
KATIE
Part 3
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where the strong girls live

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THANK YOU

JAMES

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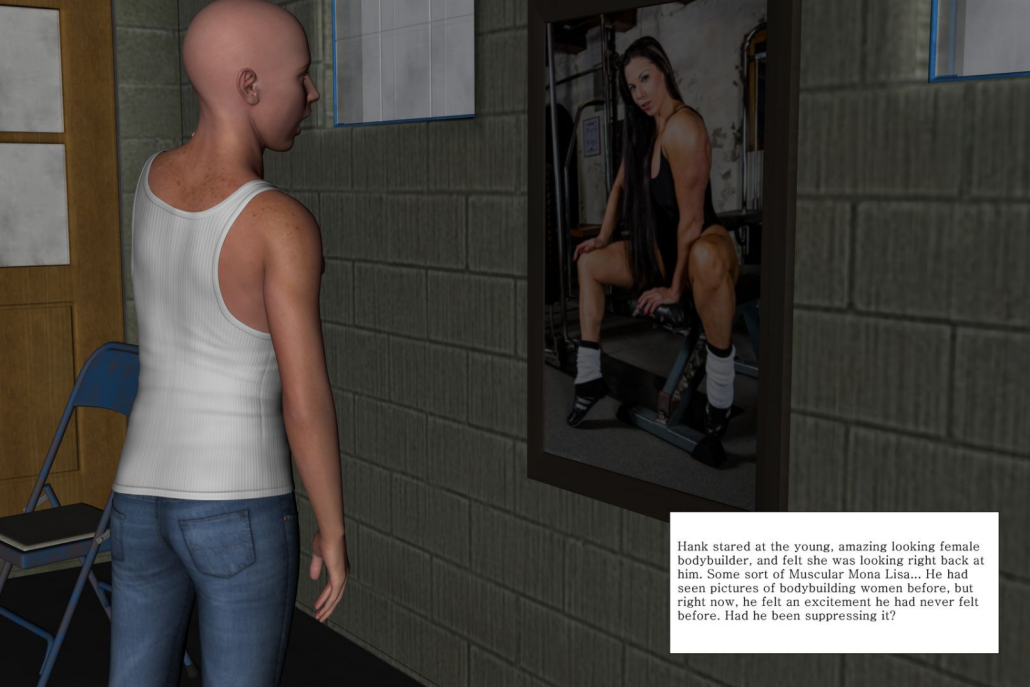

The next day, Katie had the prints made and brought them home, together with a couple of frames.

She had chosen some of her favorite bodybuilders to motivate herself to grow bigger and stronger as fast as possible. Not that she needed that much motivation, but it was also a way to make this space a bit more pleasant looking. After all, she was going to spend a lot of time here...
She had ordered the first equipment and now would have to wait a few days for the delivery...




During those days that nothing happened yet in the basement, Hank came down to see what Katie was doing with the space. Of course he had made sure that his daughter was out...


Holy crap!
Hank had seen the pictures on his screen, but seeing them printed out in large format was something else entirely...


Hank stared at the young, amazing looking female bodybuilder, and felt she was looking right back at him. Some sort of Muscular Mona Lisa... He had seen pictures of bodybuilding women before, but right now, he felt an excitement he had never felt before. Had he been suppressing it?


Hank kept staring at the beautiful woman's big muscles, and suddenly was overcome with awe. Standing in front of this big beauty, he felt very small, and wanted to...

