




# WORKING HER OUT

BY TIDY\_FOX





ALLISON LET OUT A LONG SIGH AS SHE LOOKED AT HERSELF IN THE MIRROR AND THEN TO ALL THE OTHERS WORKING OUT.

SHE'D MADE A PROMISE TO HERSELF THAT SHE WOULD FINALLY GET OFF HER ASS AND GET INTO SHAPE.

SHE HAD MADE THAT PROMISE 3 MONTHS AGO... AND AT NEW YEARS... AND THANKSGIVING AND A DOZEN TIMES BEFORE THAT.

SHE WANTED TO GET FIT, BUT HAD ALWAYS BEEN HELD BACK BY HER CRIPPLING ANXIETY- AND ALSO HER INTENSE AVERSION TO ANY KIND OF PHYSICAL ACTIVITIES!

BUT SHE WAS FINALLY HERE. SHE WAS FINALLY GOING TO DO IT!

LOOKING AT THE OTHER GYM-GOERS, ALLISON LET OUT ANOTHER SIGH.

A close-up photograph of a person's hand holding a bright pink, insulated water bottle. The hand is positioned in the center-left of the frame, with fingers wrapped around the bottle. The background is a blurred gym environment, showing a yellow wall and a green circular light fixture. The lighting is bright, highlighting the texture of the hand and the metallic sheen of the bottle's cap.

SHE CLUTCHED HER DRINK BOTTLE TIGHTLY AS HER HEART-RATE SPIKED.


IT WASN'T JUST HER FEAR OF OTHER PEOPLE THAT'D KEPT HER FROM ATTENDING THE GYM.

ALLISON, A BRILLIANT CHEMIST BY DAY, HAD SPENT MONTHS WORKING ON EXPERIMENTAL CONCOCTION... AND SHE WAS FINALLY READY TO GIVE IT A TRY.

THE LIQUID THAT GENTLY SWISHED IN HER INSULATED PINK CANNISTER WAS ACTUALLY A POWERFUL NEURO-TRANSFORMATIVE AGENT.

IF ALLISON'S HYPOTHESIS WAS CORRECT, IT WOULD HAVE THE POWER TO NOT ONLY RADICALLY OVERCOME HER ANXIETIES, BUT ALSO PUT HER INTO A HYPER-FOCUSED STATE WHERE SHE COULD GET FAR MORE DONE!

AND SO, WHAT BETTER PLACE TO TEST THIS OUT, THAN AT THE GYM: THE PERFECT SCENARIO TO TEST BOTH OF THOSE!



AFTER LONG MINUTES OF STANDING, STARING AT HER REFLECTION; SILENTLY RUNNING THROUGH ALL THE CHEMICAL PROPERTIES AND NEUROLOGICAL EFFECTS-

ALLISON LET OUT ONE LAST, LONG SIGH AND UNSCREWED THE LID OF HER DRINK BOTTLE.

BRINGING THE COOL METALLIC CAN UP TO HER LIPS, SHE INVOLUNTARILY SHOOK WITH NERVOUSNESS. HER HEART THUMPING HARD.

THE MIXTURE WAS HEAVILY DILLUTED AND SHE'D RUN THE MODELLING IN HER HEAD A THOUSAND TIMES SO IT SHOULD BE SAFE.

BUT ALL THE THEORY AND SIMULATIONS IN THE WORLD COULDN'T HOLD A CANDLE TO REAL, PRACTICAL TRIALS.

ALLISON PARTED HER LIPS AND LET GRAVITY DO THE REST.



SHE TOOK A TINY SIP AT FIRST. TESTING IT ON HER TONGUE. IT ACTUALLY TASTED... **GREAT!**

SWEET, SHOCKINGLY SO, BUT WITH A CITRUS FRESHNESS AND MOMENTARY TINGLES OF SALTINESS POPPING ON HER TONGUE.

SHE TOOK ANOTHER GULP AND THEN ANOTHER BIGGER ONE. SAVOURING THE FLAVOUR AS IT DANCED ACROSS HER MOUTH.

AND THEN IT HIT HER-



HARD.



ALLISON FELT THE WORLD SHIFT AROUND HER AS SHE GREEDILY CHUGGED THE REST OF THE DRINK.

HER FEAR MELTED AWAY AS EVERY DETAIL OF EVERYTHING IN THE ROOM BECAME MORE VIVID, SATURATING HER SENSES.

ALLISON THREW OFF HER HOODIE AND DROPPED HER GLASSES TO THE FLOOR. SHE DIDN'T NEED THOSE HERE.

ALLISON'S MIND FELT LIKE IT WAS RUNNING AT A THOUSAND MILES A SECOND, BUT SHE WAS THINKING ABOUT JUST ONE THING.


RIGHT! LET'S GET TO FUCKIN' *WORK!*

SHE WASN'T ONE TO SWEAR, BUT RIGHT IN THIS MOMENT, IT FELT *RIGHT*. SHE WAS GOING TO WORK, LIKE NEVER-FUCKING-BEFORE!



