
HOME GYM
CH 1.1
BY TETSU


PASSION
Gratis
geschenk


AAAAAAARRRRGGGGHHHHH
LUKE!!!!!!!


YEAH! I FINALLY SCARED YOU!
YOU DIDN'T SCARE ME, YOU SMASHED MY HEAD! ARE YOU DUMB?
PASSION


I WARNED YOU! IF I'D FOUND YOU STARING AT THAT STUPID BILLBOARD AGAIN, I'D HAVE GOT BACK AT YOU!
YOU'RE RIGHT, SORRY.... DID THEY REALLY HAVE TO PLACE IT THERE, OF ALL PLACES?


WELL, IT REALLY LOOKS LIKE YOUR EX IS SHOWING OFF HER SUCCESS RIGHT IN YOUR FACE...
SUCCESS? SHE WORKS IN A STRIP CLUB...
I'M TALKING ABOUT HER BODY! IT'S STILL HARD FOR ME TO BELIEVE SHE TURNED OUT THAT WAY IN JUST A FEW MONTHS! SHE WORKED OUT A LOT, FINE... BUT HER BOOBS? NOT TO MENTION SHE'S GROWN 15 CM AND SHE'S NEARLY 20! HOW THE HELL DID IT HAPPEN?
YOU'RE RIGHT, I WONDER WHAT HAPPENED, TOO... AND WHEN SHE BECAME LIKE THAT, SHE BROKE UP WITH ME IN NO TIME.


I SHOULD DEFINITELY BUY A GYM MEMBERSHIP... IF I'M LUCKY ENOUGH, I MAY CHANGE AS WELL...
HER TRANSFORMATION HAS NOTHING TO DO WITH THE GYM, LILY. IT'S KINDA OBVIOUS.
WHATEVER! I WANT TO PUT ON SOME KILOS, I'M TIRED OF BEING SKINNY!
SSION


FOR REAL? WHAT'S YOUR IDEAL BODY TYPE?
WHAT? ARE YOU KIDDING ME? THEY MIGHT SAY YOU LOOK LIKE A MAN, AREN'T YOU AFRAID OF THAT?
NOI FROM DOROHEDORO.
DO DUMBHEADS LIKE THAT STILL EXIST?
PASSION


FINE, IF YOU'RE INTO IT, LET'S GO.
WHERE?
WHY WASTING MONEY ON A GYM MEMBERSHIP IF YOU CAN WORKOUT...


...AT MY HOME GYM.


I'VE NEVER UNDERSTOOD WHY YOU SPENT SO MUCH MONEY FOR THIS GYM. YOU NEVER WORKOUT!
JADE WANTED IT, SO I BOUGHT IT TO PLEASE HER.
OPS SORRY.


NEVER MIND. IF YOU USE IT NOW, IT WON'T BE WASTED MONEY. I'LL PUT TOGETHER A TRAINING SCHEDULE AND A DIET. YOU CAN COME HERE TO WORKOUT EVERY DAY, IF YOU FEEL LIKE IT.
ARE YOU GOING TO BE MY COACH? ARE YOU SERIOUS? HOW CAN I TRUST YOU? YOU DON'T LOOK LIKE A GYM GUY!


I WAS JADE'S COACH BEFORE SHE BROKE UP WITH ME... COME ON, LET'S GET SOME MEASUREMENTS, SO WE'LL HAVE A REFERENCE.
AS YOU COMMAND, COACH!


SO, YOUR ARM'S 23CM.


...AND YOUR THIGH'S 43CM.
NOW I HAVE TO MEASURE YOUR HIPS...


YOU JUST WANT TO TOUCH ME, YOU PERV.
NO AND BY THE WAY THERE'S NOTHING TO TOUCH.


YOU'RE LUCKY I HAVEN'T STARTED WORKING OUT YET...


