

A week has passed. Tyler and Mark are helping Bob to build his endurance, both physically and mentally. Tyler has been riding Bob's face for 10 minutes and is now ready to switch seats with Mark.

Having enjoyed his time riding up front, Tyler eases up from the cushion on Bob's face. As he moves, Bob feels a brief sense of relief as the pressure his face is lifted. Tyler's white football pants glisten with a hint of perspiration, a testament to the workout for both him and Bob. He shifts onto his hands and knees, giving a last look back at Mark, with a knowing smile on his face.

Mark seizes the opportunity to take the front seat, now descending onto the cushion covering Bob's face. He's excited to be in control, his weight gently settling on Bob. His snug pants look even more appealing as they contour to his body. With a sense of dominance and excitement, he settles into his position, ready to continue the session in the front seat.

The transition is smooth, and each rider assumes their position with a mix of satisfaction and anticipation. Bob is keenly aware that his role as a comfortable seat for Tyler and Mark is central to their training goals, and he's committed to delivering a performance that meets their expectations.

Mark, comfortably seated in the front position on Bob's cushioned face, is increasingly aware of the effort and diligence Bob is exerting beneath him. As the session progresses, Mark's weight bears down on Bob more firmly, the snug football pants molding to his body and accentuating his presence. He feels the subtle shifts in Bob's movements beneath him, as Bob works to ensure his comfort, even as the weight becomes more challenging to bear.

For Mark, the sensation is one of dominance and control. He's in the driver's seat, or rather, the rider's seat, and he enjoys knowing that Bob must adapt and respond to his weight distribution to provide a comfortable experience. Despite the effort Bob exerts, Mark remains in a state of total relaxation and ease.

Mark's firm seat on Bob's face gives him a sense of empowerment and satisfaction. He knows he's at the forefront of the session, indulging in the role of the one who's served and pampered. The feeling of Bob working diligently under him not only reinforces Mark's dominance but also excites him, reminding him of the unique dynamics of their training sessions.

The sensation of Bob's features beneath his snug football pants adds a layer of intimate connection to the experience for Mark. He can feel the contours of Bob's face and the way it accommodates to his weight, creating a unique bond between the two. The supple yet resilient surface of Bob's face molds to Mark's shape, ensuring his comfort and allowing him to sit deeply into the cushion beneath him.

Knowing that Bob is putting forth significant effort to support Mark's weight becomes a thrilling aspect of their interaction. Bob's hard work and dedication to ensuring Mark's pleasure and comfort is a turn-on for Mark. It underscores the sense of being served and pampered, reinforcing Mark's dominance in the situation.

The knowledge that Bob willingly endures the challenge of Mark's weight, even as it increases during their session, feeds into Mark's enjoyment of being the center of attention. It's a unique form of trust and submission that further intensifies the connection and deepens the pleasure Mark derives from this dynamic.

As Mark settles into his comfortable cushion atop Bob's face, he begins to experiment with subtle movements. He rocks his hips slightly, adjusting his position and shifting his weight from side to side. These gentle movements serve two purposes.

Firstly, they allow Mark to find the optimal spot that maximizes his own comfort and pleasure. He can feel how Bob's features adapt to his movements, almost like a living piece of furniture. It gives him a sense of control, further fueling his dominant position.

Secondly, Mark's subtle movements force Bob to respond to accommodate the shifting weight distribution. Bob's grunts and moans grow more pronounced as he works to keep Mark comfortable. The sounds of Bob adjusting beneath him add to Mark's enjoyment. It's a form of communication between them, with Bob expressing his devotion and willingness to serve Mark, and Mark responding by allowing him to continue.

These movements create a unique rhythm, a give-and-take between Mark and Bob. It's an unspoken language that strengthens the connection between them, and Mark revels in the sensation of being in charge, guiding Bob's actions as he rides comfortably on his cushion.

As Mark continues to enjoy his dominant position on Bob's face, he communicates with his human seat in a firm yet considerate manner. His words are laced with authority as he instructs Bob to keep him comfortable.

Tyler, who is observing the scene, encourages Mark to continue. He appreciates Mark's exploration of his dominant side and the way he is asserting himself. Give him a good workout, Mark, Tyler chimes in, adding to the atmosphere of dominance and submission. Tyler's encouragement spurs Mark on, and he's determined to maintain his position on Bob's face, pushing the boundaries of his comfort and control for as long as he can.

As Bob struggles under Mark's increasing weight, his grunts and moans grow more frequent and louder. Mark, fully enjoying his dominant position, is not inclined to ease up on him. In fact, he's planning to make Bob work even harder to satisfy his desires. Come on, Bob, Mark asserts, you can handle this. Work for my pleasure. Mark's tone is firm and dominant as he continues to push Bob's limits. Tyler observes the situation and can see that Mark is determined to test Bob's endurance further. He chimes in with encouragement. You've got this, Bob. Keep working hard for Mark's pleasure. Bob, despite the strain, is motivated to endure and serve his riders. He understands the dynamics and is ready to meet their demands, no matter how challenging they may become.

Mark, fully embracing his role as the dominant rider, decides to intensify Bob's workload. He lifts his ass slightly, providing a momentary reprieve from the full pressure on Bob's face, only to sit down again, allowing Bob to bear his full weight repeatedly. Each time he executes this move, Bob grunts and moans, struggling beneath the changing weight distribution.

Tyler is seated comfortably in the back seat and observes the situation. He shares a laugh with Mark, appreciating the effect this move is having on Bob. Mark, you've certainly found a way to keep Bob on his toes, Tyler says with a chuckle. Mark responds with a grin, I figured it's a good workout for him. And it's quite amusing to see him squirm like that, isn't it? Tyler nods, clearly enjoying the show. It's definitely entertaining, and I'm sure Bob appreciates the challenge.

