



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.



ほっぴり

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

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



I WANT TO GET RID OF ALL THAT LOOSE FLAB ♪

びっちょり

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



FHUE!?

YOUR SWEATER'S RIDING UP...!

presented by 青ばなな

MISSION SEX-DIET!!! 大作戦



# CROC SPORTS

NEXT DAY

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...

THIS IS THE PLACE ...

I HAVE TO LOSE WEIGHT BEFORE I LOSE MY HUSBAND!

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カッ

カッ  
カッ

ALLOW ME TO SHOW YOU AROUND.

I'M DONE.

OKAY, YOU CAN CHANGE YOUR CLOTHES HERE.

EXCUSE ME, I HAVE AN APPOINTMENT...



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

HEY THERE!



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GOT IT.

YOU WILL BE ASSIGNED A TRAINER IN THIS ROOM.



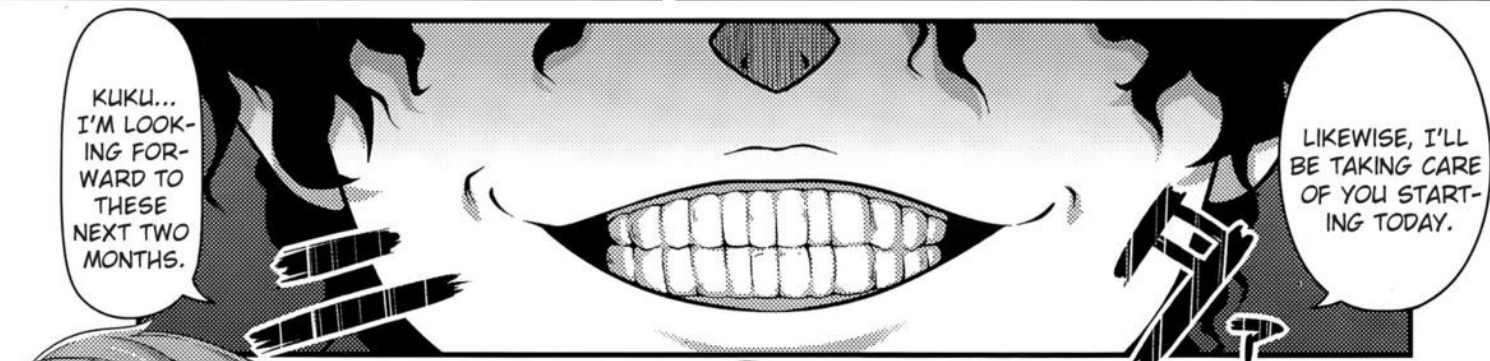
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AND UM... I'M COUNTING ON YOU!



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.

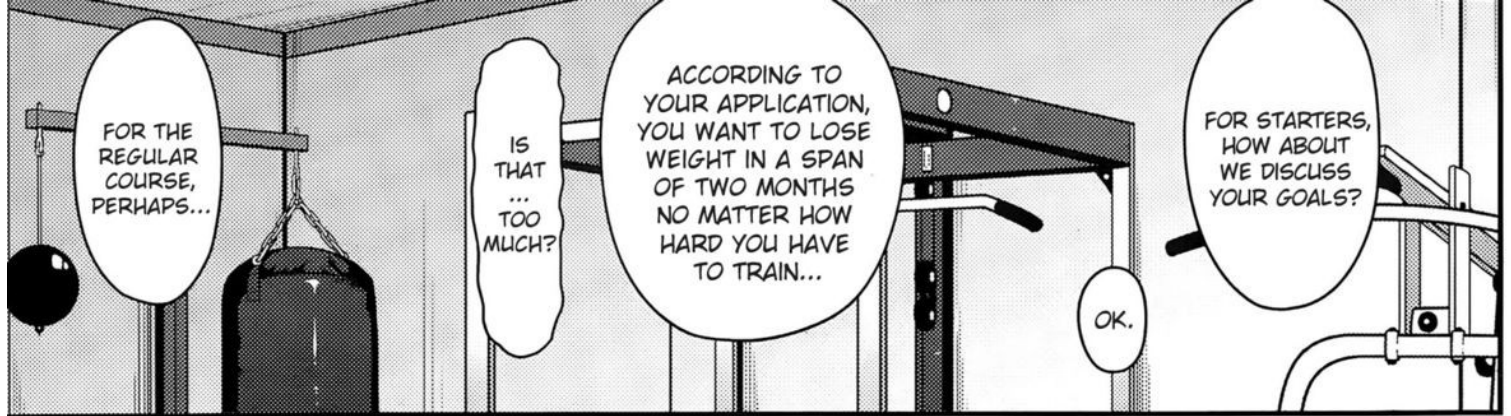
LIKewise, I'LL BE TAKING CARE OF YOU STARTING TODAY.



