Generic Muscle Wizardry

By zellat451

Version 1.1

There once was a world, Jumper, where magic was as simple as it was effective. Where wizards would tone their body to the limit to master the arcane arts. A world of muscle wizardry.

Is it a world you know of? Is it someplace new entirely? Regardless, remember the rules of Muscle Wizardry, they will follow you for the next ***ten years****.*

First, never skip leg day.

Second, don't lift on an empty stomach.

Third, knowing is half of the battle, the other half is violence.

With that said, welcome, Jumper, to your Generic Muscle Wizardry adventure! Have these ***1000 Muscle Points*** *and be on your way.*

Your Perfect Abs

Rejoice, O' Muscle Wizard, for your form has been handcrafted to your desires. Your shape, likeness, age, appearance and sex, everything you can think of was remade just as you wish.

So long, of course, as you remain within the physical limits of a human being. It is impossible for you to choose anything which would make you greater than that from the get go here... Unless we are speaking pure physical power.

Very well, you may choose ***whatever species you wish*** *as well, on two conditions:*

First, this species will only confer you a physical advantage and nothing else. Training boosts or enhanced senses are fine, but natural fire is not.

Second, for every order of magnitude this new body naturally places you above the average human being, you will pay **200MP**.

...By which I mean: Jumper between two and ten times as stronk as human? Jumper pay 200MP. Eleven to a hundred times as stronk? 400MP. A Thousand? 600MP. And so on.

Za Warudo

If you use this document as a supplement, skip this section... Or go through it anyway and make them work together somehow, your choice!

For every section, you can either make one selection of your choice, or roll for it and gain **+50MP**.

Prevalence Of Magic

How common is magic in this world, exactly?

1. Uncommon

Magic is a pretty uncommon gift, actually. Maybe you have to be born in the right family, maybe it's a freak accident... Regardless, you'll be pretty hard-pressed to find more than a few thousand wizards in the same country, or even a hundred in the same city.

2. Common

Well well well, that's a lot of peers you have, Jumper. Why, magic is a pretty common thing around here, in fact. 5%, 10%, upwards to a quarter of the world population can use it.

Whether they do or not is another matter entirely, but you can expect to cross paths with multiple potential wizards every time you go outside.

3. Everyone

Not so much 'everyone' as 'a whole lot'. Really, it means that anywhere between 50% and 100% of the population has the potential to use magic. That could lead to some... **Interesting** societies, in the right context.

4. Free Choice

Congratulations, you get to choose exactly how this works. Beyond choosing any of the previous categories, you can make up whatever you want. Have fun with that.

Knowledge Of magic

Are people aware of the existence of magic? (This has an influence over the development of 'Magical technology'. The more it is known, the more it will be used for.)

1. Hidden

Not so much, no. Actually, the existence of magic is a pretty big secret that's being actively enforced by those 'in the know'. Depending on how many people have the potential to accidentally discover its existence one day, this could translate into a scary amount of competence in taking care of 'leaks', so to speak.

2. Open Secret

No one is really trying to hide it, but no is really screaming it out from the rooftops either. Magic exists, big deal, what's for dinner tonight?

Few people are even aware of the fact, but that's only due to how few people actively talk about it in public. If you take the time to dig up the right information or find your local magical communities, then you could easily gain conversation partners on the subject, even with no magical potential of your own.

3. Public

Let's just say that it's kind of hard to ignore your favorite idol juggling boulders on scene, or the very serious position of Court Magician in the presidential house.

Regardless, magic is now in the public eye. Entertainment, businesses, news, even employment... Magic is simply a part of life.

4. Taught

It's not just public, it's actively taught. There are institutions of learning dedicated to teaching the arcane arts to eager students. In this case, magic isn't just a skill, it is a way of life for many.

5. Free Choice

Or maybe it is something entirely different. You get to choose how knowledge of magic is treated in your world, down to the smallest details.

Power Levels

And, how powerful is a wizard exactly?

1. Barely Superhuman

As it turns out, 'magic' is just the excuse that gym enthusiasts use when they want to marathon all of the presses and machines in groups. You could be forgiven for thinking that it is actually the case, but people might still ask questions about the well-muscled teenagers deadlifting as much weight as a grown adult. Still, it doesn't go much further than that.

2. Street Fighter

Wizards are obviously stronger than normal men. Even untrained in martial arts, they can take on a group of a dozen or so fighters at once and come out of the fray victorious after a few minutes. Common weaponry barely has any effect on a well-trained wizard, as wooden clubs break on their body, metal bends over these beautiful abs, and sharp edges barely sink past a layer of skin as if hitting a thick tree.