Mark continues to execute the move, raising himself slightly and then sitting down again, relishing in the sensation of dominance and control. His actions are not only about his own pleasure but also to demonstrate his position of power to Tyler. With each repetition, Bob's grunts and moans grow louder, and he visibly struggles to cope with the changing weight distribution beneath Mark.

Riding like this a real turn-on Tyler, Mark says. Do you want to try this? Tyler, intrigued by Mark's enjoyment and eager to explore new experiences, considers Mark's suggestion. I'd like to give it a try, he responds. Let's switch seats.

Bob, while catching his breath during this brief respite, anticipates the impending change in seating arrangement. He knows that Tyler's weight is significantly more than Mark's, and the thought of experiencing the new move with Tyler up front leaves him both intrigued and concerned.

Bob is ready to endure whatever his friends have in store for him, even though he's well aware that Tyler's added weight will make it even more challenging. He's committed to providing the best possible experience for both Mark and Tyler, despite the physical demands they place on him. Bob takes a deep breath, mentally preparing himself for the session ahead, determined to meet his friends' expectations.

Meanwhile Tyler and Mark discuss the pro's and the con's of using a cushion for face sitting Bob. Tyler decides to try this new move without a cushion first and add the cushion later to feel the difference in his comfort and to see if it affects Bob's workload.

Tyler: Alright, Mark, I'll give it a try without the cushion first to see how it feels for me and how it affects Bob's experience. Later I'll use the cushion to feel the difference. Mark: Sounds like a plan, Tyler. I'm curious to see how it goes. Let's give it a shot.

Tyler positions himself on Bob's face, settling down without the cushion. He's feeling Bob's features beneath him and enjoying the experience. As he's comfortably seated, Tyler looks over at Mark. Tyler: (smirking) Well, Mark, I can already tell this is going to be an interesting ride. Let's see how Bob handles the extra challenge. Mark: (grinning) I'm sure he'll do just fine. Let's give him a workout.

Tyler lifts his ass a bit, sits down and then leans back a bit, just as Mark had done earlier. The sensation is different without the cushion – Tyler can feel Bob's features more vividly against his snug football pants. He can sense Bob working diligently beneath him to provide support and maintain his comfort.

Tyler: (exhales) It's definitely a unique feeling, Mark. I can feel Bob's features more directly. He's working harder under my weight, that's for sure. Mark: (nodding) Yeah, it's a bit different without the cushion, but it's a good kind of different. Bob's certainly earning his keep today.

Tyler continues to shift his weight, exploring this new riding style, and they share their experiences as the session progresses. Tyler can feel Bob's grunts and moans beneath him, and Bob's efforts are evident as he works hard to endure the extra weight Tyler provides.

Tyler lifts his ass and asks Mark to put the cushion on Bob's face. Mark is quick to position the cushion on Bob's face. He adjusts it carefully, making sure it's comfortable and supportive. Tyler then sits down on the cushion, pressing it onto Bob's face. Tyler: (feeling the cushion) Alright, Mark, let's see how this feels. Give me a moment to settle in. Mark watches as Tyler tests his comfort on the cushion, and he can see that Tyler is adjusting his position slightly with each sit. Bob's responses are clear, grunting and moaning beneath them as he works to accommodate the changing weight distribution.

Mark: (smirking) Bob's really getting a workout today, huh? Tyler: (grinning) Oh yeah, he's definitely earning his keep. This cushion is making it more comfortable, but I can still feel him working under there. Tyler continues to adjust his position on the cushion, enjoying the sensation, and both riders acknowledge Bob's efforts to keep them comfortable as they relax and enjoy their unique session.

While Mark is settling himself on his cushion on Bob's stomach, Tyler is sitting relaxed on his cushion, enjoying the extra comfort it gives him. Without looking over his shoulder he can tell Mark is sitting down full weight, causing Bob to respond to the extra weight, through his seat. Tyler: (noticing the movements) Mark, it looks like you're making yourself comfortable there. Mark: (grinning) You know it. Bob's doing great under your cushion, isn't he?

Bob, despite the additional challenge, grunts and moans beneath Mark's weight, determined to provide a comfortable seat for his riders. The cushion is certainly adding an extra layer of comfort for Tyler, who enjoys the sensation as he remains seated and relaxed. Mark settles into his position, taking his seat on Bob's stomach, ready to experience the session from his "saddle" once again.

Tyler: (patiently) Alright, Mark, just give me a signal when you're fully settled and comfortable on your cushion. We're in no rush here, I'm sitting relaxed and Bob can wait too. Mark: (nodding) Got it, Tyler. I'll let you know when I'm good to go. Mark takes a moment to find the perfect position on the cushion, making sure he's fully comfortable. He shifts slightly, testing his seat, and finally gives Tyler a thumbs up to indicate that he's ready for the next phase.

Meanwhile Bob is preparing himself for the workout that Tyler is going to give him. For now Tyler is resting his weight sitting still, but soon he will lift his ass repeatedly for a short moment, only to sit down immediately again.

Tyler is feeling a mix of sensations as he rides Bob's face with the cushion beneath him. The cushion adds an extra layer of comfort, and he appreciates the softer surface against his body. He can feel Bob working diligently to support his weight and respond to his movements. The added weight from the cushion also makes Tyler feel more secure and relaxed as he sits. Bob grunts and moans occasionally, clearly working hard under the increased pressure. Tyler is fully aware that his weight is a significant challenge for Bob, even with the cushion, and he's determined to make Bob work for his comfort while enjoying his dominant position.