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

I... I'LL DO MY BEST.

!?



FOR THE REGULAR COURSE, PERHAPS...

IS THAT ... TOO MUCH?

ACCORDING TO YOUR APPLICATION, YOU WANT TO LOSE WEIGHT IN A SPAN OF TWO MONTHS NO MATTER HOW HARD YOU HAVE TO TRAIN...

FOR STARTERS, HOW ABOUT WE DISCUSS YOUR GOALS?

OK.



かあぁ

SEX!? ARE YOU JOKING!? I'M MARRIED!

THERE'S NO WAY I COULD DO SOMETHING LIKE THAT!

TO PUT IT SIMPLY, IT EMPLOYS SEX AS A DIETING METHOD.



BUT THERE'S A COURSE SPECIALLY TAILORED FOR YOU, 「SEXERCISE」!

SEX-ERCISE ...?



A SINGLE SESSION BURNS A HUNDRED KILO-CALORIES.

THINK OF IT AS PULLING A CARRIAGE TIED TO YOUR TRUNK, IT BUILDS YOUR SENSE OF BALANCE AS WELL AS USING YOUR BODY'S CENTER OF GRAVITY IN ORDER TO REMODEL THE FAT AND...

IT BURNS FAT FROM EVERY PART OF YOUR BODY WHILE TONING THE MUSCLES AND THUS INCREASING YOUR CHARM IN A VERY SHORT PERIOD OF TIME, WHICH I THINK IS EXACTLY WHAT ANKO-SAN IS LOOKING FOR...

THIS PRACTICE BY MANY JAPANESE PERFORMERS BECAME THE TALK OF THE TOWN.

BEST-WAY TO GET RID OF THAT WINTER CHUB.

ORIGINALLY, SEXERCISE BOOMED IN THE WEST IN THE YEAR 2014 AND WAS USED BY MANY CELEBRITIES AS A DIETING METHOD.

IF YOU'RE CONCERNED ABOUT YOUR ABDOMINAL REGION, I CAN TELL YOU ABOUT THE BENEFITS OF...

WAIT

Ummm



ENOUGH, I'M GOING HOME!

WAIT, PLEASE! DON'T YOU THINK YOU'RE GETTING THE WRONG IMPRESSION?



UNDER-  
STOOD...  
KUKUKU.

I DON'T  
WANT  
THAT...

I...  
I'LL DO IT!  
I HAVE TO  
SLIM DOWN  
NO MATTER  
WHAT!



BUT  
...

IF YOU'RE  
WORRIED ABOUT  
THAT, MALE GEN-  
ITALS AREN'T  
MANDATORY FOR  
SEXERCISING!

STILL...  
I'D FEEL  
BAD FOR  
MY HUS-  
BAND...



ANKO  
♥

HE...  
WILL  
LEAVE  
ME...

DIDN'T YOU WRITE  
'IF I STAY FAT, MY  
HUSBAND WILL LEAVE  
ME) AS ONE OF YOUR  
REASONS TO GET  
INTO THIS IN THE  
FIRST PLACE?



WITH THIS  
MESSAGE I  
CAN HELP YOUR  
BODY RELAX  
AND LOOSEN  
UP WHILE STILL  
BURNING FAT.

IT ALSO  
ALLOWS US  
TO SAVE TIME  
SINCE WE DON'T  
HAVE MUCH  
AVAILABLE.

IS...  
THAT...  
SO...