3. One-Man Army

At this level, a wizard can ~~train~~ learn to the point of becoming a one-man army. They can fly across the battlefield in a couple jumps, strike faster than the untrained eye can see, take down heavy vehicles of war head-on with a few well-placed punches, tank hails of bullets and medium-power explosives with nothing to show for it, and essentially keep on coming for more even after fighting all day.

4. One-Punch Wizard

Magic can raise a man beyond their kin. Enough magic and training can see a wizard imitating a nuke in pure firepower. Though few are the ones developing their gifts to such a degree, it is true that a powerful enough wizard can raze half of a large city in a single punch, flattening the second half from the shockwave alone. And what they can dish out, they can take with nary a flinch.

5. Gods In The Flesh

Wizards can reshape planets. That is a fact of life. Erasing countries from existence with a slap, cracking continents with a stomp of a foot... Or even moving the world out of orbit with an

all-out assault. Wizards can train to become what can only be called gods, if they are talented and determined enough.

6. Flexing On The Universe

Limits? What **are** 'limits'? You must be mistaken, Jumper. Magic doesn't have limits, or boundaries, or anything of the sort. If you wish to destroy a galaxy by flicking a finger, you can train to get there one day. Create a universe by flexing? You can do that too... And so can anyone else, if they train hard enough.

7. Free Choice

As always, you can choose whatever you want the upper limit to be. Or if there are rules, triggers, a specific path to follow... Whatever the case, it is your choice.

Technological Levels

Finally, what about the scientific part of the world? (This has no influence over the development of magic.)

1. Stone Age

Not very developed. In fact, not developed at all, really. Technology just doesn't seem to have ever taken off, in this world. Perhaps a consequence of living alongside magic... Perhaps not.

2. Swords, Squats, And Sorcery

Well, at least they know how to work their metals. Castles, fiefs, kings and queens, horse-riding into war, archery, knights... The whole shebang. Only this time, there's a bit of magic added to it.

3. The Weights Of Industry

People are starting to understand how to harness steam and electricity. Mathematics is quite well-developed at this time, so are the fields of medicine and education, to a point. Magic may have changed a few things, it may not have. Regardless, high-speed transportation is readily available across the world... As are a few telegraphs.

4. Digital Dumbbells

Information age, already? How convenient. Computers, digitalization and transfer of information, cameras, cybersecurity and attacks... There is far more comfort to be found here, but also far more dangers.

5. Techno-Muscles

Far more developed than in the Information age, actually. You'll see technology being far more energy efficient and common than it

should be. As a result, it has become part of the culture to just... Replace the fleshy parts of yourself with better, technological parts. How **that** played out with Muscle Wizardry should be interesting to witness.

6. Space Opera

To infinity and beyond, Jumper! Forget this space rock you once called home, there's an entire galaxy out there! ...Well, a universe really, but the galaxy is all that's easily reachable at this time. That may change quickly depending on your choices here.

7. Free Choice

And one last time, you may choose the world's technological development as you wish. Keep in mind that it has no impact on its magical development, **that** will remain a surprise until you arrive. Although you can still get a good idea of it based on your other choices here.

Perks

By virtue of Muscle Magic, you get two Discounts per price Tier. Discounted 100MP purchases are free. You can use your discounts on lower price Tiers.

Undiscounted

★ Magic And Muscles (Free / Mandatory)

The path of a Muscles Wizard is a path of Magic and Muscles, Jumper. After all, Magic ***is*** *Muscles. There is no difference.*

You gain a small well of magical power, barely enough to be considered a wizard, but it can be grown through physical strain and training. In fact, you may replicate all physical gains you make onto your magical growth, having both develop equally. Your magical and physical power will from now on always be perfectly equal, for they are the same thing to you.

As a logical consequence, your magical or physical power will not suffer from disuse so long as one of the two is still being trained.

Essentially: magic power or muscles, magical or physical, it's all the same to you. This is reflected in the effect of your Perks as well.

All of this magical power can be used for something eventually, should you care to learn and experiment for a few decades. However, physical reinforcement is instinctive and has no upper limit.

★ A Unique Build (300)

The nail that sticks out gets hammered down? Not for you, Jumper. In fact, the more 'unique' you are in a group of people, the more positive your reputation among them will be. It doesn't matter that your qualities are not what they are searching for, only that they do not possess them but ***you*** *do.*

As a hulking beast in a group of scholars, your opinion will be valued and your wisdom heard in the rare time you can follow the conversation. As a literate person in a village of barbarian, you'll probably be their leader.

★ Muscular Madness (800)

Your muscles are... Abnormal, Jumper. Somehow, someway, your muscles have been granted the power to warp reality to a certain extent.

This starts rather weak, allowing you to strike at things that you should not be able to touch, like ghosts. The more powerful your muscles grow, the more powerful this property of theirs becomes, allowing you to do truly incredible things.

