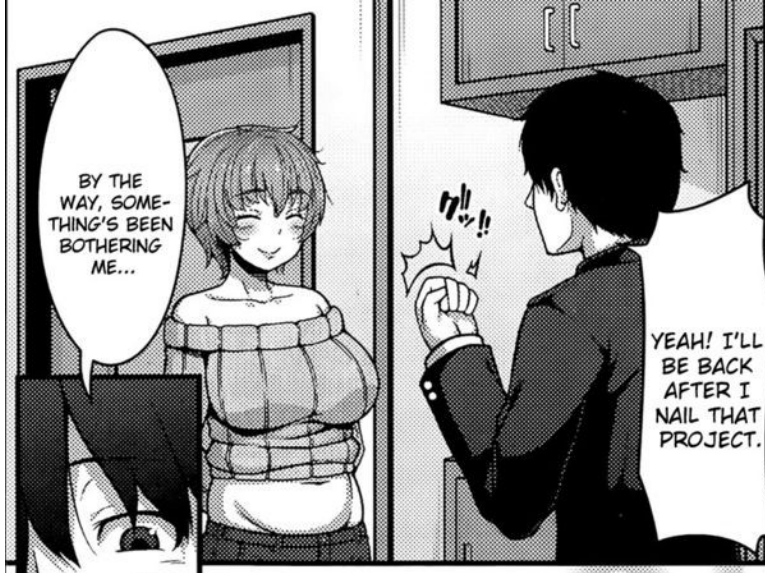




BY THE WAY, SOMETHING'S BEEN BOTHERING ME...

YEAH! I'LL BE BACK AFTER I NAIL THAT PROJECT.



WAIT, DARLING! YOU'RE FORGETTING YOUR DOCUMENTS!

I'M HEADING OUT, THEN.



ぽっり

I WANT TO GET RID OF ALL THAT LOOSE FLAB ♪



びっちり

ANKO... HAVEN'T YOU BEEN PUTTING ON A LOT OF WEIGHT?

YOUR SWEATER'S RIDING UP...



FHUE!?



WOAH, YOU'RE RIGHT! I WOULD'VE GOTTEN HELL FROM MY BOSS.

FUFU... A TWO MONTH BUSINESS TRIP... DO YOUR BEST!

presented by 青ばなな

セクササイズ 大作戦
MISSION SEX-DIET!!!



CROC SPORTS

THIS IS
THE SAME
MAN-TO-MAN
GYM THEY TALK
ABOUT ON THE
INTERNET THAT
MAKES YOU
LOSE WEIGHT
IN JUST TWO
MONTHS...!

I DIDN'T
THINK THE
GYM THEY
SHOWED ON
TV WOULD
BE SO
CLOSE BY
BUT...

NEXT
DAY

I HAVE TO
LOSE WEIGHT
BEFORE I
LOSE MY
HUSBAND!

THIS
IS THE
PLACE
...

カ
シ
ッ

ALLOW
ME TO
SHOW YOU
AROUND.

I'M
DONE.

OKAY,
YOU CAN
CHANGE
YOUR
CLOTHES
HERE.

EXCUSE
ME, I
HAVE AN
APPOINT-
MENT...



I'LL BE IN CHARGE OF ANKO-SAN FROM TODAY.

HEY THERE!



カラッ



GOT IT.

TRAINING ROOM #5

YOU WILL BE ASSIGNED A TRAINER IN THIS ROOM.