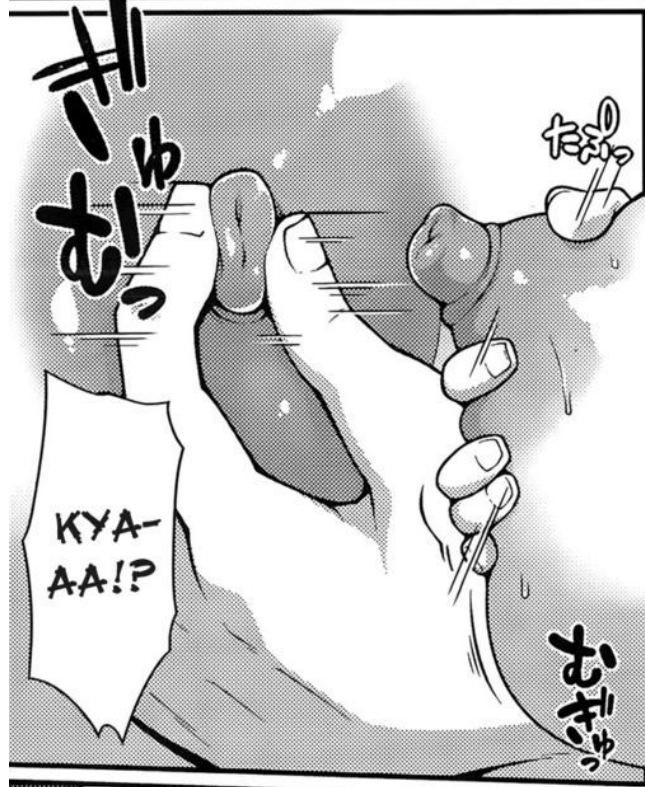
LET'S START  
BY PALPATING  
TO CHECK OUT  
HOW MUCH  
FAT WE'RE  
WORKING  
WITH EXACTLY.

UM...  
AREN'T YOU  
SUPPOSED  
TO USE A  
DEVICE FOR  
THIS...?

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ANKO-SAN,  
PLEASE TRY  
TO KEEP  
YOUR VOICE  
DOWN.

