
KATIE
Part 1
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Katie was a young girl, living a quite happy life. She was cute and healthy and had nice parents. Together they lived in a nice house, and katie did well in school. She had many friends, and loved to play and have fun. Everything about her was quite normal. So far.




The only thing that maybe set her apart from her classmates was that she was the tallest of her year. She was even taller than all the boys - which was a bit annoying, she found.


But then, when she was almost 10, Katie saw something that would have a big impact on her life. That, indeed, would change her life forever...


One day, Katie was sent out by her mom to get her dad at the nearby gym, where had just started to workout...


As she walked in the workout room, Katie couldn't believe her eyes... Apparently helping her father out as a trainer was a woman...


A really. big. woman.


Katie was fascinated. She had never seen a female bodybuilder before. Certainly not one so much taller than her dad... She quietly crept a little closer...
Keep your arms really straight Hank. Really straight... Hmmm...


I'm thinking maybe we started out with too heavy weights... You're a small guy, Hank, you should be careful not to overdo it in the beginning...
These weights are just fine, I'm doing great with them...


Ok, time out, Hank. Talk to you for a sec...


Look, you're paying me as your personal trainer, but that means I also got a responsibility to make sure you don't hurt yourself, ok?
Yeah, ok, I understand that, but...


So that means here you need to follow my... oh, hi little girl! Are you looking for someone?


Uhm, yeah, I came to get dad...
STRONG IS THE NEW
Sexy


Katie! What are you doing here?
STRONG
IS THE
NEW
Sexy


Katie?


Mom sent me because your boss called urgently, and you didn't pick up your phone...
My god you are so big!


Are you strong too? You look strong! Are you stronger than my dad?
Heheh, maybe...
Ok, let's go Katie. I'm done here anyway for the day...
STRONG
IS THE
NEW
SEXY
Katie didn't realize it right then, but what was written on the big woman's t-shirt - strong is the new sexy - would be forever engraved into her unconsciousness...

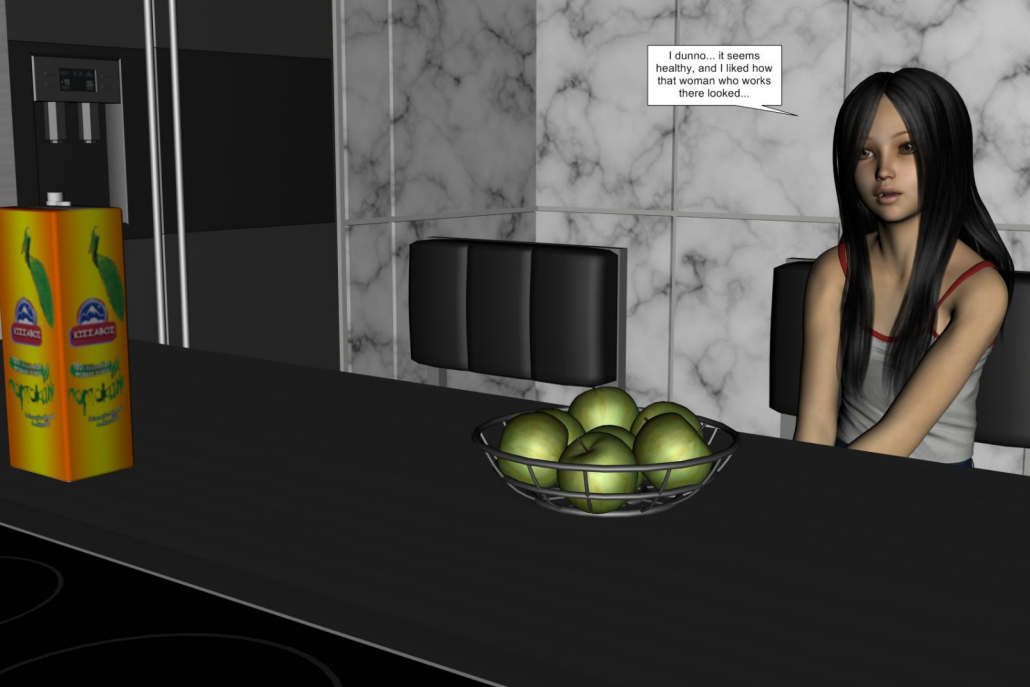

See you later Jane! Let's go honey
Who is that woman daddy?
It's daddy's personal trainer. She helps daddy to get bigger and stronger...