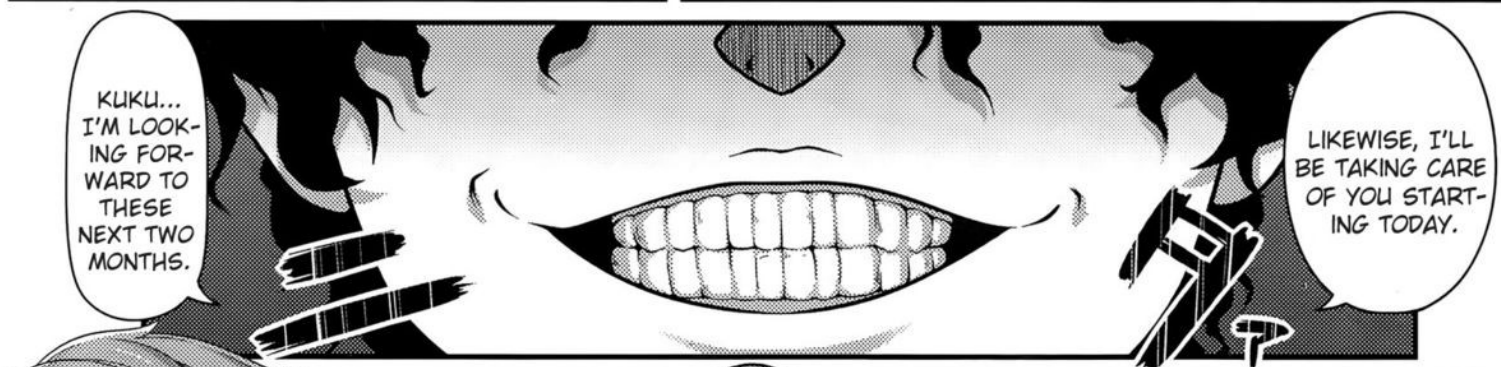
シクッ

AND UM... I'M COUNTING ON YOU!



N-NICE TO MEET YOU, I'M OGURA ANKO.

DIETING IS HARD, SO I'LL DO MY BEST TO HELP YOU OUT. LET'S GIVE IT OUR ALL!



KUKU... I'M LOOKING FORWARD TO THESE NEXT TWO MONTHS.