I'M  
SORRY...  
HNN  
♡

HA  
♡

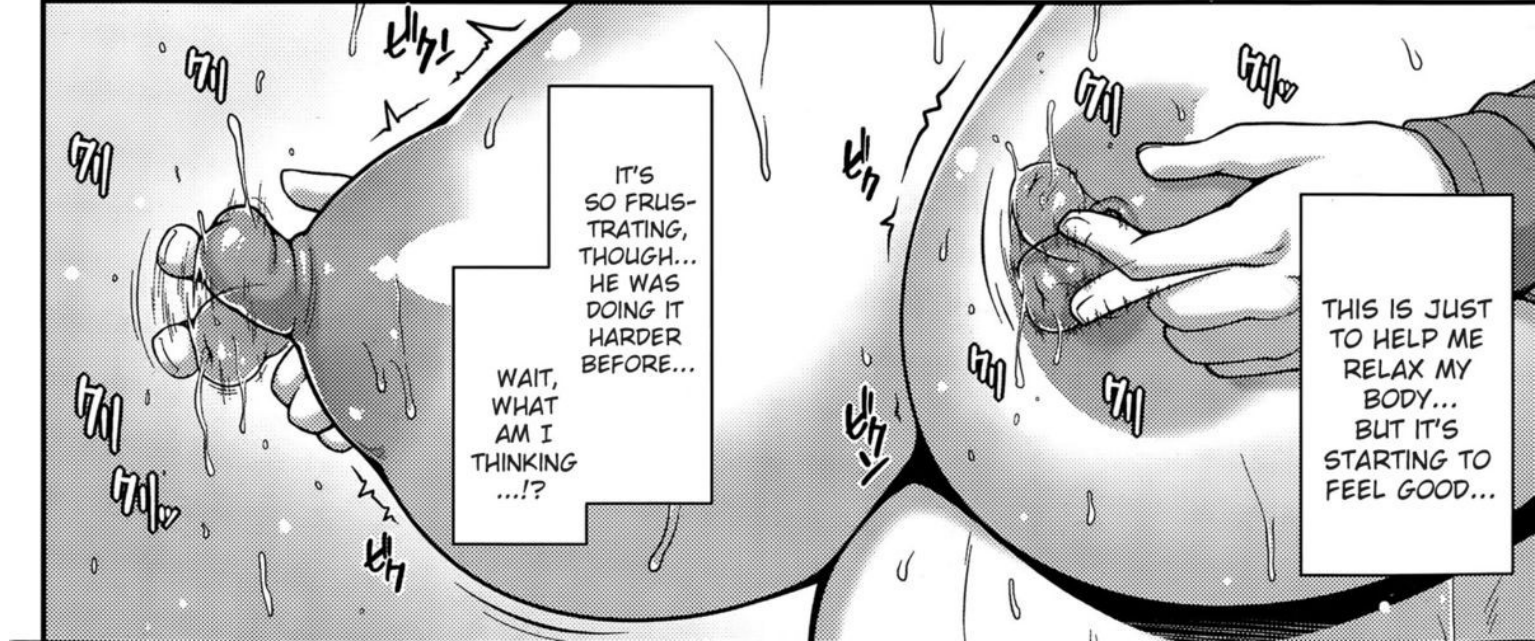
AH

HN  
♡



NO... I...  
DON'T FEEL  
ANYTHING IN  
PARTICULAR!

WHAT'S WRONG?  
I'M NOT DOING  
ANYTHING BESIDES  
GIVING YOU A  
PHYSICAL WORK-  
OUT... IS IT  
TOO PAINFUL?



IT'S  
SO FRUS-  
TRATING,  
THOUGH...  
HE WAS  
DOING IT  
HARDER  
BEFORE...

WAIT,  
WHAT  
AM I  
THINKING  
...!?

THIS IS JUST  
TO HELP ME  
RELAX MY  
BODY...  
BUT IT'S  
STARTING TO  
FEEL GOOD...



OK, WE SHOULD'N'T STICK AROUND YOUR BREASTS FOR TOO LONG!  
LET'S PALPATE YOUR BUTT NEXT.

NI...  
HYAA!?



AH, THAT'S NOT IT!

WHAT IS IT? WANT ME TO APPLY MORE PRESSURE?



AHH, LOOKS LIKE ONCE AGAIN HE'S GOING FOR MY-

I SEE, LOOKS LIKE IT WASN'T ENOUGH.



HNN!



IT'S N-NOTHING!

HM? NI...? WHAT'S THAT?



DON'T SAY...

ANKO-SAN, YOU HAVE A VERY LARGE BEHIND. WE HAVE TO THOROUGHLY PALPATE ALL OF THIS!

DON'T WORRY! WE'LL MAKE SURE YOU GO DOWN A FEW SIZES IN TWO MONTHS!

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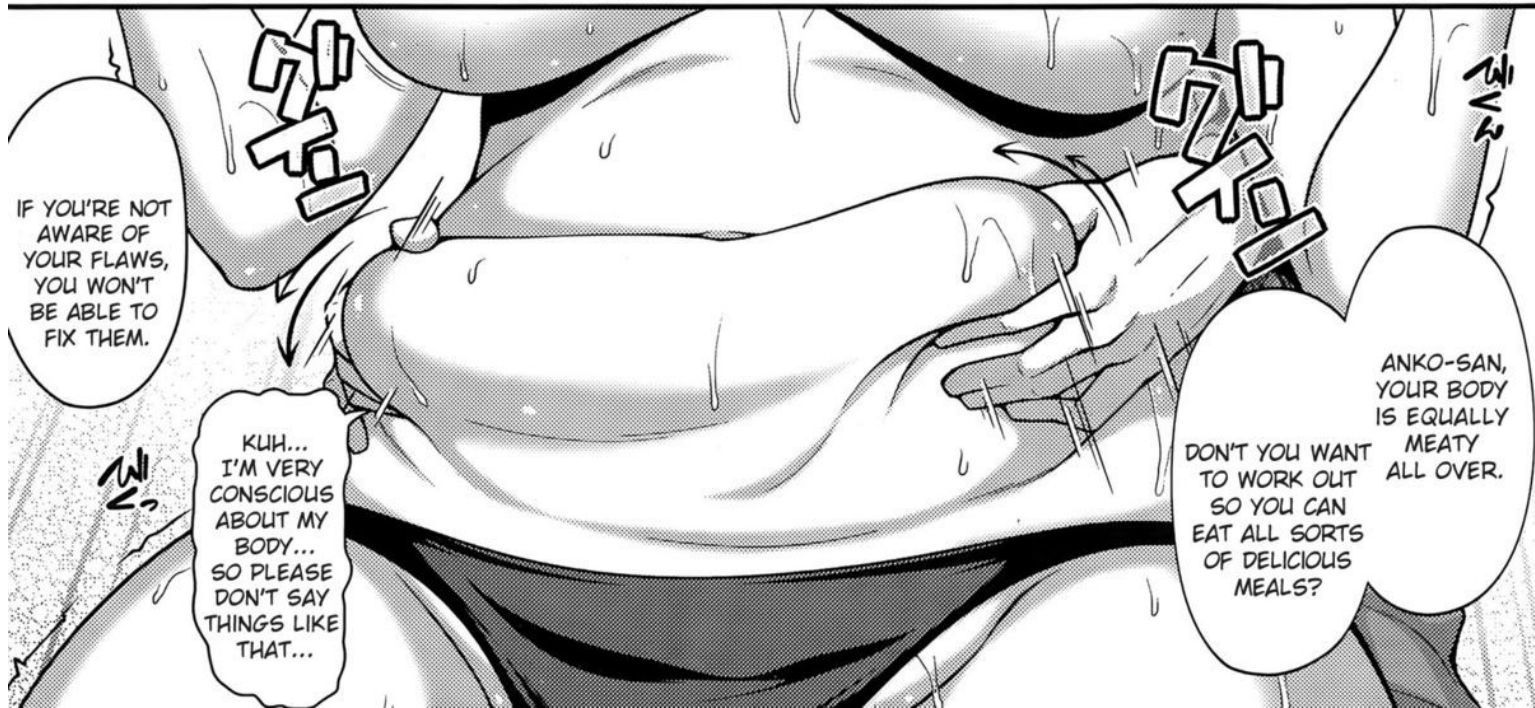
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AH... MY BELLY ...