Tyler: (feeling comfortable with the cushion) Hey Mark, how's the view from back there?
Mark: (observing) The cushion is compressed quite a bit when you sit down. Do you go full weight after every lift? Tyler: (smiling) Yes, I'm going full weight every time, Mark. Bob can handle it, and I want to make sure he's working hard under there. Mark: (impressed) That's intense. Bob must really feel the pressure. Tyler: (nodding) He does, and I can feel it too. The cushion helps, but it's still quite a workout for him. Mark: (grinning) Well, as long as you're comfortable, and he's working hard, it's a win-win, right? Tyler: (agreeing) Absolutely, Mark. It's all part of the fun.

Tyler, feeling the extra effort Bob has to put in, decides to push him further. He starts lifting and sitting down more frequently and for a slightly longer duration, making Bob's workload even more challenging. He shares his thoughts with Mark and mentions his desire to see just how far Bob can go to keep them comfortable. Tyler: (lifting and sitting down) Mark, I think we can push Bob a little harder. Let's see how much he can endure. Mark: (watching) You really want to test his limits, don't you? Tyler: (grinning) Yeah, I'm curious to see how far he can go.

Bob's grunts and moans become more pronounced as he struggles under Tyler's increased demands. Tyler continues to challenge Bob, making him work harder to support his weight. Mark: (grinning) Tyler, you're really enjoying this, aren't you? Tyler: (smirking) Oh, absolutely. It's like having my own personal workout session. And Bob here is doing a great job. Mark: (chuckles) Bob, you're working hard, buddy.

Bob, who can't speak due to the cushion covering his face, can only grunt and moan in response to their conversation. Tyler and Mark share a laugh as they continue to test Bob's limits, both enjoying the feeling of dominance and control over their human seat.

Mark: (raising an eyebrow) Yeah, Tyler, are you making it even harder for Bob? Tyler: (grinning) Well, it's a bit of a challenge for him, but I think he can handle it. And yeah, I go full weight after every lift. It's more fun that way, don't you think? Mark: (nodding) It's definitely a lot more demanding for him, but he seems to be holding up surprisingly well.

Bob continues to grunt and moan under Tyler's relentless workout, his limits being pushed further as they talk about his endurance. Tyler and Mark are clearly enjoying this power dynamic they have over Bob.

Tyler: (feeling Bob's resistance) Bob, you've been doing great, but I can sense you're really working hard under there. Do you need a little break, or can you handle my weight for a bit longer? Bob: (muffled) Ugh, I... I can use...a break, Tyler. You're...really making me...work for it. Tyler: (smirking) Alright, we'll give you a short break, Bob. You've earned it.

Tyler lifts himself off the cushion and Mark can see the visible relief on Bob's face. He chuckles, realizing how challenging it has been for Bob.

Much to Mark's surprise Tyler is only giving Bob a few seconds to catch his breath before he puts his cushion on Bob's face again. Mark: (raising an eyebrow) Tyler, you're not going to ride his face again, are you? Tyler: (with a sly grin) Don't worry, Mark. I'm just going to sit still this time, so both of us can have a little break. We've given Bob quite the workout. Tyler places the cushion back on Bob's face, but this time, he simply sits down and remains still, allowing Bob to recover from the constant lifting and sitting down.

A few minutes later Tyler's cell phone is ringing. It's his girlfriend. Tyler: (noticing the call) Mark, my girlfriend's calling. Mind if I take this while staying seated on Bob? It might take a few extra minutes. Mark: (grinning) Go ahead, Tyler. We've got Bob here for a bit longer. He'll endure.

Tyler answers the call and starts chatting with his girlfriend while sitting comfortably on Bob's face. Bob, though experiencing prolonged pressure, is committed to his role as a human seat for his friends.

Tyler is settling back into his cushion, looking for the most comfortable sitting position. Bob is not responding quickly enough to his liking to accommodate his need for maximum comfort, so he orders Bob to step up his game. Tyler: (speaking into the phone) Hey, babe, I'm just hanging out with some friends, you know, doing a little...um...seat experiment. No big deal. Just relaxing. Girlfriend: (curious) Seat experiment? What's that about? Tyler: (smiling) It is, uh, a fun little game we play. We're taking turns sitting on a cushion, and our friend Bob here has to, you know, make sure we're comfortable. I was just telling him to step up his game. Girlfriend: (amused) Well, it sounds like quite the experiment. Is Bob doing a good job? Tyler: (chuckles) Yeah, he's doing his best. It's all in good fun. How's your day going?

As Tyler chats with his girlfriend, he continues to settle back into his cushion, occasionally shifting to find the most comfortable position. Bob is working diligently to respond to his movements and provide the comfort Tyler seeks. Tyler's girlfriend is left with a mix of curiosity and amusement about the unusual situation.

As Tyler remains engrossed in his conversation with his girlfriend, he sits comfortably on Bob's face, oblivious to the physical strain and discomfort that Bob is enduring under his weight. The minutes continue to pass, and Bob silently perseveres, supporting Tyler's full weight, which has already exceeded the 10 minutes they had initially scheduled for the session.

As time passes by there's no sign that the phone call will be ended soon. Tyler: (on the phone) Hey, babe, no worries. Yeah, it's pretty comfy here. Just catching up with Mark while we chat. Tyler's Girlfriend: (on the phone) That's nice. How's everything there? Tyler: All good. We're just relaxing and having a chat, you know, a guy thing.