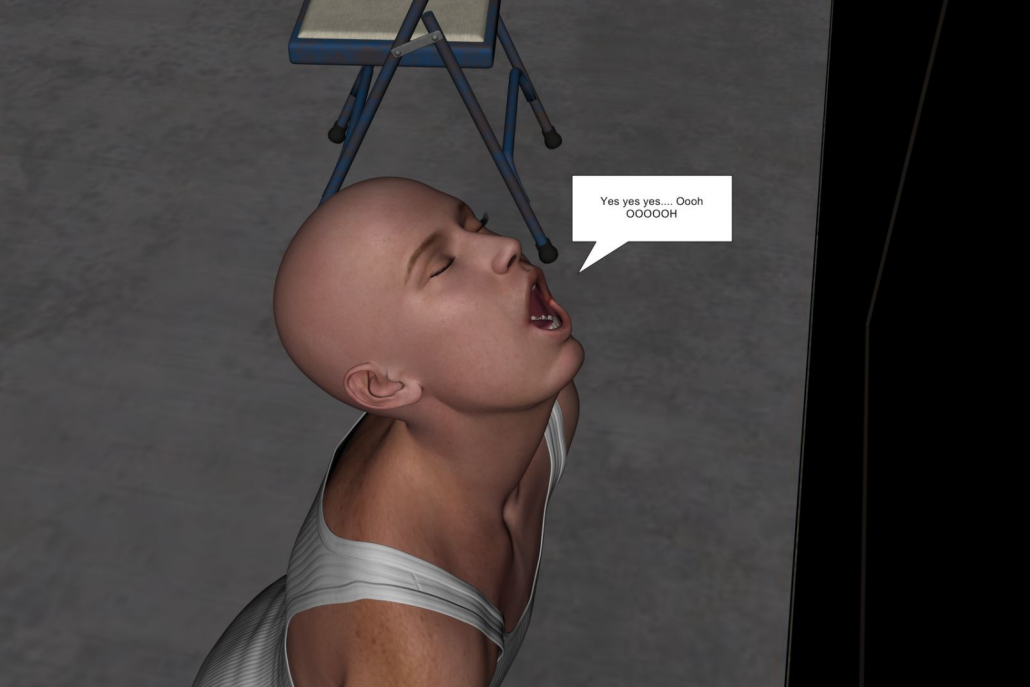

... wanted... wanted... What did he want? He wanted to feel her power. To submit to her. To worship her like a goddess... That, it seemed to Hank, was the only relationship one could have with a being like this: one of servitude and obedience

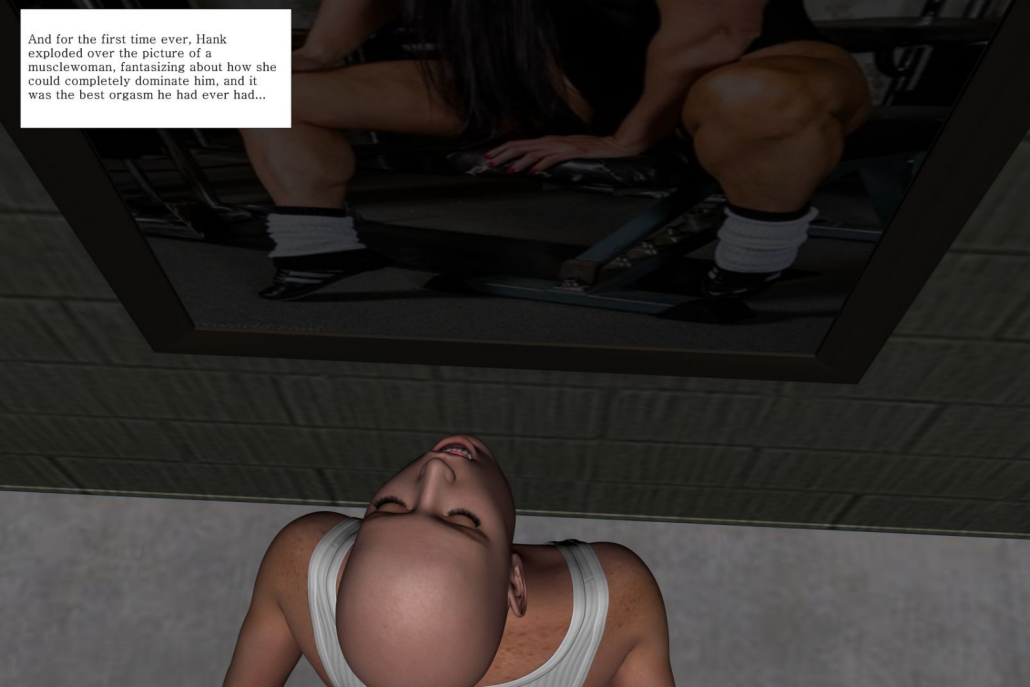

Oh my god, you're so... so big


I want to feel you... your legs, your biceps...
Feel them... around me... Feel their power...
feel my... powerlessness...