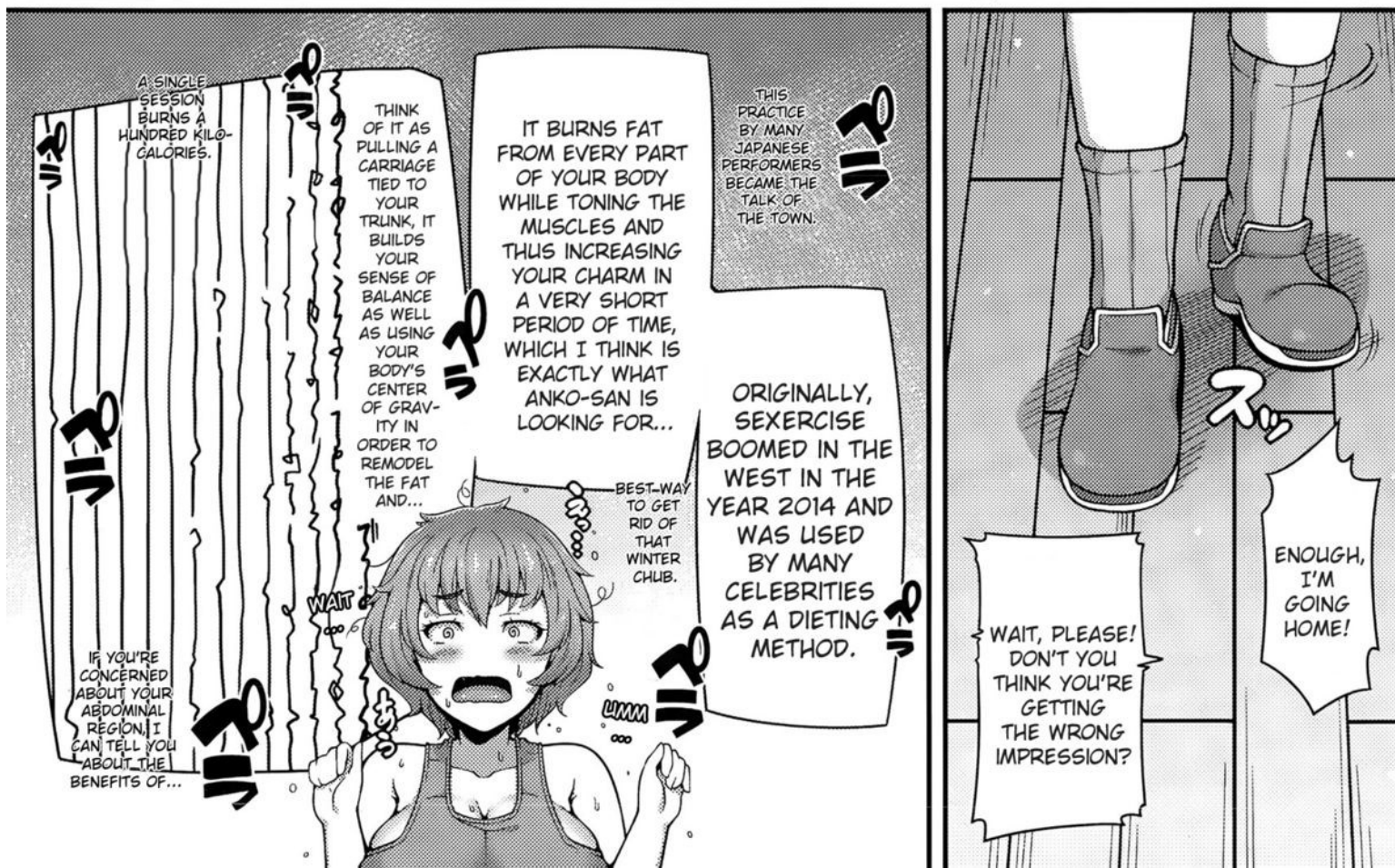
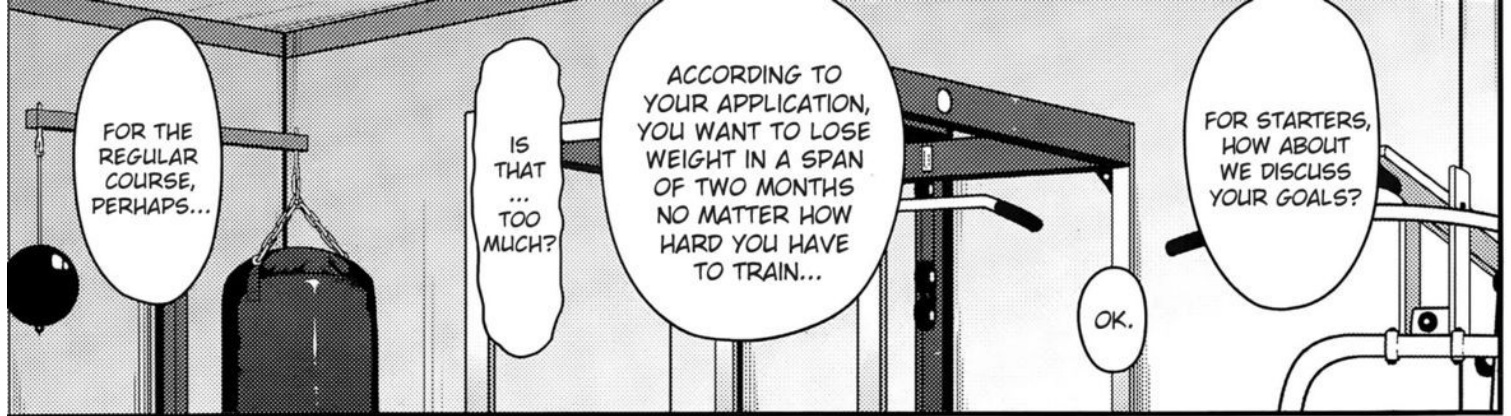
LIKEWISE, I'LL BE TAKING CARE OF YOU STARTING TODAY.



HUH? WHAT WAS THAT JUST NOW...? I MUST BE IMAGINING THINGS...

I... I'LL DO MY BEST.

