

The Trainer

“Happy New Year!” the partygoers shouted as the big clock tolled midnight. Around the world at that moment billions of people planned (and subsequently broke) their resolutions for the new year. However for a tubby little country bear. This year wouldn't break him.

The year started hopefully for young Theodore. He'd finally left home at the optimistic age of 21 and moved into the charming town of Felistone. A Quaint little place with all the amenities to start a new life with. Alongside a cute little apartment near the main square he'd also managed to acquire a gym membership. Lucky for him the first month of membership was free, not only that but the Gym was only a few minutes away. A few days into living his new life he took a brief stroll and arrived at “Canis Gym”. The building was 3 floors high and screamed “modern workout environment” This was definitely the place to fulfill a get fit resolution for sure. After staring at the behemoth building for a good few minutes he finally decided to head inside.

One brief exchange and signing up with the receptionist later and Theodore headed into the main Gym room. The walls were lined with expensive treadmills and weight lifting benches, and the more central areas of the room were dedicated to yoga and arm workouts. Theo had set himself up on one of the weightlifting benches, deciding to start with the lighter weights he began to lift.

Minutes of lifting became a few hours as the gym slowly began to fill with other fitness-enjoyers and a few others had begun to gather around the yoga area and prepared to start some full body aerobics. That's when she walks in... A Thin Spry bright-eyed Golden retriever girl in a pastel pink tracksuit enters the room and instantly catches Theo's eye. For some reason, the way she walked from her cute little facial expressions, to her poofy butt... He just couldn't keep his eyes off of her as she conducted her yoga class. The day stretched on as Theo cherished each moment she got to admire this girl. Until eventually the yoga students all left the gym. Theo just sat there, not even trying to lift any weights anymore, just staring at her and fantasizing.

Theo was snapped back to attention by a hand on his shoulder. “Hey, buddy. The Gym is closing” It was her! The Golden retriever girl! And she was talking to him! The girl continues speaking “I saw you watching my class today, I'm hosting a smaller session tomorrow if you'd be interested, but also you do need to leave now” she smiled sincerely at Theodore, he knew right now he had to talk to her, to win her over! So he prepared... and spoke. “THEODORE!” he quickly said, staring her directly in the eyes. Oh dear god what had he done, that was so stupid, so immature, so- “Daisy” she

replied, leaning a little closer with a wink. Daisy, he'd keep that name engraved in his mind. And with that, she gently ushered him out of the gym and went home. That night felt like Christmas Eve for the soon-to-be gym enthusiast, he just couldn't wait for morning to arrive.

Eventually the morning did arrive, and just as quickly as his alarm had been turned off, Theo was already out of the door. With a spring in his step he jogged on over to the gym. After quickly saying a brief hello to the receptionist he went inside. The room was almost entirely empty, the only presence in the room being... Daisy. Daisy immediately approached the bear as he began to sweat bullets. "G-guess some of the others are going to show up later?" he stammered out, heart pounding in his chest. "Not today, Theo. It's just us" she said, her hand on his shoulder. Theo felt like he was going to faint, just the two of them? Together?? This was like a dream come true for the bear, like his whole life was leading towards today! Wait, how did she know his name? He quickly glanced behind him, even the receptionist was already gone, they really were alone... "However-" she continued "i think it would be a waste to take up all of this space with just you and me, so we're going to go to my place instead, i've got my own gym there." Yep, He was definitely going to faint, well he would have, if she hadn't been there to motivate him to stay awake.

Without hesitation he followed the adorable retriever to her limousine, as they opened the doors he noticed how the only seats available were oddly... toddler safe but in adult sizes? Theo just assumed that Daisy must have been a bit of a safety enthusiast. As the driver buckled both of them into their carseats Theo snuggled in a bit and got weirdly comfortable. He could maybe even get used to this. The ride to Daisy's home was short but memorable for the bear, he'd definitely be more than willing to try such a secure comfortable seating arrangement again. They eventually arrived at their destination, were unbuckled from their seats, and were let out of the car. As the door to the vehicle opened, the home of Daisy came into view.