3 WEEKS LATER...
COME ON, COME ON, COME ON... UP!
UUURRGGHGH CAN'T TAKE IT...ANYMORE...


ONE MORE!
NO, NO, ENOUGH! I'M DONE!
110LBS
5KG


YOU COULD HAVE DONE THAT, YOU GIVE UP TOO SOON!
ARE YOU DUMB? I'M JUST A ROOKIE, YOU'RE ASKING TOO MUCH!
RaZKal
lbs
Professional


THREE WEEKS AGO, YOU COULDN'T EVEN SQUAT WITH THE BARBELL, LOOK AT YOU NOW! WHO DO YOU THINK SHOULD BE GIVEN SOME CREDIT FOR THAT?
ME, TOO! SINCE I'M THE ONE TELLING YOU WHAT TO DO!
ME!!!


LOOK AT YOU, YOU CAN ALREADY SEE THE RESULTS! IN THREE WEEKS ONLY! TRUST ME AND DO AS I SAY!
WHAT? CAN YOU REALLY SEE THEM? FOR REAL?


TIME'S UP, COME ON!
AS YOU COMMAND!


3 WEEKS LATER AT THE SKATE PARK


ARE YOU DONE SKATING ALREADY?
YEAH! DUNNO WHY THESE SHOES ARE KILLING ME TODAY... THIS IS SO WEIRD, I'VE WORN THEM FOR AGES!


OH NO, LUKE! HERE THEY COME!
DON'T LOOK AT THEM, IF YOU IGNORE THEM, THEY'LL GO AWAY.


HEY DOUCHEBAG, YOU'VE FINALLY REALIZED JADE WAS TOO MUCH FOR YOU, SO YOU'RE MAKING OUT WITH YOUR NERD FRIEND?
OK, I'LL KILL THEM


PASSION
HEY, CALM DOWN. WE'RE GOING AWAY, OK? WE WANT NO TROUBLE.
GOT A LITTLE GIRL STANDING UP FOR YOU, LUKE?


YOU'RE KINDA PRETTY, YOU KNOW? I THOUGHT YOU WERE FUCKING UGLY, BUT MAYBE I WAS WRONG...
COME ON LUKE, LET'S GO. IT'S TIME FOR MY WORKOUT, BY THE WAY.


FUCKING DOUCHEBAGS.....
20
20


ARE YOU STILL THINKING ABOUT THOSE IDIOTS?
LEAVE THEM BE, WHO CARES... TODAY
MY FIRST 6 WEEKS OF WORK OUT ARE OVER.
YOU TOLD ME I'D HAVE NEEDED A CHECK, RIGHT?
YOU'RE RIGHT!
FRONT RELAXED FIRST.
ROCK SOLID
20
ROCK SOLID
20


OK, NOW FRONT DOUBLE BYCEPS.


AND NOW SIDE CHEST.


NOT BAD, LILY! YOU'VE MADE A LOT OF PROGRESS, ESPECIALLY WITH YOUR LEGS!
FUCK YEAH! FUCK YEAH! I CAN SEE THAT TOO! WORKING OUT 5 TIMES A WEEK REALLY PAID OFF!


WOW, 48,5CM!


5,5CM MORE IN 6 WEEKS!
WELL DONE, GIRL!
LUKE....


THERE MUST BE SOMETHING WRONG WITH ME, CAUSE YOU LOOK SHORTER THAN USUAL...


WAIT... MY SHOES! THEY'VE BEEN KILLING ME LATELY... IT CAN'T BE...
5
30


I'M TALLER, LUKE!

# HOME GYM

CH 1.2

BY TETSU




MMMH, LET'S SEE... I'VE UPDATED ALL THE MEASUREMENTS.
NERV
GOD'S IN HIS HEAVEN. ALL'S RIGHT WITH THE WORLD.
ベルセルク


GLUTES ARE AHEAD OF SCHEDULE, BUT ARMS ARE WAY BEHIND IT, COMPARED TO THE REST. ANYWAY, THE OVERALL PROGRESS IS 25% AFTER 6 WEEKS ONLY, WHICH IS WAY MORE THAN I EXPECTED.


START
HEIGHT: 158
UNDER BUST: 65
BUST: ??
WAIST: 5?
HIP: 76
ARM: 23
THIGH: 43
CURRENT
HEIGHT: 163
UNDER BUST: 68,5
BUST: 83
WAIST: 59
HIP: 86
ARM: 23,5
THIGH: 48,5
PROGRESS: 25%
GOAL
I SHOULD REVISE THE FORMULA TO SLOW DOWN A BIT, THE CHANGE IS TOO EVIDENT.