Grow powerful enough, and you might just learn how to punch through dimensions, do a standing long jump in time, squat gravity into submission, bench press a black hole into existence, and even flex the injuries out of your body.

100MP Tier

★ Molded Muscles (100)

Perhaps you don't care to look like a giant meatball of pure muscles. That's fine, and perfectly understandable, really. It is also fortunate that your magic has granted you the ability to separate your physical power from your physical appearance.

It doesn't affect how much gains you can make from lifting that dumbbell, nor does it modify your appearance beyond your muscle mass, but it's still something.

★ Muscle Arts (100)

Though physical power is a part of it, the path of a Muscle Wizard is also one of flexibility, or control, of **technique**. Martial arts are your bread and butter. You are already a master of a mundane style, but you have the talent to learn many more in your lifetime. What takes others decades, you master in years.

★ Butter-Free Fingers (100)

Your grip is the closest thing to unbreakable. What this really means is that so long as you are conscious, you can only willingly let go of whatever grip you have on anything.

Well, if you're gripping on something alive they might just shake you off, but you can kiss goodbye to white chalk or sweaty slippery hands on your training machines, bars, and weights. And you won't drop the soap anymore I guess, but that's less important.

★ Auto-Clean (100)

Somehow, all 'dirty' and 'gross' things on your body just disappear after a few minutes. Sweat, dirt, grime, dust, blood... All of that and more. Just give yourself five minutes, and you'll be as clean as you'd be right after a shower.

It doesn't help your clothing, however.

★ F. A. B. U. L. O. U. S. (100)

The Fabulously Attractive Body of Uncoiled Legendarily Overpowered Ultimate Strength is a physique of myths that is only seen once in a millenia, heralding the coming of the next Muscle Archwizard upon the world. It is a physique of greatness, perfection, and Muscles incarnate that is admired by all without fail. And it is... NOT what you have.

Unfortunately, you are not the Honored One, Jumper. You can, however, achieve a modicum of this sheer fabulousness through flexing in increasingly ridiculous ways. Your bulging body captures one's attention without fail, keeping them wondering just what kind of power may be contained in there, if only for a moment, their

own mind conjuring illusions that only embellish your herculean body further. The stronger you are, the more powerful the effect.

Why, with enough muscles, you could capture the attention of an entire crowd with a single flex, and make them see crashing waves underneath a sunset as you do so. Or showers of sparkles, if that's more your scene.

200MP Tier

★ Iron Will (200)

You have the determination to keep on pushing, to keep working towards your goal despite the pain and the promise of relaxation. So long as you know what you want, you can ignore all momentary distractions and keep that desire burning.

However, some things can still break you. It would just take a lot more work than it would for anyone else.

★ Muscles For Days (200)

A muscle wizard trains out of habit, necessity, enjoyment, and a whole host of other reasons. Or perhaps no reason at all. Who needs to justify hitting the mats once in a while? Still, if you're going to

train these beautiful muscles of yours, you might as well do so efficiently.

You have a secret for efficient training. Simply put, you can assign a specific body part for every day of the week. They don't have to be different ones, you can have all weeks full of leg days if you so wish. Regardless, on your defined day, all muscle groups on this body part will benefit from about a tenth more gains from training as they normally would.

Nothing is stopping you from deadlifting on torso day, of course, but you'd get more out of that day's session by focusing on abdominal crunches.

You can swap the days around at the start of every month.

★ I Know My Limits (200)

And you have none! Congratulations, you are now incapable of harming yourself through physical training. Well, nothing is stopping you from stabbing yourself or similar, of course, but overtraining is now a thing of the past.

Just keep in mind that being incapable of harming yourself through overtraining doesn't mean that you won't run out of energy or starve yourself at some point.

You can turn this off at any time, if you so wish.

★ Brute Force (200)

You just have that effect on people, you know? That effect where they just stop trying to understand what's happening whenever you're involved. It's just par for the course for the Jumper at this point.

There was that time when you ran alongside cars on the roads instead of taking the bus to school. And the day when you threatened the magic test paper instead of casting the spell you were supposed to. And also that moment when you punched a beast into compliance instead of taming it. And how could we forget you moving your entire house to another plot of land instead of moving the furniture like normal people do?

The point is, it was done, it all worked out, so no one cares. Yes, so long as the problem is solved, it doesn't matter to people ***how*** *you*

took care of it, no matter what impossibility you showed off while doing so. The problem is solved, everyone moves on with their day. End of story.

Now do keep in mind, they might not care how you solved a problem but they **will** care about whatever crimes you commit while doing so nonetheless. No free pass on morality here, Jumper.