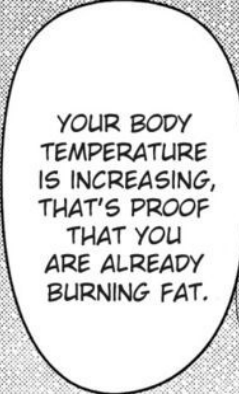
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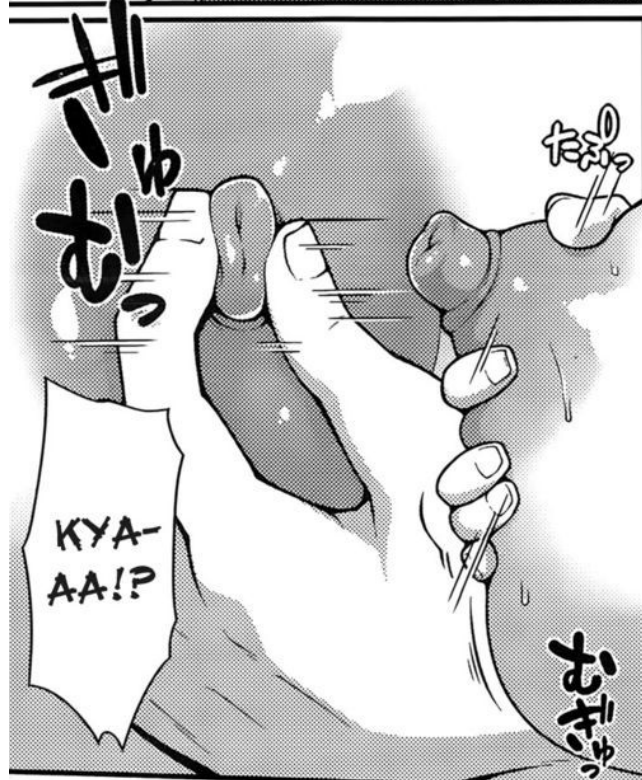




I'LL
DO IT A
LITTLE
HARDER.



YOUR BODY
TEMPERATURE
IS INCREASING,
THAT'S PROOF
THAT YOU
ARE ALREADY
BURNING FAT.



KYA-
AA!?



PLEASE BE
QUIET, THEN.
WE'VE NO TIME
TO WASTE,
DO WE?

DIDN'T YOU SAY
YOU HAD TO
SLIM DOWN SO
YOUR HUSBAND
WOULDN'T
LEAVE YOU NO
MATTER WHAT?

...
UNDER-
STOOD.

YES
...