RUIN


THIS SHOULD DO, GONNA TAKE IT.


I STILL CAN'T BELIEVE HOW MUCH PROGRESS
I'VE MADE AFTER 6 WEEKS ONLY...
I'VE EVEN BECOME TALLER AND
THIS IS WAY TOO HARD TO BELIEVE!


IS EVERYTHING OK?
YEAH. I'LL TAKE IT.
FINE. I'M WAITING FOR YOU AT THE CHECKOUT.


CAN I KEEP THE SHOES ON?
YES, PLEASE.
CERTAINLY. SHALL I THROW THE BOX AWAY?


NOW THAT I THINK ABOUT IT, JADE HAS BECOME TALLER ALL OF A SUDDEN TOO... MMMMHH...
RUNNING


HEY LILY! IS IT REALLY YOU? YOU'RE SO FIT!
OH! WHAT'S UP CLAIRE!


SLEEP
LONG TIME NO SEE! IT'S SO WEIRD TO MEET YOU HERE, OF ALL PLACES! ARE YOU SHOPPING?
SLEEP
EAT
YES, BUT I'M ALMOST DONE... I ONLY NEED...


...A NEW DRESS FOR A SPECIAL DATE!


5 WEEKS LATER (11 SINCE THE BEGINNING OF THE WORKOUT)
POWER TRAINER
PRO II X WORKS


COME ONE, LAST ONE!


WELL DONE, LILY! SUCH A GOOD WORKOUT TODAY!
YES! I FEEL A NICE PUMP ON MY BACK!


NEXT WEEK IT'S CHECK TIME!


IF I LOOK IN THE MIRROR, I CAN IMMEDIATELY TELL I'M BIGGER THAN LAST TIME.
YEP, TRUE!


AND LOOK HERE!


A NICE SIXPACK IS COMING OUT! NOT BAD, UH?


I ALSO BELIEVE I'VE GROWN AGAIN, I FEEL TALLER. WHAT DO YOU THINK?
I... UHMMM... DON'T KNOW...


ARE YOU FREE THIS EVENING?
UH?


WOULD YOU LIKE TO GO ON A DATE WITH ME?






356
YOU'RE REALLY BEAUTIFUL.
THANK YOU.


...AND THEN HE SAID I WAS PLAYING LIKE SHIT AND THE TEAM HAD LOST BECAUSE OF ME.
AND WHAT DID YOU TELL HIM?


PASSION
THAT HE COULD GO FUCK HIMSELF! WELL, I WENT A BIT HARDER THAN THAT, SO THEY'VE BANNED ME.


SORRY! I DIDN'T MEAN TO STARE AT IT, IT'S JUST... IT LOOKS SO WEIRD WE ENDED UP RIGHT HERE...
WEIRD UH?


HEY, WHAT ARE YOU DOING? DIGGING THROUGH THE GARBAGE?!
EHEHEHEH...


TADAAAAA! PAINT PRANK READY!
WHAT? DOES IT MEAN YOU'VE ARRANGED ALL OF THIS AND BROUGHT ME HERE ON PURPOSE?


YEAH! IT'S ALL PART OF MY EVIL PLAN! AND NOW THROW IT IN HER FACE!
NO, LILY! WHAT IF SOMEONE SEE US!


THROW IT, I SAID!!
AAAAAHHHHH!


MY TURN NOW!
TAKE THIS!


PASSION
AHAHAHAHAH!
HEY YOU!!! WHAT ARE YOU DOING?


RUN!!


GOD, WHAT A RUN...


EW... YOU'RE WALKING BAREFOOT!
WAS I SUPPOSED TO RUN IN HEELS? I HAD NO CHOICE!
YOU WANTED TO WEAR HEELS CAUSE YOU DIDN'T WANT TO BE A SHORTY TONIGHT!
I'M NO SHORTY! I'M TALLER THAN YOU WITH THESE ON!


LET ME SHOW YOU.
I CAN'T BELIEVE IT, IT'S IMPOSSIBLE!




SEE?






BEST DATE EVER!
I'M GLAD YOU LIKED IT.