Maybe nothing would have happened if Katie had never walked into that gym. Maybe if she just hadn't seen that t-shirt. Or if she hadn't looked around one last time...


See you later Katie!
STRONG
is the
new
Sexy


A couple of days later...
So, Katie, have you decided what you'd like for your tenth birthday?
Yes, I've thought of something...
So... what is it?


I want to go to dad's gym too...
Go to the gym?? Why?


I dunno... it seems healthy, and I liked how that woman who works there looked...


What woman is that?
My personal trainer...


Ah, got a cute personal trainer, do you?
Eh, not really, she's like... all muscles...Bodybuilding level... Quite ugly in fact...
Ah, ok. Better...


Eh, I think you're a bit young for...
I don't think she was ugly! So, can I go?
I think it's a great idea honey. It's healthy indeed. And it's good to start young...


Really? When can I start?


I dunno... you can start next week if you want...
Ok, but you go just once a week, and you go with me...


Awesome! I'm gonna tell my friend Jimmy!


So... you have your way, as usual...
Aww honey...


You don't think that because you're building a bit of muscle you're gonna take all the decisions in the house, are you?


You'll have to grow quite a bit more to compensate for your size my darling...
You know I don't like you to make fun of my size, why do you always have to do that?
12:00


Sorry honey, just teasing. Anyway, it's a local gym, you are there, it's healthy... what are you afraid of?
I guess you're right...
12:00


See darling, when I take decisions, it's not because I'm taller than you, it's because I'm smarter than you... But I love you anyway...
I love you too...


To be sure that this was a good idea, Hank checked with his trainer...
Sure it's young, but that's no problem. I think it's admirable. I can train her, definitely.
I just don't want her to...


You don't want her to what Hank? Have too big muscles? Look like a guy?
Eh, yes...


Why don't you let her decide what she wants to do with her body, Hank?
Aah, sure, but... when she's old enough to decide that for herself...


Don't overdo it ok, Katie. Not too fast...
So at the end of that week, Katie had her first workout. She had been looking forward to it a lot...
FX 2000 ES


Come on dad, this isn't fast...


After the cardio, it was finally time to hit the weights...
Ok Katie, we will of course start with the lightest weights for you. Can you pick up those small ones, you think?
I think so...


And so it began...


Gym time became Katie's favorite moment of the week. Her program was of course quite light, and Jane, their trainer, was careful with her. Two years later, when Katie was about twelve, Jane decided that Katie was ready for some encouragement.
You know, I think you have very good genetics to build muscle. If you'd work out more often, you could get quite big...


I know, but dad won't let me come here more than once a week!
So you would like to grow big muscles? Like me?
More than anything in the world!