Hank felt as if he was going to explode and couldn't remember a moment in the recent past when he had been so excited... He had to... had to...


Ooooh, yes... Ooooh...
So... fucking... powerful...
Huge... Oooooh


Yes yes yes.... Oooh
OOOOOH


And for the first time ever, Hank exploded over the picture of a musclewoman, fantasizing about how she could completely dominate him, and it was the best orgasm he had ever had...


One night, not many days later...
Hi dad...


Oh hi Katie. You look... nice. Did you go out?
Just a... gallery opening, nothing special.
God she looks... hot. I shouldn't even think this...


Hey dad, know what? Today I finished my basement. You wanna come take a look? It's pretty awesome!
Oh ah... good. Actually I'm just watching this. Maybe another time, ok?


Ah, c'mon dad, it won't take long...
Katie I...


That show is playing tomorrow too. And I really wanna show you this tonight, come on.
It's probably less embarrassing if i don't resist...


So, this is my lair! Isn't it awesome?
Ah... yes Katie, it looks very nice... I mean, look at that equipment... That job must have been paying well...


Why don't I give you a little tour, huh?
Ehm, ok, quickly then.


So this here is my punching bag. All shiny and new, I just love it!


I can kick it as hard as I can and it will never complain. Unlike most people, haha


I love to kick, you know. Actually, I wonder if I can do it on these heels, never tried that... Let's see
Strong looking calves... wow


Hiiiiiyaaaa!


Hmm, easier with gym shoes, but it works. Good to know...


Hoyooo!!!


Katie was of course perfectly aware how this show of strength and skills, as well as her loud alpha-female battle cries intimated her dad. And that was exactly her intention.


In her father's eyes she could see amazement, shock, admiration, and the emotion which by now she knew she loved to see most of all in men: fear!
Oh. My. God. My daughter is turning into a muscular fighting machine...


Pretending nothing had happened, Katie continued the tour...
Here's my own personal locker. I got it second hand from the gym. I just loved the idea of having a locker here. And my fridge, for power drinks, power bars, some supplements...


Why do you need a computer to... to...
To what, dad? Say it!


to... to... b-build muscles...
Yes dad, very good. You're facing it, finally. I'm building muscles. MUSCLES!


Let's be a little bit more explicit. What am I, dad? What's a girl who builds muscles?
A b-b-bodybuilder
Very gooooood! Your daughter is a female bodybuilder, dad!


Is this how you would like to look?
Oh, Maria Wattel, a Dutch bodybuilder. Yeah, I wouldn't mind. She's an inspiration...


You like her dad? She might be a bit out of your league I'm afraid. Over six feet tall. Dangerous girl...
Six feet tall... Oh my...


And then there's my brand new bench! I'm so happy with it. I really wanted a red one... You like it?
Ah... sure...


Really dad, I don't mind if you work out here now and then. Just go easy on the weights ok? It's not because they are here that you have to use them...
Eh, yes, Katie, okay...


I think in your case your warm up weight for the bench is just the bar, ok?
BARBELL


What the fuck is this game she's playing? Is she trying to humiliate me? Scare me? Seduce me?


I'm getting to you, aren't I, little man?


If you ever wanna punch that bag, you can find gloves in the locker, ok? But check with me first. Oh, and this is my squat rack...




Squats are really essential for a muscular body. Did you know it targets the glutes, hamstrings, back, quadriceps... all with one exercise? I love it!
I see it's good for the glutes all right...


You like the view from behind daddy? My big strong back, my big thighs and calves? Do they scare you already, or should I get them a bit bigger first?


And what do you think of my biceps when I flex them, "daddy"? I got bad news for you: they're gonna get a lot bigga!


I think that concludes our little tour dad.
Oh no, wait, there's one more thing...


My mats, of course... Pretty expensive, but my workout room wouldn't be complete without them...




Actually dad... what about...
Oh no...


... you and me for a little mat action, right here, right now? To baptize the mat, so to speak...
I gotta go now Katie!


Before Katie could get hold of him, Hank bolted to the stairs and disappeared...


No problem dad, we'll do it another time. Anytime really. Have a good night!