★ True Credentials (200)

Making a living as a Muscle Wizard can be quite difficult in modern times, where strength is not a requirement nor in great need. For you, this will never be a problem. From this moment on, the only credentials you need for any job is your physical strength. Forget about diplomas, skills, hobbies, experience, or even personality traits. A Muscle Wizard like you only requires their own muscles.

So, anytime you write a CV or go to an interview, simply give a good flex, the best flex you can give, and your qualifications for the job will be decided based on how your muscles compare to the other potential interviewees. Nothing else will be considered.

Of course, this does not help you actually **do** the job, or keep it. Muscles are not, in fact, the answer to all of your problems. **Unless...**

You can turn off this effect at any time, if you'd rather let your more mundane credentials speak for you.

400MP Tier

★ Arcane Might (400)

Do you know any other form of magic, Jumper? Well, a proper muscle wizard can't be seen flinging spells around, can you? Which is why you have been offered the once-in-a-lifetime opportunity to display the true power of your arcane might!

Essentially, you can now channel all powers and spells you can use through your body, be it by punching them out and wearing their effects like gauntlets, flexing magical barriers into existence, cursing your opponent with sword swings, or something else entirely. If you can use a spell, you can display it as a physical action using your muscles.

This will work very strangely depending on the magic in question, but it ***will*** *work without drawbacks, somehow. This also has the benefit of letting all of these powers benefit from your muscles' strength, which means that all spells now have a physical impact of some sort.*

★ Safe Suplex (400)

Super strength has its dangers, Jumper. Try to pull someone away quickly enough and watch as you rip their arm off, miscalculate a jump and smash an innocent through a few walls, attempt to german suplex an enemy into the ground only for their ribs to be crushed and their head to split open...

Well, not for you. That just never happens. In fact, you are completely incapable of harming anyone by accident with the pure physical strength from your muscles, even by proxy.

★ New Age Wizard (400)

With the advent of technology, it is time for Muscle Wizards to adapt themselves and their magic. So what if muscles are torn away and replaced by metal? So what if cybernetic implants cannot

grow with training? Your muscles are magic, Jumper, and your magic certainly can grow, which means...

Yes. Yes, you can. Yes, you can make your prosthetics stronger or more flexible through training. Yes, you can still make gains from squats with your cyber-legs and titanium buttcheeks. Yes, your synth-muscles can grow more defined and powerful from strain.

So long as it is part of your body somehow, then it counts as a biological equivalent as far as you're concerned. Training, healing, sensations, Perks... It all works just fine, be it with your normal limbs or your mechanical replacements... Or more esoteric parts, like an arm made out of pure fire. If you can move it, you can train it.

You can selectively exclude specific parts of you from this effect at will.

★ Complete Set (400)

You have seen muscle training applied to magic, to brains, to technology even... And now you see it applied to your body.

Does that sound redundant? It isn't. After all, though you might wish it was the case, you are not made completely out of muscles, Jumper. This means that things like your bones, your height, the durability of your hair, the speed of your perception, the quality of your eyesight... These aren't things you could strengthen with physical training.

Could. Because now, you can. Any physical training you undergo can be 'redirected' to reshape your body in the way you want. Oh, it won't help you gain entirely new capabilities you do not have the DNA for, but it would be possible for push-ups to make your spine tougher, your eyesight clearer, and your hair silkier. In fact, feel free to use crunches to give yourself a full-body, lines-free tan if you so wish. With enough technical knowledge, nothing is stopping you from reshaping your body parts into biological machinery either.

And yes, this does also mean that you can bulk up your biceps by running a marathon and doing squats, somehow.

★ Roaring Muscles (400)

In times of need, you may find that your muscles are simply not good enough, that they are lacking in power for your purpose. In

those times, you would be wrong. Your muscles are always enough, you merely need to wake them up a bit.

To do so, you'll need to pull at the beastly instinct present inside of us all, Jumper. Grunt, snarl, roar, prowl on all four; the more beast-like you act, the more powerful you'll find your muscles to be. And if you were to truly lose yourself in the mindset of a beast, you might more than double your available power.

Unfortunately, this increase is merely temporary and only works during fights. It **does** make it much easier to reach that level through training, however, by temporarily multiplying your gains. The greater the boost, the greater the gains.

600MP Tier

★ **Mind And Muscles (600)**

As it turns out, not only does your magic benefit from your physical training, but also from your mental training. The stronger you become, the more magically powerful you are... And now the smarter you become, the more magically powerful you are as well.

Your mental and magical prowess are from now on perfectly equal, and as you develop one, so grows the other. For you, there is no difference between muscles, brains, and magic. This is certain to have other, more far-reaching effects, notably for Perks.