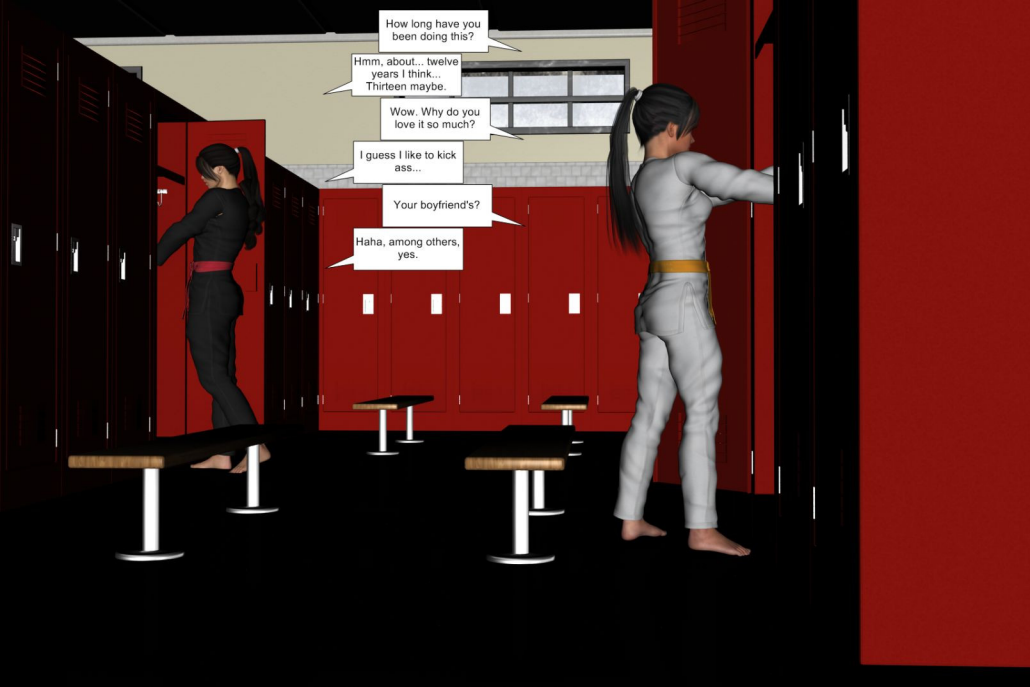

Ok, you want me to talk to your dad?
Would you do that? That would be awesome!


Ok then, twice a week.
Three times would be ideal now.
Okay... Three times, tops! But don't let her overdo it! I'm afraid she'll have trouble attracting the boys if she gets too muscular...
Don't worrry, I think she'll get exactly what she wants from boys... I do too...


So Katie started to go to the gym two or three times a week. For her twelfth birthday, she asked a similar present: enrollment in a martial arts course. Her dad thought this was "too dangerous", but after some discussion with Katie's mom, they decided on providing her with a personal martial arts trainer...
Ok, try to hold your neck like this...


And kick from the hip, not the knee, ok?


Ok, that's it for today again Katie. I think you're very talented at this! I hope you'll keep it up!
That'll be no problem...


How long have you been doing this?
Hmm, about... twelve years I think... Thirteen maybe.
Wow. Why do you love it so much?
I guess I like to kick ass...
Your boyfriend's?
Haha, among others, yes.


By the way, I think your back looks great!


Thanks, you mean the muscle...?
Yeah. Wow, your abs are awesome too!


You like muscles on women? Actually...


... you work out yourself, don't you?
I do! Can you tell??


Of course I can tell! Not bad for a twelve year old girl! You want to get bigger?
Oh yes, and I will!


Here, take a closer look...
Oh WAW!!


You like this?
Oh yes!


Would you want to be big like this, Katie?
Hmm, maybe even bigger, if I can help it...


Like my gym trainer... She's huge. A bodybuilder... I want to be like that...


Awesome! You'll have a lot of working out ahead of you then. Those muscles don't come easily...
Oh I know, but I have time. I started young and my trainer says I've got quite good genes...


At some point - Katie must have been about fourteen - her classmates found out about her workouts (which she had been rather discrete about). One of them challenged Katie to an armwrestling match. It was another defining moment in Katie's life.
Come on, are you scared? Let's see what you can do!


Ok, I'm ready. On 3.
one, two, three!
WorldTime - 25 zones of 5 Land
GMT = Greenwich MeanTime
London - GMT
Paris = GMT +1
Jerusalem = GMT +2
Kuwait = GMT +3


Katie was surprised that Frank didn't put her down right away, and was even more suprised when she discovered he was actually having trouble...


Katie felt she could push harder, and to her amazement, was able to bring down Frank's arm quite easily...
Come on Frank! What are you doing man!?


Then she realized she was actually not having any trouble at all...


Then, slowly, she started to push Frank's arm all the way down...


It was the first time Katie had ever tried her physical strength against a boy... and winning was a wonderful feeling, she now discovered!


You're a loser Frank! Katie, want to try against me?
Eh, ok, I guess...


But the result was exactly the same...


And so were Katie's emotions that went with it...


You want to have a go too, Nathan?
Ah... eh... No thanks, I'm ah... not stronger than them, so eh... no use...
Suit yourself...


That was eh... awesome... You seem really... strong. So do you work out a lot?
Well I'm going to the gym on average three times a week now...


I should go...
Seeing Nathan stand there, impressed by her strength, Katie wondered if maybe there were boys who might actually like strong girls. She decided to take a closer look.


I still think we should armwrestle some time... You never know if you'll be the one to beat me...
As she moved closer to Nathan, she was mainly interested in the look in his eyes as she talked to him...