HOME GYM
CH 1.3
BY TETSU


10KG
22LBS
11LBS


COME ON, LILY!


LAST ONE! COME ON!
AAAAAAHHHH
10KG
ZELUS


WELL DONE!
NO! ONE MORE!


AAAAAARRRRGHHHHH!!!
WOW!
22LBS
22LBS


DAMN IT, LILY! YOU GAVE IT YOUR ALL!
YOU TOLD ME... PANT... I WAS.... PANT... BEHIND .... ON MY ARMS WORKOUT...
5
30


WELL DONE! IF YOU GO ON LIKE THIS, YOU'LL IMPROVE FAST.
FINE, BUT.... PANT... CAN YOU TELL ME WHAT'S UNDER THAT SHEET NOW?


TADAAAN! I'VE SOLD THAT USELESS TREADING MILL AND I'VE BOUGHT YOU A LEGS EXTENSION!
YEAAAAAH!!!!!!! YOU'VE BOUGHT A ROGUE! YOU MUST HAVE SPENT A FORTUNE!


THANKS, LUKE!!! CAN I TRY IT? CAN I TRY IT?
NO, LILY! YOU'RE TIRED, THE WORKOUT HAS LASTED LONGER THAN USUAL, ENOUGH FOR TODAY.
FMG


HEY, WHAT ARE YOU DOING?!
I COMPROMISE. IF YOU LET ME TRY IT NOW, YOU'LL GET A NICE SHOW.


DEAL?
DEAL.
ROGUE
FMG
Gym Equipment


WOW, YOU CAN REALLY FEEL IT IN YOUR QUADS.
OF COURSE, THAT'S WHAT IT'S MEANT FOR.


THIS IS EXACTLY WHAT I NEEDED FOR MY LEGS. WANNA TOUCH THEM?
TOUCH THEM, COME ON... PUT YOUR HAND.
WHAT?




NOT BAD, UH?
THEY'RE SO HARD...




I BET THEY'RE ALREADY BIGGER THAN YOURS. WANNA CHECK?
YEAH...


FMG


YOU'RE AMAZING...
SEE? LONGER AND BIGGER, IT'S SO CLEAR!


LET'S SEE THE ARM NOW.


YOU WIN THIS ONE, TOO BAD. WHAT ABOUT DOWN THERE?
OH LILY...


ARE YOU SURE YOU WANT TO DO IT?
WHAT DO YOU THINK?


LET'S GO TO MY ROOM THEN.
NO, LET'S MAKE OUT HERE.
COME ON, THERE'S A BED UPSTAIRS, WE'LL BE COMFIER...
WE'VE GOT A BENCH HERE! SIT DOWN, COME ON.


5
5
10
30
35


MMMMMMHH...
GOD...


I'VE BEEN DREAMING OF IT FOR SO LONG...


TOUCH IT... I KNOW YOU'RE DYING TO...






YES!!








OH GOD,! MORE!!






LUKE! LOOK AT MY ARMS! THEY'RE SO BIG!
FUCK!


I HAVE NO IDEA WHAT THE FUCK IS GOING ON, BUT I FEEL GREAT! AS IF I HAVEN'T WORKED OUT TODAY!
LILY, MAYBE IT'S BETTER IF WE GO UPSTAIRS. LET'S TRY TO FIGURE OUT WHAT HAPPENED.


WAIT, LET ME TRY THIS AGAIN!
NO LILY, NOT NOW...
FMG

COME ON!
POWER TRAINER
PRO II WORKS

OOOOOHHH
POWER TRAINER
PRO II WORKS
Rogue
FMG

I FEEL...

...A STRANGE SENSATION...

POWER TRAINER
PRO II WORKS

POWER TRAINER
PRO II WORKS
Rogue
EMG

LUKE!
POWER TRAINER
PRO II WORKS
Rogue
FMG

POWER TRAINER
PRO II WORKS
Rogue
FMG

LUKE, LOOK AT MY LEGS!
POWER TRAINER
PRO II WORKS
Rogue
FMG

POWER TRAINING
PRO II WORKS
Rogue
FMG




IT'S AMAZING, I'M HUGE!!!
LILY...


LILY!
WHAT?




I'M AS TALL AS YOU!