As the conversation continues, Bob finds it increasingly challenging to endure the extended period under Tyler's full weight. The strain on his face is becoming more pronounced, and he's starting to squirm and moan under the mounting pressure, though Tyler remains oblivious to his discomfort.

Finally, Tyler becomes aware of the difficult situation he created for Bob by sitting full weight for so long. Tyler: (ends the call) Sorry, babe, I gotta go now. I'll talk to you later.

Tyler finally lifts his ass from Bob's face, giving him a few moments of respite. As he sits back down on the cushion, he turns to Mark. Tyler: (concerned) Mark, I lost track of time there. Are you okay? How's Bob holding up? We need to switch soon. Mark: (smiling) No worries, Tyler. Bob's a champ, and he's been handling it like a pro. I'm ready to take the front seat when you are. Tyler and Mark share a moment of understanding, aware of the limits they've pushed today.

Tyler: (reluctantly getting up) Alright, Mark, it's your turn. I just can't resist the front seat. It's such a rush, feeling in control like that. Mark: (grinning) I totally get it, Tyler. I'm ready to take over. Bob, you ready for another round? Bob grunts in response as Mark positions himself over Bob's face, preparing to settle into the front seat.

Mark: (as he settles into the front seat) Ah, this is the life. Bob, you're in for another workout. Tyler, have a comfy seat back there? Tyler: (adjusting his position on Bob's stomach) Yeah, man. I'm good. Mark, enjoy the ride, and let's keep Bob busy!

Mark: (smirking) Bob, my man, you've been having quite the time today, haven't you? Bob: (muffled voice) Uh-huh. Mark: (playfully) Well, it's my turn now, and I'm going to make sure you get a proper workout.

Mark starts to lift his weight off Bob's face, making Bob take in a deep breath of relief. But before he can fully catch his breath, Mark settles back down, squashing Bob beneath him again. The pattern continues as Mark rides Bob's face, increasing Bob's efforts to keep him comfortable. Tyler: (cheering Mark on) That's it, Mark, give Bob the ride of his life!

Mark's dominant riding style intensifies the workout, making Bob's grunts and moans more frequent. Tyler watches with a grin, enjoying the show and feeling entertained by Bob's struggles to accommodate Mark's shifting weight.

As Mark continues to ride Bob's face with increasing intensity, the combination of dominance, control, and the physical sensations become incredibly arousing for him. It doesn't take long before Mark starts to feel his body respond to the erotic nature of the situation. His growing arousal is undeniable as he develops an unmistakable bulge in his snug white football pants.

Mark: (whispering to Tyler) Tyler, I can't believe how turned on I am right now. This is unbelievable. Tyler: (grinning) I told you, Mark. This is quite the experience, isn't it?

Mark's growing excitement only adds to his enjoyment of riding Bob and asserting his dominance. It's clear that he's experiencing a unique form of pleasure while sitting on Bob.

Mark relaxes into his seat, allowing his arousal to subside while he continues to sit comfortably on Bob's face. He's fully aware of the features beneath him, but for now, he simply enjoys the sensation of being in control and taking a dominant position. The minutes pass, and Mark revels in the unique experience he's sharing with Tyler and Bob, his bulge gradually diminishing.

Hey Mark, why the sudden stillness? You were really into giving Bob a workout, and now you've gone all quiet, Tyler asks, looking over Mark's shoulder as he sits behind him on Bob's stomach. Sorry, Tyler, I was just getting a bit too excited, and I thought it'd be a good idea to take a little breather. You know how it is, Mark explains, looking over his shoulder at Tyler and giving a sheepish grin. Tyler chuckles in response. I get it, Mark. It's hard not to get carried away with all the comfort and control. But we should definitely continue with our session. Bob's here to be trained after all.

Mark nods and shifts slightly, getting comfortable again. You're right, Tyler. Let's make the most of our time with Bob. I'm sure he's ready for more action. How about we switch places again and you give him a good workout? Tyler agrees, and the two friends continue their playful domination over Bob, making the most of their unique session.

As Tyler takes the front seat on Bob's face, he gently lowers himself onto the cushion, feeling the support beneath him. His snug white football pants mold comfortably to his body. He rests his hands on his hips, sitting relaxed and in control, making sure to be comfortable before settling in.

Meanwhile, Mark positions himself in the back seat on Bob's stomach. He arranges his cushion, feeling it conform to his body as he takes a comfortable sitting position. His excitement from the previous session still lingers, and he can't help but smile as he realizes he's about to continue exploring his dominance over Bob.

Both men take a moment to enjoy their positions, feeling the power and control they have over Bob as they prepare for another exciting session. They know they have Bob at their mercy and intend to make the most of it.

Bob is well aware of the impending workout he's about to endure. The weight of the guys sitting on him, especially Tyler, who is the heaviest, serves as a constant reminder of the challenge ahead. As he feels Tyler's weight pressing down on his face and Mark's weight on his stomach, he knows that they don't consider his comfort a priority.

Mark: You know, Tyler, your ass looks fantastic on that cushion. Bob's a lucky guy down there. Tyler: Haha, thanks, Mark! Well, I have to admit, it's quite comfortable here. Bob doesn't seem to mind too much either.

As Mark and Tyler share their thoughts, Bob continues to serve as their seat, feeling a sense of pride and excitement as he imagines the view from beneath Tyler's cushion.

Tyler: Alright, Bob, you know the drill. Keep us comfortable, and don't slack off. Bob: I'll do my...best, Tyler. Just let...me know if...you need any...adjustments. Tyler: Good. Mark, enjoy the ride. We've got Bob here to make sure we're comfy. Mark: Oh, I definitely will. Bob, you're in for a workout!