It was as she had expected and hoped: if she interpreted his gaze corretly, it was a mixture of admiration, awe and a bit of fear...


Okay, maybe...
Don't wait too long though. I'm getting stronger by the week...



One other noteworthy episode happened when Katie had just turned fifteen. Going through a growth spurt, she was now as tall as her father (who was only 1.65cm tall). She has been going to the gym more often and has made good progress. We find her and her dad together in the gym for the first time in a long time. As they start on the weights, Hank, who certainly has noticed his daughter's muscle growth, is amazed at the dumbells she picks...


Shouldn't you start with a warm up weight?


Eh yes, this is my warm up weight for curls...


That's yours?
Ah... no I was confused...


Actually this here is me...


Shall we do reps together, dad?
Ah... okay...
SPORTY


two, three...
shhhh...
SPORTY


Ok daddy, that's not really your warm up weight is it...
Apparently not, I guess I'm just messing up the numbers in my head, it's been a few weeks since I was here...
SPORTY


You know dad, if you can't lift what I lift, there's no shame in that. I've been going to the gym for five years now and the last years I've gone much more regularly than you. It all depends on how much you practise, you know.
That's really not it... I mean this weight eh ahm...
SPORTY


Can I try that weight?
Uhm, I gonna put it back, other people might need it...
SPORTY


Katie I'm sorry, just got an urgent call from work, need to run...
But dad, I thought we were gonna work out together...
Sorry hon, it will have to be another time...


But if Hank could help it, he'd make sure there would never be another time. From now on he would avoid being at the gym when his daughter was there at all costs.
You see, Hank was a small man, with a tall wife, and he had specifically started to take on working out to get bigger and get over his physical inferiority complex. To see now that his 15 year old daughter had caught up with him not only in size but only in strength was... humillating...


Some time after that, in the school corridor...
I told you Frank, I'm not going. Stop asking!


And I'm telling you you are going! Just do what I say, okay?


You're hurting me Frank! Let go of my arm!
If you come!


I SAID NO! LET GO!
You little...


Hey! Let go of her!

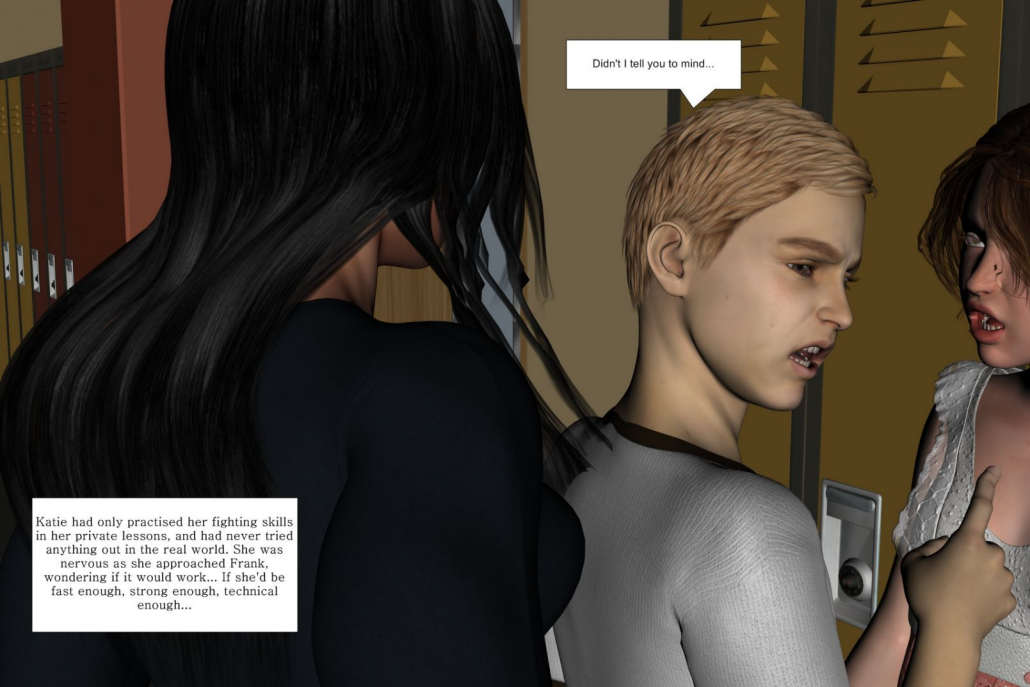

BACK OFF! This is none of your business!