★ I Cast Fist! (600)

The Way of the Muscle Wizard is a simple one. Gather your magic into your muscles, and punch. To the truly strong, there exists special techniques such as the 'Serious Punch' to shatter everything in sight, or the 'Fuck everything in that general direction'-beam which makes a great job of explaining itself. All of these wondrous acts of magic stem from a singular technique which you have now mastered: the art of Casting Fist.

What it truly is is ***control*** *and the ability to gather all of the magical power in one's body into a singular point, before unleashing it all at once explosively, without harming oneself.*

You can do so. You have the magical control necessary to take hold of all of the power within yourself, concentrate it all in a single finger, and unleash all of it upon your target while excluding yourself from the resulting shockwave. Of course, nothing is

stopping you from unleashing a magical beam instead, if you'd rather do that.

This is a terrifying power, even in the hands of a novice. After all, few wizards ever unleash more power than the bare minimum required for their spells, even fewer can do so without any unnecessary loss. You can use up everything you have at once, while making every drop of magic power count. Not only magic actually, but also things like stamina, or lifeforce. Just... Be ready to crash afterwards.

★ You Fight, Me Bonk (600)

A new challenger? Fist. Cursed spirit? Fist. Ancient dragon? Fist. Lonely evening? Fist. Trapped in the void? Fist. Demon summoning? Fist. Planar travel? Fist. Grandparents visiting? You guessed it, fist.

Such is the way of the Punch Wizard. As a Muscle Wizard, you have a bit more variety, like squats, flexes, kicks, jumping-jacks, deadlifts... Regardless, it all works. Somehow, your Muscle Wizardry is the answer to everything.

You'll have to find **how** to apply it, of course. But if a problem can be solved at all, sheer physical prowess can solve it, somehow.

★ Muscles Master (600)

You may not know much, Jumper, but you know **muscles**. It doesn't matter what the bodies look like, or how esoteric they are. If they have muscles, you know just the way to train them up to their full potential.

You are the ultimate gym coach. Not only can you tailor a training regimen for anyone's body to reach the peak of their potential in record time, you also have the charisma to give your trainees just the right amount of positive reinforcement to keep them going and keep them coming.

Even better, under your direct oversight it's like the phenomenon known as 'diminishing returns' is more of a suggestion. Yes, bigger muscles require bigger weights, but somehow it doesn't translate to lesser gains as time goes on.

Of course, you can choose who this effect applies to, and even make yourself your own trainee.

❖ Do You Even Lift? (600)

Sometimes, opponents are **really** annoying to fight. Sometimes, they can just rewrite reality, stop time, kill people with a touch, resurrect infinitely, or have access to some other overpowered ability that ensures their win one way or the other.

To these people you can ask: Do you even lift?

So long as someone is physically weaker than you are, their bullshit abilities will not affect you, nor allow them to counter your actions. Oh, this won't stop ambushes, poisons, magic, or attacks of any kind, but all of those things you can dodge or avoid in some way. If you can't normally avoid it or resist it, then the first question to ask is if the user is stronger than you. If the answer is no, then you will just ignore it.

Items

By virtue of Muscle Magic, you get a single Discount per price Tier. Discounted 100MP purchases are free. You can use your discounts on lower price Tiers.

Undiscounted

★ Arcane Oils (Free)

You are now in possession of an endless supply of bronzing oils of all kinds, perfect for leaving that brillian, metallic sheen all over your body. The Arcane part? You just need to start pouring, and it will spread evenly on its own. So convenient!

★ Secret Supplements (300)

Shhh! Don't tell anyone I offered this, but here you go. A weekly supply of ten phials of 'supplements' for your muscles. The good, magical kind, of course. Some make you stronger, some restore your stamina, some help you bulk up, some enhance your gains... Unlike the mundane kind, the magic makes them completely safe for both body and mind. Just, you know, still not legal in a competition.

The reason they cost so much? You also get the recipes.

★ Muscle Stone (800)

Perhaps it was incredible luck, perhaps you've proven yourself worthy due to your immense physical prowess. Regardless, you have found a magical trinket of incredible power.

In all honesty, qualifying it as a 'magical trinket' is not doing it justice. What you have in your possession is nothing other than the Muscle Stone, the physical representation of the concept of Muscles in the universe.

As with all things Conceptual in nature, there is no telling what you can truly do with it. Grow or shrink existing muscles, heal muscles, obliterate muscles, turn matter into muscles, create muscle-based technologies and techniques, and more besides. You could also probably use it to grant anyone at all the capability to learn Muscle Magic.

There are very few limits to what a part of reality can achieve over its own Concept. However, this will take time and experimentation. For now, this is just a handsome and somehow muscular rock.