As Tyler starts the workout, Bob grunts and moans under his weight. He's determined to fulfill Tyler's demands and provide the best possible support, even though he's already feeling the strain. The rhythm of lifting and sitting continues as Tyler enjoys his comfortable seat and the power he holds over Bob.

Mark watches Tyler's movements with great interest, appreciating the view of Tyler's ass as it rises and falls on the cushion. Mark: Tyler, that's quite a sight! I can see you're really working him hard. Keep it up, man! Tyler grins as he continues the workout, his hands on his hips, showing his dominance. Tyler: Oh, I will, Mark. Bob's here to serve us, and I want to test his limits. He's got to endure my weight like a champ.

As Tyler keeps lifting and sitting, Bob grunts and moans under the pressure, but Mark's encouragement fuels Tyler's determination to give Bob a challenging workout.

Tyler lifts his ass for a moment and suddenly turns to Mark with an inquisitive look. Mark, do you think I should make it even more challenging for Bob? I'm considering sitting down less gently to test his endurance. What's your take on that? Mark, eager to explore this idea, responds with enthusiasm. Mark: Absolutely, Tyler! Let's push Bob's limits and see how much he can take. It'll make things more exciting for us too. Give it a try! With their decision made, Tyler proceeds with the new, more intense routine, lifting his ass and sitting down on Bob with greater force. Every time he descends, Bob's grunts and moans grow louder, and he begins to squirm more under the added pressure.

Mark, sitting behind Tyler, watches the scene with excitement and amusement. He can't help but comment as they continue to test Bob's limits. Mark: Look at him go, Tyler! Bob's really getting a workout now, isn't he? Tyler, grinning, replies while maintaining the pace of the workout. Tyler: Oh, he sure is! And we're having a blast pushing his limits. Bob, you're doing great down there!

As Tyler continues to lift and settle down onto the cushion with vigor, Bob's reactions become more pronounced. His grunts and moans create an engaging soundtrack for their session, and his attempts to endure the increasing weight add to the challenge. Mark, sharing in the excitement, can't help but cheer Bob on. Mark: Come on, Bob! You've got this! Show us how strong you are!

Tyler, after riding Bob for an extended period, decides it's time to give their dedicated seat a short break from the demanding lifting and sitting. He leans forward to address Bob. Tyler: Great job, Bob! You've been an amazing seat for us today. You've earned a little break. I'm going to sit still for a bit, but I want to face Mark, so I'm going to turn around. Don't worry, you won't be without a seat for long.

As Tyler dismounts, Bob catches a moment to catch his breath and readjust himself, feeling relief from the constant weight on his face. However, his reprieve is brief, as Tyler, true to his word, doesn't want to leave Bob unseated for too long. He turns around and settles down on the cushion again, this time facing Mark. Bob, still recovering from the prior workout, sighs in relief for a moment, though he knows he'll be back to work soon.

So Mark, what did you think about the last workout? Do you think that Bob had a hard time supporting my weight? Mark: Well, Tyler, I was watching, and it looked like Bob was definitely working hard under your weight. He grunted and moaned quite a bit. I'd say you're doing a great job giving him a challenging workout. It's impressive how well he can handle it.

As Tyler adjusts his seat on Bob, he can feel the cushion beneath him, and he instructs Bob to keep him comfortable and submit to his weight. Bob, obediently fulfilling his role, shifts to accommodate Tyler's weight. Bob's muffled voice is heard through the cushion as he responds, Yes, Tyler. Your comfort...is my...priority. Mark smiles and continues to watch as Tyler embraces his dominant role.

I can feel he's submitting to my weight Mark, says Tyler. It feels great to have Bob at my mercy like this. I have complete control over him. It really feels good sitting on his face. In fact it is very relaxing, but not for Bob of course, I'm sitting full weight, Tyler says with a big grin on his face. Mark chuckles and nods, I can tell you're really enjoying this, Tyler. It's evident in the way you're talking and your relaxed demeanor. Bob is certainly working hard under your weight, and he's enduring it for your comfort. It's quite a unique dynamic you guys have going on there.

Tyler: You know, Mark, I've been thinking about how Bob can continue to improve his endurance. Maybe we should try some different routines to make his training more challenging.

Mark: (Leaning back comfortably on Bob) That's a good idea, Tyler. Bob's been doing quite well, but a little variety could keep things interesting for all of us. What do you have in mind? Tyler: Well, we could experiment with some specific exercises to see how Bob responds. Like lifting and lowering, quick changes in positions, or even longer sessions. Mark: (Shifts his weight slightly, making Bob grunt) I like the idea of exercises and making Bob work even harder. It'll be a good way to test his limits. Tyler: (Nods) Exactly, Mark. Plus, it'll add an extra layer of enjoyment for us while we're on top. Bob's face will be our workout bench. Mark: (Chuckles) I'm all for it. I can see the potential for a lot of fun and games while we train him.

Tyler: (Adjusts his position) Let's start with something simple. Maybe we can have Bob endure some longer sessions with one of us sitting on him while the other keeps him company. Mark: (Nods) That's a good way to gradually build his stamina. We can even add some teasing or challenges during the sessions to keep things spicy. Tyler: (Smirking) I like where you're going with this, Mark. Bob's going to have his hands full or, well, his face full. Mark: (Laughs) Indeed, and it will be our pleasure to train him. Let's make a plan and get creative with our sessions. Bob will be in for quite a ride.

As they continue discussing their training plans, Bob remains obedient under their weight, feeling the pressure of their bodies on his face and stomach.