Katie started to walk away, not used to getting into arguments – especially not over things that didn't concern her...


But then she hesitated and felt like she'd be a coward if she would walk away...


So she took a deep breath...


Cut it out!


Didn't I tell you to mind...
Katie had only practised her fighting skills in her private lessons, and had never tried anything out in the real world. She was nervous as she approached Frank, wondering if it would work... If she'd be fast enough, strong enough, technical enough...


But as soon as she had locked the boy in her grip, she knew the answer to all those questions was yes...
Aaargh, what are you doing, you crazy bitch??!!


Oh, I'm not letting go, but feel free to try to escape...

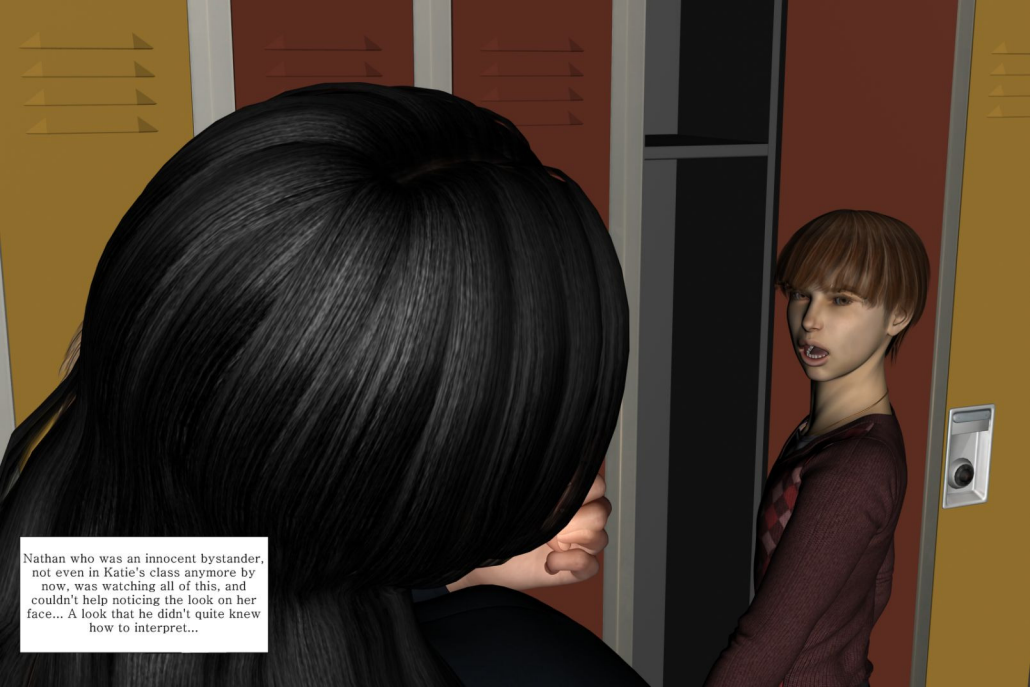

Not so easy huh? How does that feel, you little bully?
Stop this! I'm going to report you!


No you wont'. But if you wanna talk, why don't you start by apologizing to your friend?
Hey, fuck off!


Let me squeeze a little bit more then...
Ugghhh, OK! OK! I'm sorry, ok?


I said I'm sorry! Now let me go!
But Katie didn't want to let go. She had tasted something very sweet, for the first time: the feeling of making a boy do something he didn't want to do. This, she realized, was why she was working out so much. This was what her body wanted...


So she kept him locked in her young strong arm just a little longer, savouring the moment...


Nathan who was an innocent bystander, not even in Katie's class anymore by now, was watching all of this, and couldn't help noticing the look on her face... A look that he didn't quite knew how to interpret...




Katie caught his gaze...


Later again, at the end of a workout...
You like what you seein', girl?
I do, though I wouldn't mind it all going a bit faster. Especially the mass building...


Well I could help you with that, but you'd have to spend more time here than the three or four hours a week you're doing now.
Yeah well, it's my goddamn dad who doesn't want me to do more than that, still!