100MP Tier

★ Health Potion Recipe (100)

You have a cheap recipe for a health potion which will remain usable no matter where you go.

It actually does very little in the way of health, but it supplies all of the nutrients someone would need after spending an entire day at the gym... Yes, it's a magic protein shake.

★ Dry Bandana (100)

A wonderful 100% sweat-absorbent bandana. It's like it's always completely dry and clean too. You can choose the color every time you put it on, and it will always be in your pocket whenever you need it.

200MP Tier

★ Hold My Bar (200)

This is a telescopic steel bar, about the size of a fist at rest and the height of an average adult when deployed. Interestingly enough, it is always in your pocket when you need it.

When deployed, you can attach the bar to any surface whatsoever. Just push one of its ends against it, and it will stick until you willingly try to pull it off. Then, no matter what kind of exercise you do on the bar, it will never budge nor will the surface it is attached to be damaged as a consequence.

The bar itself can still be damaged though, and it can be removed by other people too. This is a training tool you can deploy whenever you have free time, not a weapon. And I guess it can make for a useful ladder if required. If broken, just reach into your pocket for a new one.

★ Gym Bunny (200)

A small, loyal, cute, and incredibly muscular bunny. It is very docile, loves hugs, and can bench press over five times its own weight.

Yes, the bunny is a Muscle Mage. It learned somehow, don't ask. Beyond that, the bunny is very good at sniffing out fellow gym-members and muscle enthusiasts, if you ever find yourself in need of a spotter.

400MP Tier

★ 'Flying Carpet' (400)

What you have here is the legendary flying carpet... Or something like it, anyway. This is actually more of a flying... treadmill? Of a sort. Imagine a treadmill if the treadmill was as thin as a carpet and could fly into whatever direction you want.

The speed depends on how fast you run, the elevation is based on your imagination, and the direction depends on where you're facing... But it's still a lot faster than you'd normally go on foot. Somehow, you will never trip and fall from this treadmi- carpet, unless you're actively trying to. Even stranger is that you can take along passengers, and they won't have to run alongside you. It's like the floor is only moving for the 'driver'.

Due to the peculiarities of the flying carpet, you can also use a motor or equivalent to substitute for running.

It will be back in your possession after a day, should you lose it.

★ The Forbidden Weight (400)

The Forbidden Weight is a single, large weight meant to help a Muscle Wizard do their daily squats.

However, it is cursed. Simply put, all squats done using the Forbidden Weight are guaranteed to be straining, exhausting, and painful to the extreme for the user, regardless of how strong they are or how immune to such things they should be. In return for putting up with this curse, persevering under the insane strain this weight poses will reward the user by tripling whatever gains they would normally have made during their training.

On top of that, the weight cannot cause physical damage, no matter what. If you have the courage to, Jumper, spend an entire day using the Forbidden Weight and watch your muscles grow more defined with your naked eye.

600MP Tier

★ Hotsquats School of Gymcraft and Wizardry (600)

You are now the proud headmaster/headmistress of your own school of Muscle Wizardry. If you choose to place it down in whatever

Jump you are, it will automatically generate a staff to keep itself running. Somehow, your school will keep finding students from all over the world to fill itself with, which also nets you quite the nice income.

The entire school is basically one giant magical gym, with everything a Muscle Wizard could want for training, from exertion to recovery, all of it taken care of and supplied magically at no cost. There's even a library full of special magical techniques and combat moves to learn from, if you have the time.

★ Records Of The World (600)

You are in possession of a book full of fascinating knowledge. The so-called book of 'World Records', authored by the once strongest muscle wizard in the world, 'Gin Ness'.

This is a book full of magic, techniques, methods, personal anecdotes, potions recipes, history, theories and plenty more besides from the man himself.

Yes, Gin Ness' World Records has all of the knowledge that can be found in this world even slightly pertaining to Magic as a whole.

What kind of level could you reach by studying it in depth? No one can say, but it certainly won't be low.

Somehow, the book can fit in a pocket in spite of the amount of knowledge it contains. And said amount of knowledge seems to grow ever so slightly every time the book is opened.

Companions

Companions have their own set of Discounts.

➢ Fitness Group (200)

If you so wish, you may import up to eight of your previous Companions. They get 600MP to spend on this document, and may take Drawbacks unless specified.

You may gift them your MP, if you so wish.

➢ Throbblin Friend (100)

Child-like stature, large and floppy ears, elongated nose and wide eyes, the throbblin is a curious magical creature. A cousin species to the common goblin yet sporting big, throbbing muscles all of their

body. Due to this physiological difference, throbblins are natural Muscle Wizards and great gym coaches besides.

You have met one such wondrous creature, and they have decided to follow you in your travels. Though they are not very strong yet, you have in them a gym bro for life.