Mark: (Watching Tyler) So, should we continue Bob's workout? Tyler: (Rubbing his temples) I need a bit more rest. Mark: (Chuckling) Well, it doesn't seem like Bob's getting much of a rest with you still on his face. Tyler: (Smirking) Sorry, I should've been more clear. I meant I need to rest. Mark: (Laughs) Ah, I see what you mean now. You don't want to give up your comfy seat on Bob's face, do you? Tyler: (Grinning) You got it, Mark. Bob's here to serve us, right? Mark: (Smirks) Absolutely, and Bob seems to be doing an excellent job at that. As they share a laugh, Bob continues to bear the weight of Tyler's ass on his face, patiently waiting for the next phase of their training session.

Bob: (Muffled) Mmm... guys, I... Mark: (Smirking) What's that, Bob? Having a bit of trouble expressing yourself? Bob: (Struggling) Yeah... Tyler, could you... maybe... Tyler: (Playfully) What's that, Bob? Having some trouble with me on your face? Bob: (Gasping) Yeah... can't... talk... Mark: (Chuckling) Looks like you'll have to work a bit harder to get your message across, Bob. Tyler: (Grinning) Bob, you're doing great. Keep up the good work. Bob: (Muffled) Thanks... guys... appreciate...

As Bob continues to bear the weight of Tyler's ass, he finds it a bit challenging to communicate with them. Mark and Tyler, however, seem to enjoy Bob's efforts to speak, finding it all part of the experience.

Bob: (Muffled) Tyler... honored... serve you... proud... Tyler: (Smiling) What was that, Bob? Couldn't quite catch that. Bob: (Struggling) Honored... serve... proud... but... heavy... Mark: (Teasing) Tyler, it sounds like Bob has something to say. Maybe you should give him a moment. Tyler: (Chuckling) Alright, Bob. I'll give you a moment.

Tyler lifts his ass slightly, allowing Bob to speak more clearly. Bob: (Gasping) Thank you, Tyler... honored... proud to serve... Tyler: (Gently) You're welcome, Bob. I appreciate your dedication. Mark: (Nodding) Well said, Bob. You're doing an excellent job. Bob: (Muffled) Thank you, guys...

Bob takes a moment to catch his breath before Tyler settles back onto his face. Despite the weight pressing down on him, he feels a sense of pride in serving Tyler.

Bob: (Muffled) Tyler, could you... sit full weight...for a while? I want...to feel it... Tyler: (Grinning) You got it, Bob. I'll give you the full experience.

Tyler settles back onto Bob's face, ensuring that he's sitting with his full weight. Bob is now bearing the complete load of Tyler's body, and he can feel the pressure and weight more intensely. Despite the challenge, he's eager to serve and satisfy Tyler's desires.

Tyler: Mark, you have no idea how incredible it feels to have Bob underneath me, completely submitting to my weight. It's such a turn-on, man. Mark: (Chuckles) I can see that, Tyler. Bob's doing an excellent job serving us both. Enjoy the ride, but let him breathe once in a while. Tyler continues to enjoy the sensation of sitting full weight on Bob, who's providing him with the ultimate seat of submission. Mark watches as Tyler embraces his dominant position with excitement.

Tyler: (Engaged in conversation with Mark) So, Mark, have you checked out the schedule for the upcoming games? Some exciting matches coming up. Mark: (Nodding) Yeah, Tyler, I've been keeping an eye on it. There are some big matchups we shouldn't miss.

As they discuss their favorite teams and upcoming games, Bob's squirming becomes more noticeable under Tyler's weight. Tyler can feel the movements beneath him, and he's enjoying the sensations. Tyler: (Smirking) Mark, I think Bob's enjoying this workout. He's squirming quite a bit. Mark: (Grinning) Looks like he's having a tough time under your cushion. But hey, that's what he's here for, right?

Tyler's excitement continues to grow as he remains seated full weight on Bob, the undeniable bulge in his football pants becoming more pronounced. Bob's submission to Tyler's weight only fuels his arousal further, and he revels in the sensation.

Tyler: (Looking down at Bob's squirming form) Mark, I'm not sure how much more he can take. He's really struggling under my weight. What do you think? Mark: (Watching Bob's reactions) Well, it's clear he's working hard down there. But, Tyler, if you can still enjoy the ride a bit longer, why not give him a few more minutes? He's here to serve us, after all. Tyler: (Smirking) You've got a point, Mark. I am quite comfortable up here. (Pauses) Alright, Bob, just a few more minutes. Hang in there.

Bob's grunts and moans, along with his increasingly intense squirming, only add to Tyler's excitement. He decides to enjoy the sensation a bit longer, making Bob work hard to accommodate his weight.

Mark: (Smirking) Well, Tyler, it's pretty clear that you're having a great time up there. Tyler: (Blushing a bit) Yeah, it's hard not to enjoy it. Bob's doing quite a job down there. Mark: (Pointing at Tyler's bulge) No kidding, man. It's obvious you're having a blast. The two friends share a few laughs and continue to chat while Tyler remains seated on Bob's face. Mark can't help but appreciate the whole scene and encourages Bob to keep serving Tyler faithfully.

Bob is determined to continue enduring Tyler's full weight, knowing that his efforts are bringing pleasure and excitement to Tyler. He's proud to serve as his submissive seat, and he's resolved to hold up under Tyler's weight for as long as needed, ensuring Tyler's comfort and enjoyment during his ride.