Hmm. If you can't solve that, an alternative is to also start working out at home. Couple of weights and a bench will get you a long way... I'm sure I could get you some material...
You don't understand, he's limiting my *time* spent on working out. Doesn't matter if it's here or at home. Says I need time to study! It's very frustrating!
And do you? Need more time to study, I mean?
No! My grades are pretty ok! I have time enough to study. I don't really understand...


Hmm, he probably feels threatened. He's a small guy... Never understood why he stopped coming to the gym. That was why he came here, to get bigger...
Yeah well, he stopped coming after the time he noticed he couldn't lift the weights I was lifting.
Ah! You told me about that, but I hadn't put the two together. Well there you go, he feels threatened. That's good. I think you should start pushing back a little on this...
What do you mean?
Well, he's forbidding you to do something you'd really like to do, right? Why would you accept that from him?
Because he's my dad?


Sure, he's your dad, but he's not liftig what you are lifting, right?
Right, but...
You're bigger than him now, right?
Eh, yeah, maybe...
And you've done martial arts for like five years now?
Right, but...
So...


Are you saying... I should... kick his ass?


Noooooo, silly girl. I'd never suggest something like that. All I'm saying is... you might give him a little... hint. If he knows what's good for him, he'll take it right away. Time for you to show some self confidence, girlie!


Katie had never considered something like this. At least not with her dad. But the idea seemed interesting... And maybe even realistic...


That evening in her room, she was still wondering how exactly to get more gym hours from her dad...


She definitely could ask again nicely first, she thought...


But if that didn't work... Well, she'd see. Katie took a deep breath...


DAD?!
Yes Katie, what is it?
Could you come up to my room for a sec?


What's up K?
Hey dad! Just wanted to tell you... remember that big essay I had to write? I got an A+!
Wow, awesome! Did you tell mom?
No, I just found out online...
Ok, I'll tell her!


Great work, keep it up K!
Actually dad, I thought this was a good time to discuss me spending more time at the gym...?


We already amply discussed this, no? I think three hours a week is enough. You really have to think of school first
I know dad, but that doesn't make sense... I mean... my grades are really pretty good. I wouldn't get better ones if I went to the gym more...