In front of Theo stood a 5 story tall Mansion. He stood there for a moment, jaw firmly planted on the floor, in awe of the wooden behemoth he was about to enter. "Yeah, it's nice right? Daddy bought it for me!" she says in her usual peppy upbeat tone as she grabs his hand. They both enter the building, Theo following her lead. Daisy glides effortlessly through the maze of hallways and expensive furniture with her new favorite customer in tow. Together they finally reach Daisy's "Workout Room" which is a fairly spacious area filled with gym equipment, yoga mats and a giant mirror covering the back wall. After admiring the room for a moment, Daisy quickly grabs Theo's attention once more. "I think we should do a little warm up before we start, okay Theo?" Theo

only nodded in response. Daisy quickly produced two wireless earphones from her tracksuit pocket and placed them in the timid bear's ears. "Good boy"

Theo felt another rush of butterflies in his stomach, he'd do anything to hear her say those words again. "Now this is a little workout playlist I made for you, so i'm gonna need you to stand across from me on these mats, and listen to what i say, just go with the flow of the music!" She led him over to the yoga mats and they began to stretch together. She kept hold of his hands as he listened to her words. "Arm stretch... Leg stretch... Good boy, keep going now". He felt his body and mind getting more and more relaxed "Just let those worries and stresses go, arms up now, that's it, good boy" he was so entranced by her, he barely reacted as he felt himself being undressed. "You're doing so well Teddy bear, just a little more warming up, now put your hand by your mouth, put your thumb out, and suckle on it" The drowsy bear didn't even put up a fight, he'd do anything for her. "That's a good boy, so well behaved and obedient... You're gonna be such a good big bro for me" Theodore began to relax against her, both of them laying together on the gym mat as her new "big bro" began to form a puddle from his ravenously tenting workout shorts.

A few hours later they both began to stir, woken up from their gym snuggling time by one of Daisy's butlers, still in his dazed stupor, Theodore began to look around for Daisy... his little sis, and soon found her behind him. To get more comfortable for sleep she had stripped down to a little pastel bra and an absolutely swelling diaper. A small voice at the back of Theodore's head tried to tell him that this wasn't normal. But that was just silly, of course his little sis wears diapers! Heck, Theodore himself should have been wearing some at the time. But clearly he wasn't (the big yellow stain on the gym mat proved that evidently) so of course he was no stranger to being a diaper dependent gym goer, after all that's how it had always been.

The butler took them both upstairs to the nursery they shared and began to change them both, somehow the butler looked both vacant, yet caring. As if the man who visited the home originally hadn't been quite how he was for a very long time. Once again Theodore's fogged up mind dismissed this theory immediately, he knew he could trust his little sis always and forever. On the itinerary for the day Daisy had an important fashion shoot to go to for her new line of gym clothing. So of course her big bro would be coming along for the ride, you never know when danger could strike such a small girl so having him nearby was always a benefit in his eyes. Luckily for Daisy this specific line of Gym clothing was not for the general public, most of it wouldn't even be used for working out. This set of outfits would be purely for the horny crowd, a large array of Gym-inspired bondage and suits for all of the sweaty musky Gym rats to obsess over.

And now she had her big bro, she'd even have someone to model the bigger sizes and builds~

Later that day both of them arrived at the set for the photo shoot, Theodore was so excited that his lil sis had finally allowed her big dumb bro to be in the pretty pictures she loves to pose for. Whilst Lil sis got her modeling stance ready the crew behind the camera's had set up a small "sister protection area" for Theo to watch her from, the stomach high gates and pastel barriers would ensure any distraction from watching his sis wouldn't be able to reach him. Of course the little toy trains and rattles kept him from getting bored. After a dozen more photos an assistant came over to fetch him, opening the gate with what appeared to be some kind of magic lock opening power, atleast to a now dimwitted Theodore.

After a good minute of crawling (for some reason walking had gotten very hard for the teddy bear) he'd finally arrived at his lil sis's side, they both hugged and posed for the camera. **Flash** Wait... What was he doing here? And why was he in a... a diaper? Theo began to panic, he didn't know where he was or why these people were taking pictures of him. Daisy had begun to see this too and quickly hugged him close, whispering in his ear just as she did the day before. "Shhh now, Good boy, that's it, just stand up with me" Why was it so hard to resist her? Maybe he should just give in. Theo reluctantly let Daisy guide him to his feet, it's not as if he knew how to run now, he could barely even toddle. She held him close and cupped his diaper seat. *"Push Big Bro"* Without hesitation Theo assumed a toddler squat position and immediately began depositing warm mush into his awaiting pampers. Gosh it felt so good, any doubt of his lil sis's words was almost fully gone, but she wasn't done yet. This time she'd make sure his "potty trained adult" persona would never be coming back. She began to rub the front of his clearly tenting diaper, over and over letting him thrust into her hand as he humped into his mucky pampers, the sweat, mush and pure love he felt all coming to a complete satisfying *"Spurt"*. His Diapers filled with wave after wave of cum as his adult mind was fully deposited into his diapers. He moaned out an empty minded "Duhhhhhh" of love. He'd never leave Lil sis's side EVER again.

The End.