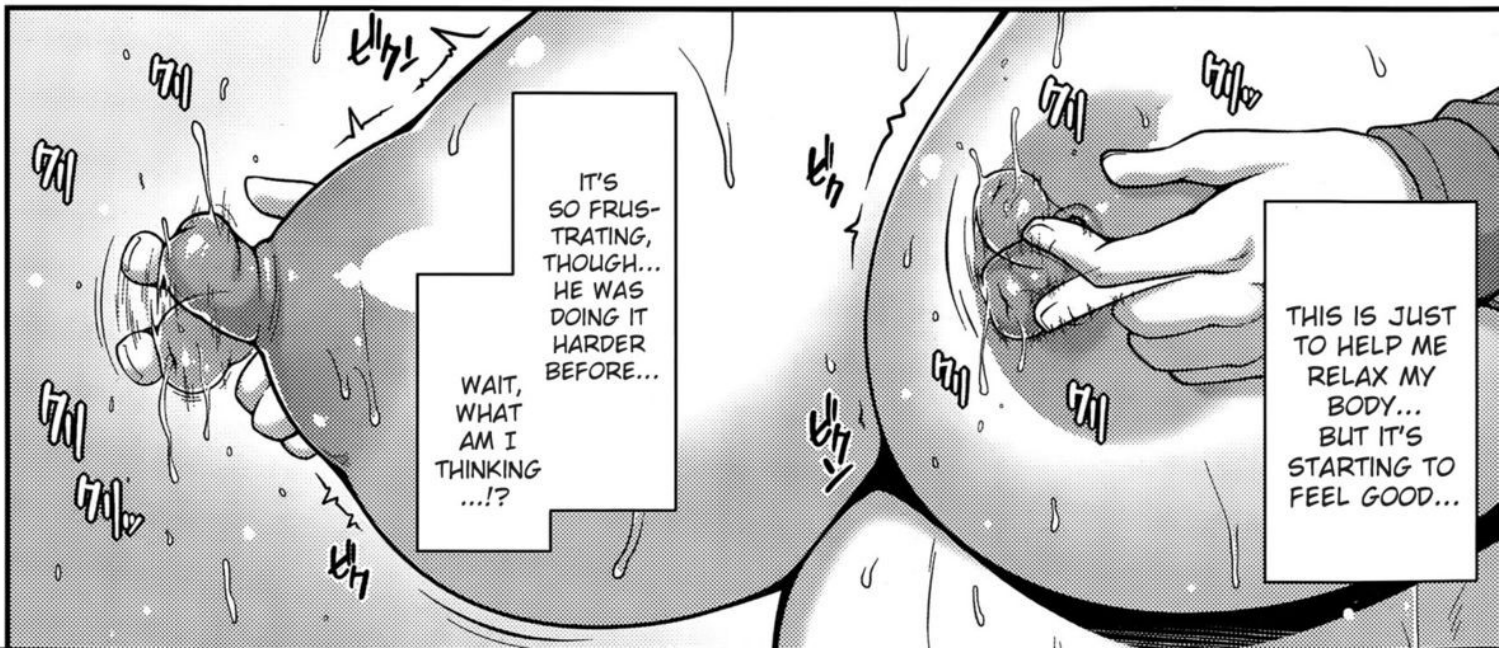


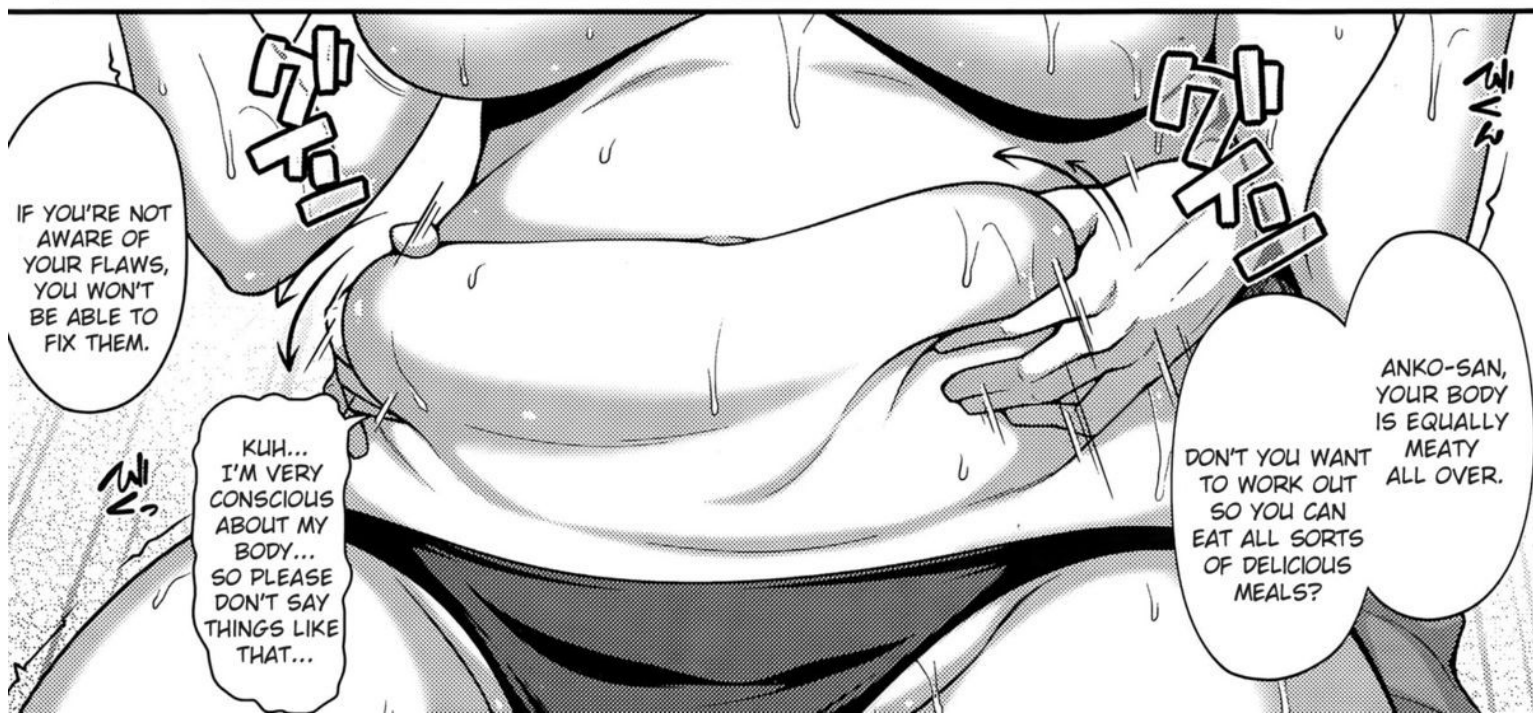
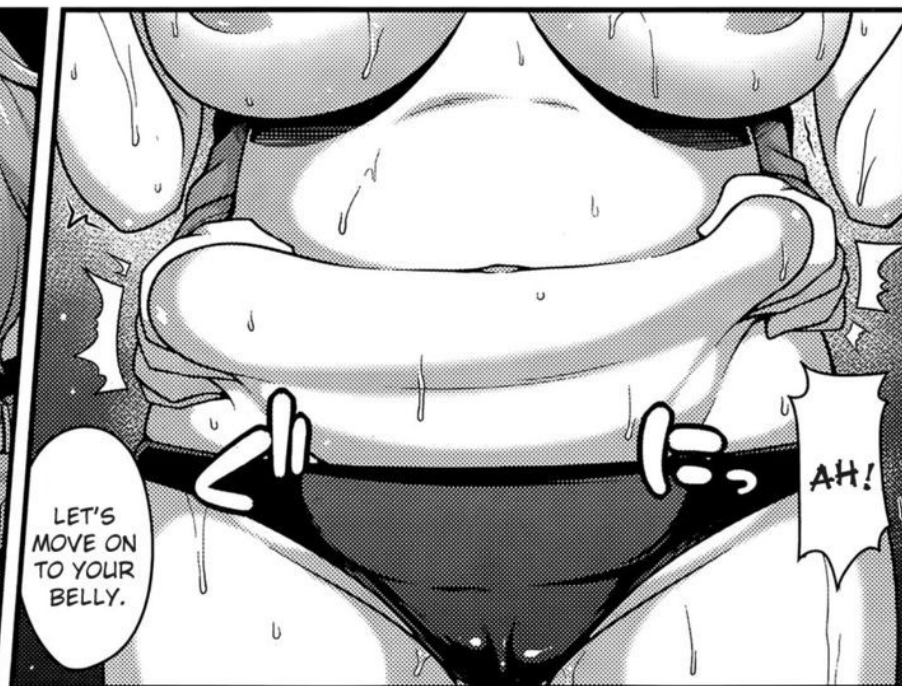
W-WHY
ARE YOU
TOUCHING
MY NIP-
PLES!?

IT IS
ESSENTIAL
IN ORDER
TO DISPOSE
OF ALL THIS
EXTRA MEAT.



B-BUT
WHY MY
NIPPLES
...?







NO WAY...
EVEN THOUGH
MY BODY'S
ALREADY LIKE
THIS...

はぁ
はぁ
Y...
YES...



WE HAVE TO
LOOSEN UP
YOUR BODY
THROUGH
MESSAGE
LITTLE BY
LITTLE EACH
DAY.
PLEASE
MAKE SURE
TO COME
TOMORROW.



EH...
ALREADY?

LET'S WRAP
IT UP SINCE
IT'S YOUR
FIRST DAY.

AND
THEN...

AS I WAS
LEAVING I WAS
TOLD I SHOULD
ABSTAIN FROM
THAT SORT OF
ACTIVITIES OUT-
SIDE SEXERCIS-
ING.
WITH NO MEANS
OF VENTING
IT, MY SEXUAL
DESIRE STEADILY
ACCUMULATED...

I WANTED TO
GO HOME AND
MASTURBATE
AS SOON
AS POSSIBLE
SO I
COULD TAKE
CARE OF
THIS, BUT...