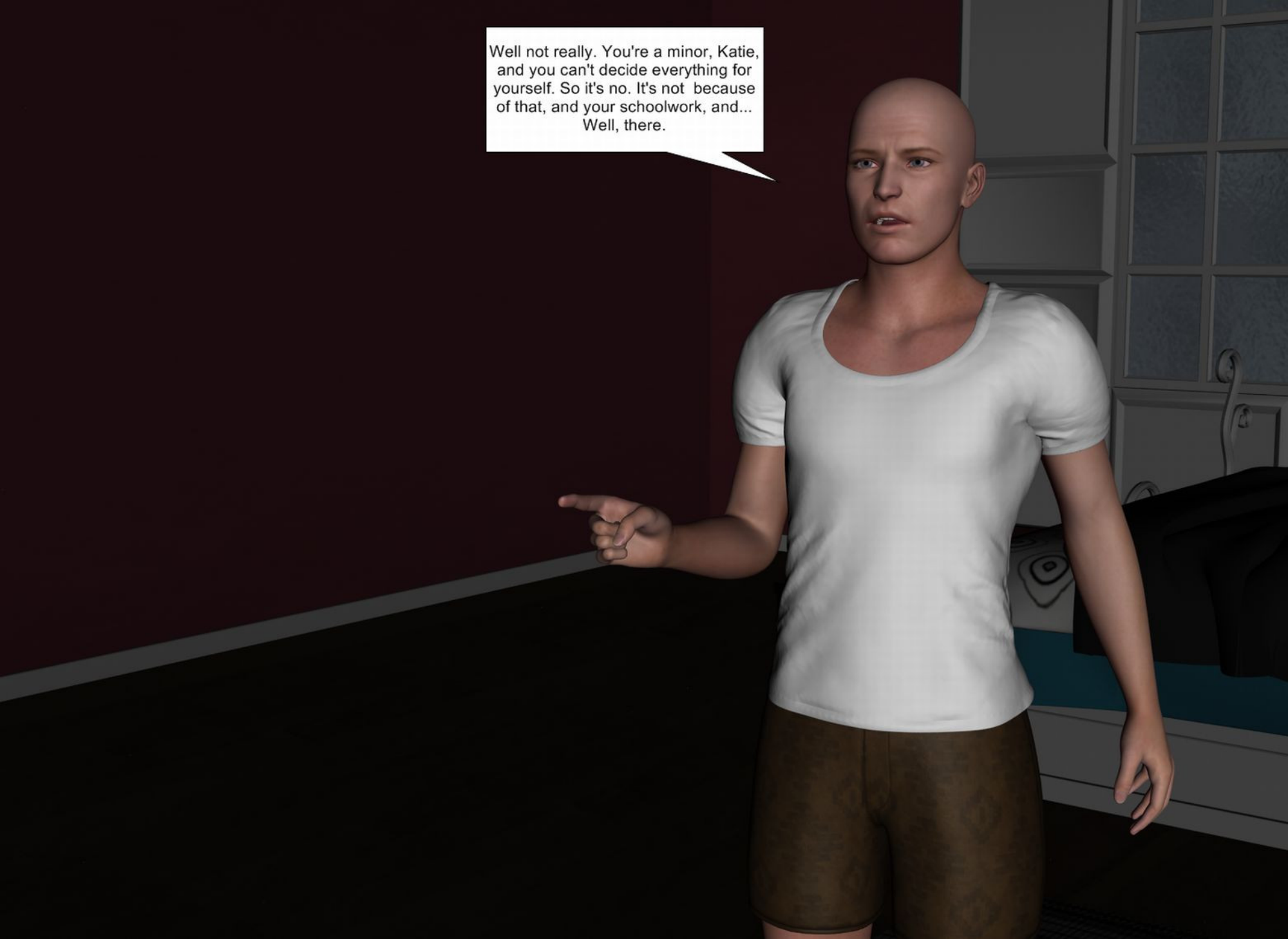

So is there... something else? Some other reason?
Well eh... Your grades are what I'm most concerned about. You'll be applying for college before you know it...
So there IS something else... What is it?


[SIGH] Well... This is a minor thing but... I'm also a bit worried about...


You know... I've seen you getting more muscular every year and... Well, most guys don't find a woman with too much muscles very attractive you know...


So I don't want you to run into problems in that field. I mean, christ, how big and muscular do you want to get if you want to work out even more than you're already doing. And then there's the martial arts too...


Dad, I think it's very sweet that you're concerned about my romantic life, but isn't it my decision to make how I want to look?


Well not really. You're a minor, Katie, and you can't decide everything for yourself. So it's no. It's not because of that, and your schoolwork, and... Well, there.


But dad!
End of discussion Katie. Please don't bring it up again in the next two years or so. After that we can see...


Once again, Katie took a few deep breaths...


What's this about dad?
Are you jealous maybe?
Frustrated?