Don't you worry my babies...


I'm sure you'll get to play with him another time!


A couple of days later, at breakfast...
So I'll be out all day, darling. If you could do the groceries, the list is on the fridge...
Okay hon...


And also if you could get the clothes from the dry cleaner and mail that package that's on the living room table... And... are you listening?
Yes sure, just... ngggggg


Trying to get this jar open... Goddammit


So goddamn weak... He's just *asking* for it...


Sleep


Give it to me dad...
That's ok, I can...


Give. It. To. Me.


Here... My hands are a bit wet...
Thanks dad. Let me help you...


So mom, you definitely should see that movie I saw yesterday, you'd love it...


It's about this lawyer doing this big environmental case...


It's by Scorsese, he's one of your favorites, right? Here you go dad...
Wow Katie, I had no idea you were that strong. Hank, did you realize?


Eh... eh.... no... I had no... idea
You lying little rat... But no worries, I'll make sure you'l get the idea some day!


I guess dad's never really taken a good look at how my biceps have grown...


I call them "bigceps", actually. I guess dad's got smallceps, hahah...
Eh, I'm gonna go get those groceries now, before it's too busy in the story...
Sleep


K, I think it's awesome how you find this passion in working out, but you know your dad is very insecure about his height and size, right? So I don't want you to rub it in, ok? Don't tease him like that...


But mom, it's so much fun sometimes... And if he's insecure, isn't that his problem? I mean...


I don't wanna hear about it K. It's enough that your dad is married to someone a head taller than him. Now if on top of that his sixteen year old daughter is already taller, more built and stronger than him... I mean, it's good to push him into some sort of midlife crisis... I know him a bit, trust me...


So no more teasing like that or talk about smallceps or whatever, you hear me?


Yeah yeah mom, ok, I'll leave him alone...


As long as you don't expect me not to get bigger and stronger just because he's small. Cause I AM gonna get a lot stronger and bigger. Like I said, I'm just getting started!


I don't care about that Katie. You can be a Miss Schwarzenegger for all I care. As long as you don't taunt your dad on purpose...
By the way, ARE you really already stronger than him?


Oh mom! Of course I am.
Aren't you?


So at a couple of months over sixteen years of age, Katie had the feeling that finally she started working out for real. She hadn't needed her mom's permission to get as big as she wanted, but it felt good to have it anyway. Also, the gym was now much closer and she could workout whenever she felt like it. But most of all, she wanted to really be able to overpower Nathan, and was getting ready for that...


Though she kept seeing her personal trainer about once a week at the gym, most of her work was done in the basement, where she not only trained, but also researched the best muscle- and strength -building exercises, as well as the ideal diet and supplements.


Sometimes she made even the hardest workout exercises more difficult, and surprised herself with her own rapidly growing strength.


With her new gym installed, Katie was soon working out up to four hours a day, six or seven days a week...


... sculpting every part of her body into rock hard, chiseled, granite muscles...


She carefully monitored her progress in the mirror, pleased with what she saw...


... loving her own muscles and beauty...


Katie loved to train with big weights, not just for the classic lifting exercises...


But also for pushups...



And sit-ups...


Katie continued her martial arts training with her private teacher, but also practised a lot at home...




Perfectioning her boxing technique...


... and training so that the whole force of her powerful, muscular body could be felt in her kicks...


A few weeks later, Katie had some more new equipment installed...
FIT-NESS


Pullups made her feel particularly powerful...


... and the excruciating one hand pullups, which made her feel on top of the world, became her... secret pleasure...


At school, Katie left everyone alone. She had resolved not to approach Nathan before she thought she was big and strong enough...
B 104
B 105
A 104
A 105
A section
LITERATURE
B section


She did make sure, though, to keep him warm and interested, by subtle glances and expressions, used very sparingly.
Hi Nathan


Oh, ah... hi... Katie...
Nathan, for his part, was way to shy to make any move...


Oh god, he remains so tiny. I wonder if he stopped growing, now, at sixteen...
B section
PHYSICS
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LITERATUR
On occasion, she tasted the feeling the ever increasing size difference between them brought her...


My god, will she ever stop growing?
It was something Nathan noticed too...

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