SEXERCISING IS
MUCH EASIER
WHEN IT USES
MALE GENITALIA,
SO LET'S
GET STARTED.



YOUR
BODY'S READY.
LET'S MOVE
ON TO THE
NEXT STEP.

WHAT...
ARE YOU
DOING?



BUT I THINK...
I COULD
SCRATCH
THIS ITCH...
WITH HIS
DICK...

IT
CAN'T
BE
...



WE WON'T BE
ABLE TO REACH
YOUR GOAL...
ONLY WITH
WHAT WE'VE
BEEN DOING
SO FAR.

LET'S
BEGIN
WITH
OUR
REASTS.
UMM...
I DON'T
WANT
TO USE
YOUR D...
YOUR GENI-
TALS...!



KUH...
HE
CAME
AGAIN
...

YOU'LL GO
DOWN A
FEW BUST
SIZES BY
USING
THIS PAR-
TICULAR
EXERCISE.

I'M FINISH-
ING AS
FAST AS
POSSIBLE
SINCE WE
DON'T
HAVE
MUCH
TIME!

OCT
7
We

FROM
THAT DAY
ONWARDS,
THIS MAN
KEPT POUR-
ING HIS
SEMEN ON
ME EVERY
SINGLE DAY.



OCT
13
Tue.

BUHO!?
NBHUUU
GHOOO!

MY
SEXUAL
DESIRE
KEPT
BUILDING
UP.

FEEL THOSE
ABDOMINAL
AND MIMETIC
MUSCLES!
WORK YOUR
UPPER BODY
BY MOVING
YOUR HEAD!



PUT SOME STRENGTH
INTO THOSE GLUTES!
YOU WON'T BE ABLE
TO GET RID OF ALL
THAT ASS MEAT WITH
JUST THIS MUCH!
WIDER STROKES!

OCT
16
Fr

THE MAS-
TURBA-
TION BAN
WAS
STILL IN
EFFECT.

OCT
15
Thu

I WASN'T
ABLE TO
ORGASM
EVEN ONCE
FROM ALL
THIS.

HA...HA...
THE SMELL
OF CUM
WON'T
COME OFF
...

MAKE
USE OF
YOUR
ABS AND
ARMS!

LET'S
FOCUS
ON THAT
PUDGE
AROUND
YOUR
BELLY!

MOVE YOUR
WHOLE LOWER
BODY IN ALL
DIRECTIONS!
HARDER! YOU
HAVE TO BE
MORE ASSER-
TIVE THAN
USUAL TODAY!

IT'S
BEEN A
MONTH.

OCT
22
Thu.

AH ♡
SWAYING
LIKE
THIS...

OK,
STOP!

EH
...?

I'M
AT MY
LIMIT.

YOU'RE
THINKING
YOUR HUS-
BAND WON'T
BE THERE
TO STICK IT
IN YOU... AM
I RIGHT?

WELL,
SEE YA.

WE'RE
DONE
FOR TODAY.

LET'S
CONTINUE
SEXERCIS-
ING TO-
MORROW.



I CAN'T TAKE IT ANYMORE! I WANT TO CUM! PLEASE JUST GIVE ME YOUR DICK ALREADY!



HEY... THERE? AREN'T YOU GOING TO CHANGE YOUR CLOTHES?



WE WON'T BE ABLE TO DO MUCH IF YOU'RE WEARING A COAT, YOU KNOW?

ENOUGH ...



EVEN IF I'M MARRIED...

スッ

YOU KEEP RUBBING AGAINST MY BODY AND DUMPING YOUR CUM ON ME EVERY DAY BUT WON'T LET ME MASTURBATE! ANYONE WOULD GO CRAZY!

I DON'T CARE
IF IT'S MY
HUSBAND'S
OR NOT!
I DON'T CARE!

BUT, YOUR
HUSBAND
...

IF I
DON'T GET
PLOWED
RIGHT NOW,
I'LL GO
INSANE!

FHU...
OH
WELL.

I JUST WANT
SOMEONE TO
SCREW ME!