Tyler: (grinning) You know, I'm really enjoying this ride, Mark. Bob's doing a great job supporting my full weight. Mark: (chuckles) Yeah, I can see that. But, buddy, he seems to be struggling. Maybe it's time to give him a little break, just to catch his breath. Tyler: (hesitates) I get what you're saying, but I'm so into it right now. It feels incredible. Mark: (playfully) I know, I can see that. But we also want Bob to keep serving us, right? A short break won't hurt. Tyler: (reluctantly) Alright, alright. I'll give him a short break, just a moment. But then I'm back in the saddle.

Tyler carefully lifts his ass for a moment, allowing Bob to gasp for air before settling back down again. Bob: (grateful but muffled) Thank you... Mark: See, Bob? We want you to enjoy this too. Now, you ready to keep serving Tyler? Bob: (determined) Yes, Mark. Tyler settles back down onto Bob's face, his excitement still evident despite the short respite.

Tyler continues to sit firmly on Bob's face, maintaining both his comfort and control, as he and Mark chat and share a few laughs. Bob does his best to fulfill Tyler's commands, grunting and moaning softly beneath him.

Tyler: Hey Mark, it's been quite a ride for me. Would you like to have your turn on Bob's face again? Mark: Sure, Tyler. I enjoyed that. But if you prefer the front seat, I'm fine sitting on Bob's stomach. Tyler: (smirking) I do love the front seat, Mark. You know, it's just so... comfortable. Mark: I understand. Let's keep things as they are. I don't mind sitting on his

stomach. I'll give Bob a break from my full weight this time. Tyler: (relieved) Great! I appreciate it, Mark.

Bob: (muffled) Mmmph... Tyler... Can I...? Tyler: (lifting slightly) What's that, Bob? Having a little trouble speaking? Bob: (catching his breath) Yeah... Can I... ugh... get a break from... your full weight? It's... mmmph... quite a lot. Tyler: (smirking) Oh, Bob, you're doing great! But we're gonna keep things as they are. You're such a strong seat for us. Mark: (from behind) Don't worry, Bob. I'll give you a bit of a break this time. Bob: (muffled) Okay... Thank you...

Mark: Tyler, I've been sitting on his stomach for a while now, and I can tell Bob could use a break. What do you think would be a good duration to give him a rest before I take my turn on his face? Tyler: I agree, Mark. Let's make it fair. How about a 10-minute break for Bob? That should give him some time to recover before you switch seats with me. Mark: Sounds good to me. After the break, I'll be ready to enjoy the front seat again.

Tyler: *settling into his comfortable seat* Alright, Bob, you know the drill. I'm going to be here for the next 10 minutes. Make sure you keep me comfortable, adjust quickly when I shift, and let me know how much you appreciate serving as my seat. Tyler leans back, putting his full weight on Bob's face, while Bob continues to support him and follows his commands diligently.

Tyler and Mark's topic of conversation is manliness while Bob is on a break from double riding, working in silence supporting Tyler's weight.

Tyler: You know, Mark, I've been thinking about what manliness means in this context. It's not just about sitting here, it's about the control, the power. Mark: Control and power? What do you mean? Tyler: (leaning back) I mean, look at me now. I'm sitting on Bob's face, all relaxed and at ease. He's working hard to keep me comfortable, and I don't have to lift a finger. Mark: (nodding) I see what you're getting at. You're asserting your dominance, making him serve you. Tyler: (smirking) Exactly. And there's something uniquely manly about that, don't you think? It's like embracing your desires and not holding back. Mark: (grinning) I get it now. It's about enjoying the experience and not being ashamed of it. Tyler: (smiling) You got it, Mark. It's about embracing the pleasures of life, even if it's as unconventional as this. Mark: (chuckles) Well, you look pretty manly to me sitting there. Bob's certainly getting the message.

Tyler: (checking his phone) Alright, Bob, break's over. Time for round two. Tyler: (settling on Bob's stomach) There we go. Now, Mark, why don't you turn around? It'll be easier for us to chat face-to-face. (Mark repositions himself, facing Tyler.)

Mark: (feeling Bob's features through the cushion) Huh, I wonder if Bob can tell the difference. My ass is a bit smaller than yours Tyler. Tyler: (chuckling) Well, Mark, you're certainly lighter than I am, but Bob's probably more focused on doing his job right now.

Bob: (muffled voice under Mark's cushion) Smaller... ass... Mark: (lifting his weight slightly) Did Bob say something? Tyler: (listening closely) I think he did, but it's a bit hard to hear through the cushion. What did you say, Bob? Bob: (muffled) Mark... smaller ass... Mark: (grinning) Well, Bob, you've got a keen sense for these things, don't you? Tyler: (chuckling) Bob, you're quite the connoisseur of our butts, aren't you?

Tyler and Mark continue to push Bob's limits, enjoying their dominance and control over him. Bob's muffled sounds and physical responses fuel their amusement and pleasure. During his chat with Tyler about new movies, Mark notices that Bob doesn't respond quickly enough when he shifts his weight. He wants him to adjust himself immediately to keep him comfortable in his seat, and decides to take back control.

Mark: (shifting his weight, expecting immediate adjustment) Bob, I want you to be more responsive. You're here to serve us and keep us comfortable. Bob, now realizing Mark's desire for quick responses, quickly adjusts himself beneath Mark, ensuring that he maintains his role as an obedient seat. Tyler and Mark continue their conversation about movies while Bob focuses on being attentive to Mark's comfort and serving him to the best of his ability.

A few minutes later this happens again, Mark is not satisfied with Bob's performance and takes action. Mark, wanting to emphasize the importance of being attentive and responsive, gives Bob a vivid demonstration of the consequences of any further delays. He lifts his ass slightly and then forcefully sits back down on Bob's face, immediately following it with a bit of grinding. Bob lets out a muffled groan and squirms beneath Mark, feeling the extra pressure. Mark: (sternly) That's what happens, Bob, when you don't act promptly. I'm sure you don't want to experience this again. Bob: (gasping for air) No, Mark, I understand. I'll do better.