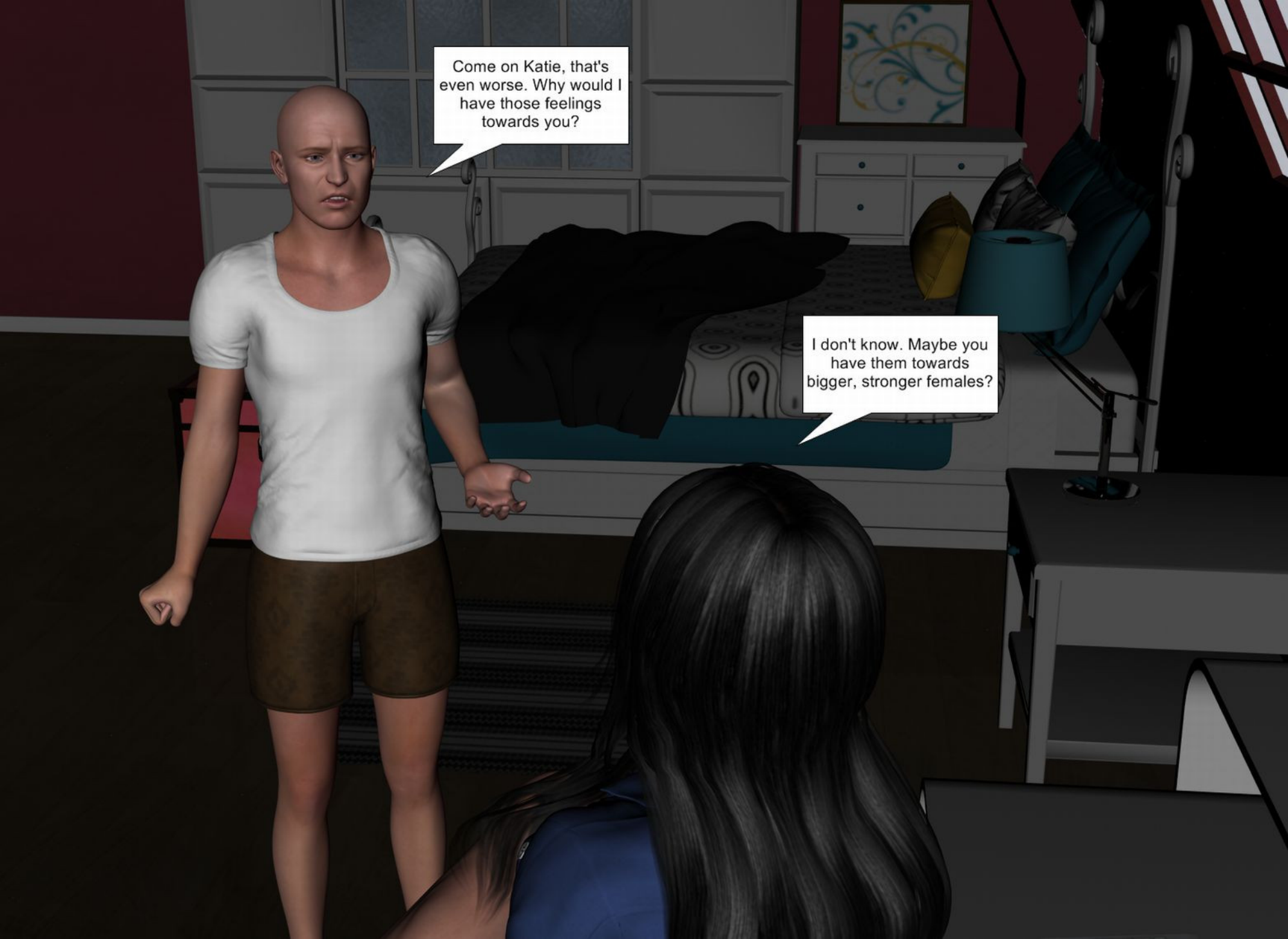

I'm sorry, but I don't see any explanation that makes sense in all your ramblings...


W-why would I be jealous... or frustrated?


You tell me dad. Maybe because you started working out to get bigger, and I'm the only one doing it?


That's ridiculous Katie. I told you the reasons. So can we cut the crap?
Well dad, if you can talk crap, so can I. So you're not jealous. Then maybe you are...


Intimidated? Threatened?


Come on Katie, that's even worse. Why would I have those feelings towards you?
I don't know. Maybe you have them towards bigger, stronger females?


I've got enough of this. You heard me Katie. We're done with this.
Hold on dad...


I just want to make sure...


That it's not about being intimidated...


I do realize that I've grown a lot and that I'm not your little girl anymore...
Katie...


And I think that my workouts are paying off...


I really like mmy triceps,
for instance.
BUT...


... I really don't think I'm big enough yet. Not by far...


Oh yes, I want to get a lot bigger... Definition is all right, but now it's time to work on MASS!


And I'm gonna grow daddy.
Whether you like that or not...


This bicep is gonna grow and grow and grow... And get harder and harder...


Actually it's pretty hard already. You wanna touch it?
Ah, no Katie, I do not want to touch it. You should...
Ah, come on dad...


There's no need to be shy... It's just my arm...
Katie, I...


Let... go of my arm!
Right away daddy, I just want you to feel it for a sec...


Let me bump your fist on it a few times, like this... Yes...


Really hard, isn't it?


OK, NOW you can go...


You... My wrist...
Oops, sorry dad, there's some power too that comes with these muscles... I don't...-


You will stay entirely OUT of that gym for the next three months, and that's FINAL!
Awww daddy... Really?


Because you're afraid I won't find a boyfriend... right?
Not another word now Katie! I'm warning you! And I'll take this up with your mother. This will not be without consequences!


Oh sure, I can guarantee you this won't be without consequences...
I'm going now. Next gym time: in three months!