HOLY HECK I FEEL  
SO BUZZED RIGHT NOW!  
ALRIGHT-

NO HALF ASSING IT!  
I'M GOING TO **SWEAT** AND I'M  
GOING TO BECOME THE **TOUGH**  
BITCH I KNOW I CAN BE!

A woman with her hair pulled back is shown from the waist up, wearing a purple bra with a floral pattern. She is pointing her right index finger to her belly. A speech bubble is positioned above her head, containing the text "GET RID OF THIS SOFT JELLY BELLY RIGHT HERE...". The background is a brightly lit room with recessed ceiling lights. In the bottom right corner, the back of another person's head and shoulders is visible.

GET RID OF THIS SOFT  
JELLY BELLY RIGHT HERE...



GET ALL TONED AND LIMBERED UP!  
YEE-ARGHHH!

STRONG...

HAAAH

TOUGH...

AHH

CONFIDENT...

WHHH

HH



TOUGH...

ARRRR

STRONG...

HRRRK

CONFIDENT...

**UFF**

TOUGH...

STRONG...

**UFF**

**UFF**

**UFF**

**UFF**

CONFIDENT...






**YEAH!**




...zzz...ZZZZZZ...zzz...




A close-up photograph of a woman with dark hair lying on her back on a bed. She is wearing a black long-sleeved top. Her eyes are closed, and she has a slight smile on her face. A speech bubble is positioned above her head, containing the text "NGHHHH, AHHHH~". The scene is lit with warm, golden light, likely from a window, creating soft shadows on the bed and her face.

NGHHHH, AHHHH~

A woman with dark hair tied back, wearing a black suit, is lying on her side on a bed with white linens. She has a confused expression, with wide eyes and an open mouth. A speech bubble is positioned above her head, containing the text "WH- WHA... WHERE... WHAT'S GOING ON?". The scene is lit with warm, golden light, creating soft shadows on the bed.


WH- WHA... WHERE...  
WHAT'S GOING ON?

A woman with her hair in a bun, wearing a black hoodie and black shorts with a pink waistband, is sitting on a light-colored sofa. She is looking off to the side with a surprised expression. The background shows a window with a view of green trees and pink blossoms. A speech bubble is positioned above her head.

WOAH, WOAH...  
WHERE... I'M HOME.

I'M HOME?

WHAT... HOW...

A woman with her hair in a bun, wearing a black hoodie, is sitting on a couch. She has a pained expression with her eyes closed and a grimace. A speech bubble is overlaid on the image, containing text. The background shows a window with blinds and a lamp.

AHHRKK, OH- OH GOD.  
EVERYTHING HURTS!  
WHAT THE HELL IS GOING ON...

ARRRK! EVERY  
MUSCLE IS SO SORE!  
LAST THING I REMEMBER WAS...

THE GYM... THAT'S RIGHT.  
I WENT TO THE GYM AT  
MIDNIGHT AND...

**CREAK**

**CRACK**

HMM, WHAT'S THIS?  
DID I COOK THIS AND...



HEY BABE!  
I WANTED TO GET THIS DOWN IN CASE THERE'S ANY  
MEMORY SIDE-EFFECTS OF THIS JUICE.  
IT IS ABSOLUTELY BRILLIANT!  
I FEEL AWAKING! WE JUST HAD THE BEST WORK OUT  
AND WE ARE TOTALLY SWITCHED ON RIGHT NOW!  
LET'S KEEP THIS UP. LET'S KICK SOME ASS!  
  
LOVE  
ALI ♡

WHAT'S THIS NOTE...  
DID I WRITE THIS?



HEY BABE!

I WANTED TO GET THIS DOWN IN CASE THERE'S ANY  
MEMORY SIDE-EFFECTS OF THIS JUICE.

IT IS ABSOLUTELY BRILLIANT!


I FEEL AMAZING! WE JUST HAD THE BEST WORK OUT  
AND WE ARE TOTALLY SWITCHED ON RIGHT NOW!

LET'S KEEP THIS UP. LET'S KICK SOME ASS!

LOVE

ALI ♡

THE... JUICE?




JUICE...

THAT'S RIGHT, I TRIED  
THE ENDORPHO-LIMBIC-  
FLOW STATE ENHANCER...

AND IT'S NOW... 10 HOURS  
LATER.

AND MY ENTIRE BODY  
ACHES...



I ACTUALLY DID IT~  
I DID A WORK OUT.  
APPARENTLY AN  
INCREDIBLE WORK OUT!

A LITTLE HAZY  
ON THE DETAILS BUT...  
I ACTUALLY DID IT.

AND THE THE ENDORPHO-  
LIMBIC-FLOW STATE  
ENHANCER REALLY DID IT.