Your throbblin Companion has 400MP to spend on this document. You will meet them shortly after your arrival.

➢ Swolecerer (600)

As a master/mistress of Muscle Wizardry, this swolecerer is at the upper limit of the power level in this world. If there are limits at all. Regardless of how you met them, they see in you a potential equal and a wonderful gym partner.

Your swolecerer Companion has 800MP to spend on this document. You will meet them shortly after your arrival.

Drawbacks

Drawbacks end at the end of the Jump.

❖ Gains For Life (+100 / Variable)

*You live only for the gains. You must hit the gym or an equivalent for at least one hour per day, with one rest day allowed per week. You can take this drawback multiple times, **up to twelve** hours per day for +1200MP.*

*Be warned, this is not a geass or a manipulation of your mind, this is a necessity. You **will** spend your designated time working your muscles, and you **will** catch up on these hours you missed. Because if you don't? Your muscles will start slowly shrinking every passing day, eventually killing you. The more times you take this, the more workout is needed to stave off this curse, sickness, or whatever the hell this is.*

❖ Lost Thrill (+100)

You know, there's something thrilling about working out. Watching your muscles define themselves more and more each day, ticking up the numbers on these dumbbells, sweating out the weakness... You suffer, and you love it.

There's a passion for gym life. A passion that you just lost. Sure, you can still do your sets out of habit, but the high is just missing. It's not just working out either, anything that has to do with working your muscles, even fighting, is just ***normal****. Not boring, but not interesting, or entertaining, or* ***good****.*

❖ Training Plan (+100)

Have you looked over the ***[Muscles For Days]*** *Perk? Much like this, you can set days of the week for specific parts of your body. Construct your weekly training plan now, for it is the one you will follow for the entire duration of that Jump. Skipping a day is fine, working on something else is not. If the plan says 'leg day', you will work on your legs and nothing else.*

❖ Muscular Mystery (+200)

As it turns out, this is a common fantasy world. Muscle Magic? You're the only one using it. All of the other wizards you will meet in the world will be the usual 'bathrobes, pointy hats, wooden sticks' types who are built like twigs.

This doesn't change the power levels or their capabilities, however.

Companions may not take this Drawback.

❖ In The Heat Of Battle (+200)

Actually, forget about training, forget about the gym, forget about safe and steady muscle growth. You? You can only gain muscle mass during battle.

Better prepare some weights to wear and ready yourself for a reputation as a battle maniac, Jumper, because you won't be making any gains outside of combat during this Jump.

❖ Built Like A Twig (+200)

I'm sorry, Jumper, but you'll never reach the form of your dreams. No matter what you do, you'll always be as thin and flabby as a stick figure, and people will be sure to remind you of it continuously.

If that would be your preferred form, you look like the Hulk and get called a monster instead. Not that this has any impact on your physical strength.

❖ Universal Language (+400)

From this moment on, you will be entirely incapable of diplomacy, persuasion, intimidation, or other means of changing somebody's opinion. Instead, they will only understand violence when it comes to you.

So if you want to threaten someone, they will not believe it until you give them a good slap. If you persuade someone, they will never agree with you until you punch them in the face.

And guess what? You are guaranteed to get into an argument with someone about a subject important to you personally at least once a year. You could just give up on debating... Or you could cave their face in. Sure, there'll be consequences, but that's half the fun.

❖ The Jumper-Who-Lifted (+400)

Upon your arrival, you have been chosen as the target of a prophecy. Don't worry, it's nothing bad. However, this does mean that you won't be able to leave this Jump until the prophecy is fulfilled.

In this case, the prophecy heralds the arrival of the strongest Muscle Wizard in the world. You must reach that position of strongest, somehow. If taken with **[Muscular Mystery]**, you must be acknowledged as the most powerful wizard regardless.

If Companions take this Drawback, you are all excluded from each other's 'ranking', so to speak. Just make sure that no native is stronger than any of you, and you may leave.

As an additional precision, the prophecy is only speaking of the wizards currently alive. Make of that what you will.

- **Bloodthirsty (+400)**

Where **[In The Heat Of Battle]** would have forced a misunderstanding about you as a person in the search for the gains, this Drawback will make it a reality. You are now a truly bloodthirsty person, Jumper. You thrive in combat, you long to feel bones snap under your fists, you yearn for the feeling of blood splattering over your face, and you feel pure, undiluted happiness when fighting for your life.

Weekly, you will feel an ever-growing **need** to face someone in a serious battle, which can only be satiated by doing just that. You don't have to participate in life-or-death battles, of course, but the need won't be fully satisfied if you don't place your life at risk or take someone else's.