LET'S MOVE ON TO YOUR BELLY.

AH!



IF YOU'RE NOT AWARE OF YOUR FLAWS, YOU WON'T BE ABLE TO FIX THEM.

KUH... I'M VERY CONSCIOUS ABOUT MY BODY... SO PLEASE DON'T SAY THINGS LIKE THAT...

DON'T YOU WANT TO WORK OUT SO YOU CAN EAT ALL SORTS OF DELICIOUS MEALS?

ANKO-SAN, YOUR BODY IS EQUALLY MEATY ALL OVER.



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

Y...  
YES...



PLEASE  
MAKE SURE  
TO COME  
TOMORROW.

WE HAVE TO  
LOOSEN UP  
YOUR BODY  
THROUGH  
MESSAGE  
LITTLE BY  
LITTLE EACH  
DAY.



EH...  
ALREADY?

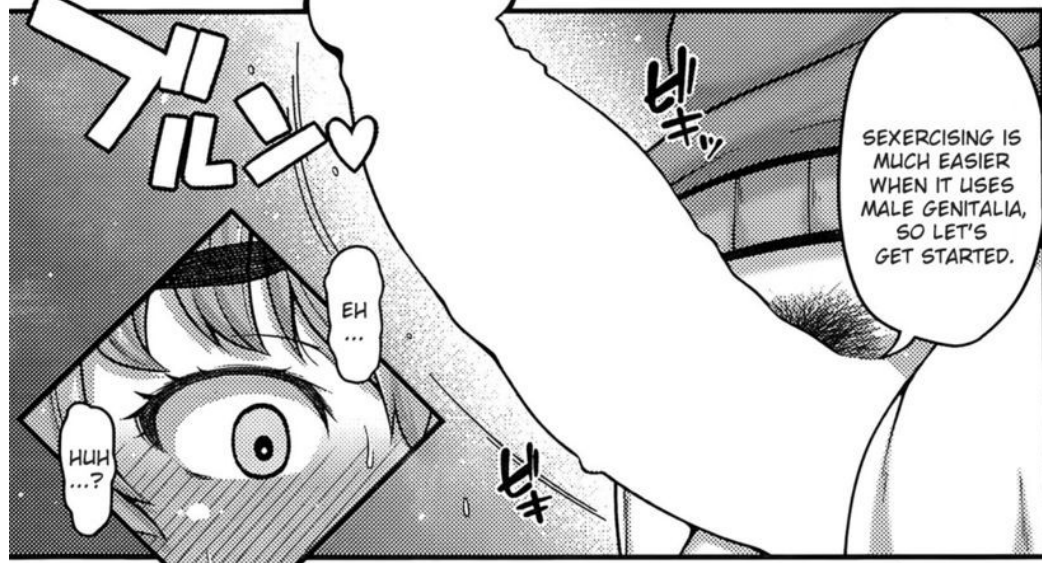
LET'S WRAP  
IT UP SINCE  
IT'S YOUR  
FIRST DAY.