THE JUICE...  
**WORKS!**



*OW OW, OH GOD!  
OW, GEEZ!*

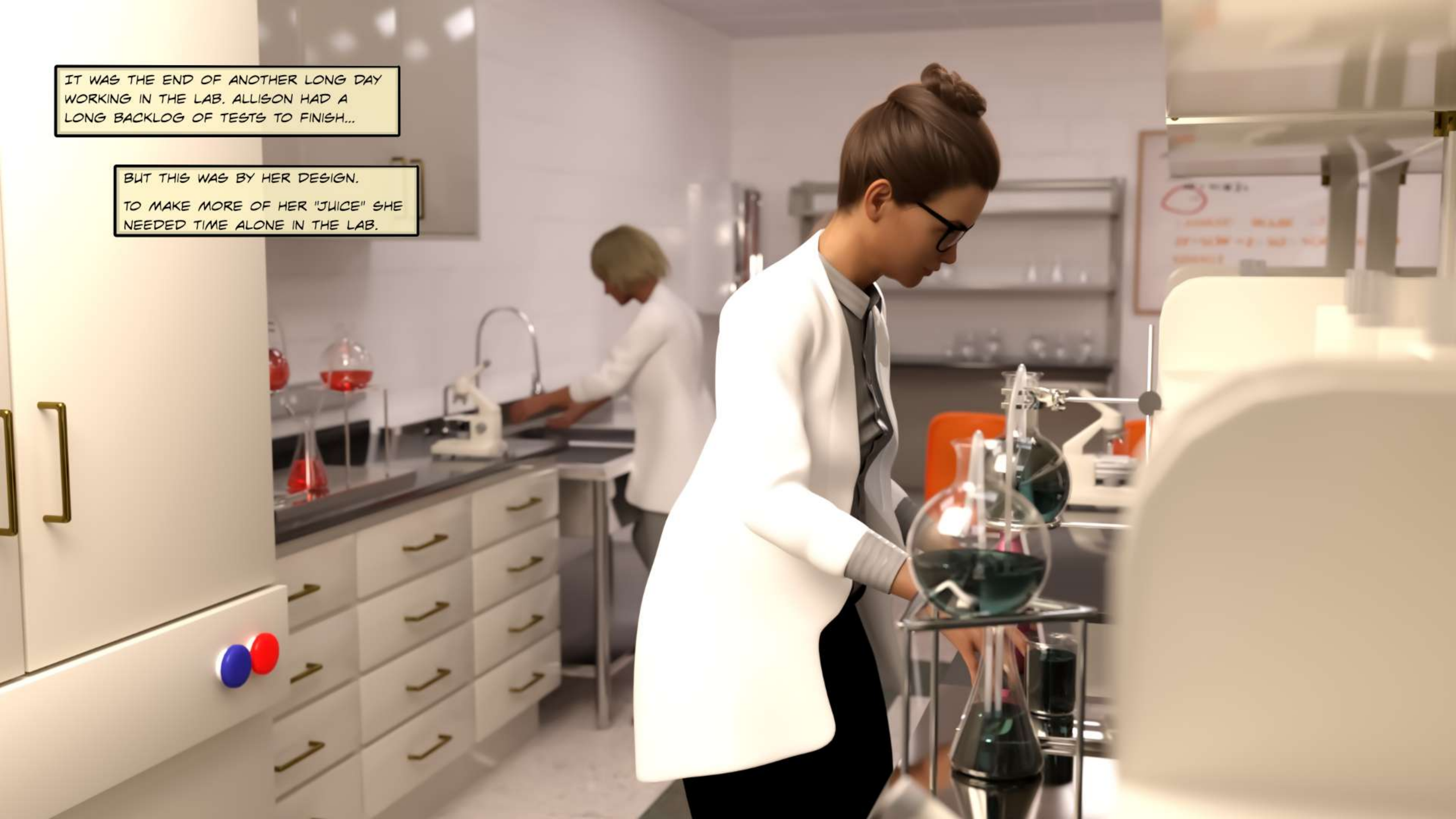



A woman with her hair in a bun, wearing a white lab coat and red gloves, is working in a laboratory. She is looking down at a piece of equipment on a lab bench. The background shows various lab equipment like beakers and flasks on shelves. The text "AND SO LATER THAT WEEK..." is overlaid in the center in a bold, yellow, comic-style font.

**AND SO  
LATER THAT WEEK...**

IT WAS THE END OF ANOTHER LONG DAY  
WORKING IN THE LAB. ALLISON HAD A  
LONG BACKLOG OF TESTS TO FINISH...

BUT THIS WAS BY HER DESIGN.  
TO MAKE MORE OF HER "JUICE" SHE  
NEEDED TIME ALONE IN THE LAB.





I'M OFF!  
DON'T WORK YOURSELF  
TOO HARD ALLISON!

SEE YA, JANET.  
ONE LAST TASK  
FOR ME TO DO!

SO SHE'D MADE SURE THAT SHE  
WAS "BEHIND" ON HER WORK AS AN  
EXCUSE TO STAY BACK AT WORK.

AND THEN IT WAS ONLY A MATTER OF  
WAITING FOR THE OTHERS TO CLEAR  
OUT FOR THE EVENING.

FINALLY, IT WAS JUST ALLISON  
AND THE LAB EQUIPMENT.

AND SHE WASTED NO  
TIME GETTING INTO IT.





EVEN THOUGH HER DAY WAS  
ENDING. HER WORK- HER REAL  
WORK- WAS JUST STARTING!