MY LEGS AND WITH THE BENCH UNDER MY SHOULDERS. THEN I TOLD HIM TO SIT ON MY HIPS...

OKAY, NUMBER FOUR...

MY GOD... I CAN'T UNDERSTAND HOW YOU DON'T BREAK...

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YOUR BODY IS MADE UP FROM BLUBBER, JEROME...

MINE IS CHISELED OUT OF ROCK!

WHY DON'T YOU TRY TO STAND UPRIGHT, HMM?

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WHOA, THIS IS TRICKY...

GOOD BOY! WE'LL STILL COUNT THIS AS THE FOURTH LIFT

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A BACKBREAKER WAS NEXT...

OKAY, THAT'S FIVE. I ADMIT DEFEAT...

I'M JUST GETTING WARMED UP, YOU FAT BABY...

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I TOLD HIM TO STAND ON THE FLOOR IN FRONT OF ME, AND I PUT MY TWO ARMS BETWEEN HIS LEGS. AND THEN I RAISED MYSELF, AND LIFTED HIM HIGH ABOVE THE FLOOR, JUST LIKE THAT.

THIS IS... IMPOSSIBLE...

NOT FOR A BIG BODYBUILDER WHO WORKS OUT SIX TIMES A WEEK WITH REALLY HEAVY WEIGHTS...

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LET'S DO ONE MORE, TO SECURE THE INVESTMENT, OKAY?
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THE FINAL LIFT WAS, EVEN IF I SAY SO MYSELF, AN INCREDIBLE ONE. I TOLD HIM TO GET ON THE BENCH, THEN PUT MY FOOT AGAINST HIS THROAT, PUSHED AGAINST THE WALL, AND LIFTED HIM OFF HIS FEET!

AND THEN I FLEXED MY ARM AGAIN!

HOW MUCH WERE YOU THINKING, JEROME?

AARGH... NOW YOU'RE HURTING ME...

WHAT ABOUT FIFTY THOUSAND?

WOJOUT

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HMM... WHY DON'T WE DOUBLE THAT?

OKAY OKAY! JUST PUT ME DOWN PLEASE!

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I KNEW I HAD HIM TOTALLY IN MY POWER THEN, AND SO I TOOK ADVANTAGE...

AND ACTUALLY...

MAKE IT A DONATION INSTEAD OF AN INVESTMENT, OKAY?

AARGH WHATEVER YOU SAY!

AND THAT'S HOW I WAS ABLE TO START MY NEW GYM! I WASN'T DONE WITH HIM OF COURSE. IN THIS VERY OUT OF SHAPE MAN, I FOUND A VERY WILLING SERVANT FOR MY MUSCLES...

MAYBE I'LL TELL YOU THAT STORY ANOTHER TIME. NOW I'M GONNA HEAD BACK TO THE GYM! SEE YOU!

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BONUS LIFT!
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