❖ The Fated Battle (+600)

I'll be quick, Jumper: you have a clone. They know everything you do, have all of your Perks and items, and the only advantage you have over them are your Companions.

They are, essentially, your perfect copy from this Jump. If you have your previous Perks, so do they. If you don't, they don't either. They even have all of your Drawbacks. However, their personality is completely different from your own.

Right before you leave this Jump, you will both be transported to a small arena where you will fight for your fate in a legendary battle... Of arm wrestling.

Whoever wins gets to continue the JumpChain.

Since you both will live in the same Jump beforehand, you can expect them to interfere with your training during your time there... Or even kill you in advance. You can do the same, but in the arena you will both only be able to arm wrestle, no cheating allowed.

- ### Hitting Critical Muscle Mass (+600)

This drawback has two effects. First and foremost, you are now a normal human. Just so we're clear, this means that all of your previous Perks are deactivated, and you are in all points as good as a baseline human adult. No super strength, no superior intelligence, no incredible skills, no bewitching charisma, nothing.

You can still grow beyond that point, at ludicrous speed even, with the right Perks. And this is where the second part of this Perks comes in: every time you get better in any way beyond that point, you gain muscle mass. Without limit. Learn the piano? Muscular fingers. Do memory exercises? Muscular head. Practice public speeches? Muscular tongue and eyes (somehow). Get a haircut? Thick slabs of muscles on your scalp.

That muscle mass grows without end. And though it won't outright harm you in any way, it will still weigh you down and perhaps

immobilize you at some point. Not to mention the hit your beauty will take from looking like a giant ball of muscles. Unfortunately, becoming worse in any way will not make that muscle mass disappear.

...You could also invest in surgery, for all the good that would do.

- ***Fear My Arcane Might! (+600)***

You don't actually have access to anything magical you might previously have had, or that you bought here. You are a purely, entirely, and completely mundane person, Jumper.

You are, however, convinced that you are a wizard. And not a muscle wizard, but a more common fantasy-style one. You will never get over this delusion during your time here.

This won't stop you from completing the objective of ***[The Jumper-Who-Lifted]****, but you might have to get* ***creative****.*

Scenario

You can choose to take the scenario or not. If you do, it will be guaranteed to take place during your stay here, and you will be a participant in it.

The Great Muscle Magic Games

All of the greatest powers of this world have unanimously decided to compare their strength through that of their people, by holding what is essentially a magical rendition of the Olympic Games.

Participants of the Great Muscle Magic Games may participate in groups or on their own, and will all face each other in multiple forms of competitive magical demonstration. There will be ranking boards, there will be elimination rounds, there will be battle prowess demonstrations, and it will end in a one-on-one ranking tournament of the final victors.

Your goal? To win the tournament... Though in all honesty, I'll count it as a pass if you reach the top ten.

Rewards: If you succeed in reaching the top ten of The Great Muscle Magic Games, you gain **+1000MP** to spend in this document before leaving. You also get an unbreakable medal indicative of your position.

If you succeed in winning the entire tournament and taking the position of **Number One** in The Grand Muscle Magic Games, your medal becomes the following item:

★ **We Are Number One (Item / Scenario Reward)**

An unbreakable golden medal carved with the symbol of the Grand Muscle Magic Games, representing its ultimate winner. Whoever holds the medal is instinctively recognized as the strongest person in the world until they prove otherwise.

The medal itself multiplies the gains from physical training by a hundred times when worn, and can be used as a free pass to participate in any form of physical competition or tournament, as well as making the holder legally eligible for any and all rewards they win without anyone complaining about it.

Finally, for any world-class tournament of physical capabilities or similar won while wearing this medal, it stores an additional 1-Up which anyone wearing it can use to restore themselves to full health under any circumstance, including their own death. However, it can only gain a single additional 1-Up every year.

Ending

Give Up

Not everyone is made for the gym life. I guess it's time for you to go back. Farewell.

One More Curl

So you wish to stay? Your choice, I suppose.

To The Next Gym

Eager to see what training equipment can be found under new skies? Be on your way, then.

Notes

- *Don't take this seriously. Just don't.*
- *Inspired by all of the 'Harry Spotter' series and equivalent videos. And the 'Mashle' anime.*
- *Many perks here have effects specific to 'muscles' or 'physical strength' or things like that. With the right Perks, that can be extended.*
    - *For instance, **[Muscles Master]**'s perfect training power. With the free Perk **[Magic And Muscles]**, it also extends to perfectly training someone in magic. With **[Mind And Muscles]**, this is extended to learning sessions (so teaching) and mental abilities.*
    - *You should get the idea.*

Changelog

❖ Version 1.1

Fixed some grammar & reviewed the description of a couple Perks so they become simpler.

❖ Version 1.0

Made a Jump.