IT FEELS SO
GOOD ♡
MORE! MORE!
I'VE BEEN
WAITING A
WHOLE MONTH!
MESS ME UP
♡

HURRY
♡

OHhhh ♡
THIS IS IT!
A FAT COCK
IS EXACTLY
WHAT I
NEEDED ♡

HURRY
♡



WAIT...
DID YOU
KNOW HOW
THIS WAS
GOING
TO TURN
OUT!?

PUSH IT
DEEPER
♡

QH
♡

THAT'S RIGHT!
ALL OF THIS
WAS SO I
COULD SHOVE
IT IN YOU.

QH
♡

HOW
EVIL!

MORE!
MORE
♡

BUT I DON'T
CARE ABOUT
THAT ANYMORE
♡
AS LONG AS I
GET DICKED
♡

オオオオオオ
オオオオオオ

オオオオオオ
オオオオオオ

オオオ
オオオ

オオオ
オオオ

オオオ
オオオ

I'LL BE
GLAD TO
COMPLY
WITH
THAT...
KUKU.

KUHAAAA!
AS EXPECTED OF
SOMEONE WHO
HASN'T FINGERED
HERSELF IN A
MONTH! YOU'RE
CLAMPING
DOWN ON ME!



HYGIII!P
GETTING
SPANKED
FEELS SO
GOOD
♡

BUT REALLY...
HAVING THIS
MUCH JUNK IN
THE TRUNK...

GETTING
OFF FROM A
MAN OTHER THAN
YOUR
HUSBAND...
THIS BOOTY
DESERVES
SOME PUN-
ISHMENT!



GET THAT
USELESS
PIECE
OF MEAT
MOVING!



SO MUCH
♡
IS POUR-
ING INTO
ME
♡



OH!!!?
YOU TIGHT-
ENED UP
WHEN I
SLAPPED
YOU...
GUH!

OH!!!?
OH!!!
♡



AHH ♡
THE WAY
IT GRINDS
IS AMAZ-
ING ♡

FHUU!
FHUN!

I'LL
MOVE
JUST
AS YOU
SAY, SO
PLEASE
CUM
MORE!

I'LL
DO IT
♡
IT WILL
♡

ONE,
TWO!
ONE,
TWO!
♡



WE'LL BE
MAKING USE
OF THE RAW
SEX DIET FOR
THE REST OF
THE MONTH,
SO LOOK
FORWARD
TO THAT YOU
WORTHLESS
MEAT WOMAN!

GETTING
BANGED IS THE
BEST! YOUR
COCK FEELS
INCREDIBLE
THANKS TO ME
NOT MASTUR-
BATING FOR
SO LONG
♡

YESH-
HHHH
♡

GIVE
IT TO
ME
♡

DO
IT
♡

ド
ク
ッ

ド
ク
ッ

HERE
GOES!
THE FIRST
TASTE OF
YOUR NEW
DIET!



A RAW
CHREAMPHIEE...

♡
I WONDER IF MY
BELLY'S GOING
TO SWELL OUT
...



IT'S FINE!
I GOT THIS THIN
THANKS TO THAT.

I SEE... SO YOU DID IT BE-
CAUSE I SAID YOU HAD PUT
ON WEIGHT...
SORRY IF I HURT YOU...



I'M HOME!

ONE MONTH
LATER



ALRIGHT!
IT'S BEEN SO LONG
SINCE I'VE HAD
ANKO'S HOME
COOKED FOOD!

I'M LOOK-
ING FOR-
WARD TO IT!

BESIDES,
YOU'VE BEEN
WAITING FOR
ME TO MAKE
SOMETHING,
SO LET'S EAT
TOGETHER ♪



OHH!
ANKO, YOU
SLIMMED
DOWN SO
MUCH!

WEL-
COME
HOME!

WELL?
WHAT DO
YOU THINK?
I WORKED
HARD ON
MY DIET.



LET'S
EAT A
TON ♡

I'VE BEEN
TRAINING HARD
SO I'M
STARVING
OVER HERE,
TOO.

キュッ

FUFU...
YOU LOOK
SUSPRISED
EVEN
THOUGH
YOU'RE THE
ONE WHO
WANTED ME
TO GO TO
THE GYM.

セクササイズ大作戦●完