AND  
THEN...

WITH NO MEANS  
OF VENTING  
IT, MY SEXUAL  
DESIRE STEADILY  
ACCUMULATED...

AS I WAS  
LEAVING I WAS  
TOLD I SHOULD  
ABSTAIN FROM  
THAT SORT OF  
ACTIVITIES OUT-  
SIDE SEXERCIS-  
ING.

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  
YOUR  
REASTS.  
  
UMM...  
I DON'T  
WANT  
TO USE  
YOUR D...  
YOUR GENI-  
TALS...!



KUH... HE CAME AGAIN ...

I'M FINISHING AS FAST AS POSSIBLE SINCE WE DON'T HAVE MUCH TIME!

YOU'LL GO DOWN A FEW BUST SIZES BY USING THIS PARTICULAR EXERCISE.

FROM THAT DAY ONWARDS, THIS MAN KEPT POURING HIS SEMEN ON ME EVERY SINGLE DAY.

OCT 7 We



OCT 13 Tue.

BUHO!?! NBHUUU GHOOO!

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

MY SEXUAL DESIRE KEPT BUILDING UP.



KUH... UHH... FHNN...

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!

THE MASTURBATION BAN WAS STILL IN EFFECT.

OCT 16 Fr

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 ASSERTIVE 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 HUSBAND WON'T BE THERE TO STICK IT IN YOU... AM I RIGHT?

WELL, SEE YA.

WE'RE DONE FOR TODAY.

LET'S CONTINUE SEXERCISING 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...

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 ♡

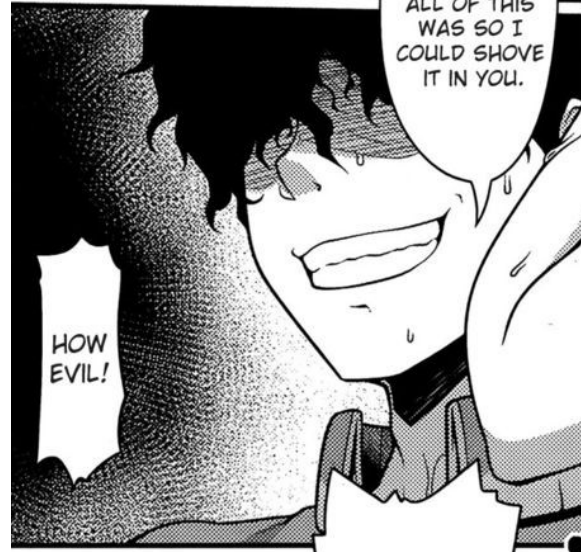
OHhhh ♡  
THIS IS IT!  
A FAT COCK  
IS EXACTLY  
WHAT I  
NEEDED ♡

HURRY ♡



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

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



HOW EVIL!



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

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

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



PUSH IT DEEPER

OH

OH

MORE! MORE





HYGIII!?  
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  
♡



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

OHH!?  
OHHH  
♡



AHH ♡  
THE WAY  
IT GRINDS  
IS AMAZ-  
ING ♡

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

I'LL  
DO IT  
♡  
IT WILL  
♡

FHUU!  
FHUN!

ONE,  
TWO!  
ONE,  
TWO!  
♡



YESH-  
HHHH  
♡

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  
♡

GIVE IT TO ME ♡

DO IT ♡

クワッ

クワッ

HERE GOES!  
THE FIRST TASTE OF YOUR NEW DIET!

あぁ♡

ん♡

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



クワッ

クワッ

クワッ

クワッ





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

I SEE... SO YOU DID IT BECAUSE I SAID YOU HAD PUT ON WEIGHT... SORRY IF I HURT YOU...



I'M HOME!

ONE MONTH LATER



OHH! ANKO, YOU SLIMMED DOWN SO MUCH!

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



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

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



LET'S EAT A TON ♡

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

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