Tyler observes Mark's assertiveness, admiring his ability to maintain control and dominance over Bob. He can see that Mark is enjoying the sensation of having Bob serve him under pressure. Mark, on the other hand, feels a sense of empowerment and satisfaction as he reinforces his dominance, making Bob's role more challenging and keeping him on his toes. Mark enjoys having Bob respond promptly to his needs and desires, which adds to his overall enjoyment of the experience.

Tyler: (chuckles) Mark, you're really enjoying this, aren't you? Making Bob moan and squirm under your control. Mark: (grinning) You bet, Tyler. It's all part of the fun. Bob's here to serve us, and I'm going to make sure he knows it.

Tyler and Mark switch seats again.

Tyler: (Shifting his weight slightly) Bob, now that you're under my full weight without the cushion, remember to work hard to keep me comfortable. I know my ass might be a bit bigger than Mark's, but it deserves pampering too. Make sure I'm well taken care of, alright?

Bob: (Muffled voice) Yes, Tyler, I'll make sure you're comfortable. I'll serve you to the best of my abilities. Tyler: That's what I like to hear, Bob. Show us what you're made of. Tyler: (Relaxing) Ah, this is the life, isn't it, Bob? Mark: (Smirking) Bob, you've got quite the task ahead of you. Tyler's not going anywhere for a while.

Unfortunately, Bob's performance isn't meeting Tyler's high standards. Bob failed to adjust to his weight shifting in time and Tyler is not happy about this.

Mark: (Watching) Tyler, maybe you should try a move like mine to keep him in line. Tyler: Alright, Bob, let's try that. Get ready to adjust quickly. Tyler: (Lifting himself slightly and sitting down with more force) Bob, let's see how you like this. Bob: (Muffled under Tyler's weight) Mmmph! Mark: (Smirking) That's the way to do it, Tyler. Make him work for your comfort. Tyler: (Enjoying himself) It's definitely getting his attention. Keep up the good work, Bob! Bob: (Struggling) Mmmph!

Tyler: (Shifts his weight and starts gently grinding his ass on Bob's face) Mark: (Watching closely) Oh, I can see Bob's reaction. He's definitely feeling that, Tyler. Bob: (Moaning and squirming beneath Tyler's ass) Tyler: (Smirking) Looks like he's quite responsive to this move, just as he was with you, Mark. Mark: (Chuckling) You've got the hang of it, Tyler. Let's see how much more he can take.

The guys agree to call this last move 'the punishing move' and make this move their first choice of special moves when they feel that Bob needs to be made more obedient. With their new "punishing move" in their arsenal, the guys continue to enjoy their unique dynamic while ensuring that Bob serves them to the best of his abilities.

Tyler to Mark: I feel like executing the punishing move a few more times. Bob is doing great at the moment, so there's no reason, but I need to practice this new move, do you agree, Mark? Mark: (Smiling) I'm up for it, Tyler. Practicing the punishing move on Bob sounds like a good idea. Plus, it's always good to refine our skills.

Tyler: (Grinning) That's the spirit. Let's give Bob a bit more training, and he'll be even better at serving us. Bob's muffled protests go unnoticed as the guys prepare to continue their face-sitting session with some extra practice of their new move, making sure Bob is always attentive to their need for comfort.

Despite Bob's muffled protests and his genuine efforts to keep Tyler comfortable throughout the session, Tyler is determined to practice the punishing move. He raises his ass and prepares to perform the move. Mark observes, ready to see how this training exercise unfolds. Tyler is focused on the task at hand, wanting to refine this new technique, while Bob braces himself for the discomfort he's about to endure.

Tyler: (With a mischievous grin) Bob, my friend, it's time to test your endurance. Get ready for the punishing move! Tyler lifts his ass, and Bob can feel the impending pressure and discomfort as Tyler intends to execute the punishing move. Bob's muffled protests and squirms are futile, as the friends are set on refining their dominant skills. The punishing move begins as Tyler sits down with force, subjecting Bob to the weight and pressure. Mark watches attentively, ready to learn from the demonstration.

Tyler proceeds to carry out the punishing move, sitting down with force, and then adding a touch of face grinding for extra emphasis. The move, designed to make Bob more obedient and attentive to their comfort, indeed serves its purpose. Bob is forced to endure the increased pressure, and he responds with muffled groans and squirms, attempting to accommodate Tyler's dominant actions.

Mark watches closely, impressed by Tyler's dedication to perfecting this new technique. He can tell that Bob is struggling but, like Tyler, he appreciates the training exercise and the challenge it presents to their human seat. Mark: (Nudging Tyler) Looks like you're getting the hang of it, Tyler. Bob will be more obedient than ever after this.

Bob, still trapped beneath Tyler's ass, grunts and moans, his discomfort evident, but he understands that he must submit to their desires and training regimen. Tyler continues the punishing move a few more times to hone his skills, all the while Mark observes and appreciates the process.

Tyler, feeling empowered and satisfied after the set of punishing moves, leans comfortably on Bob's face, fully aware of the effectiveness of the new technique they've been using. He turns to Mark to discuss whether more practice is needed to perfect the move.

Tyler: (smirking) Well, Mark, what do you think? Should we continue with the punishing moves to make sure Bob remains obedient, or have we made our point for now? Bob, underneath Tyler, is keenly aware of the conversation happening above him. His feelings about the punishing moves are mixed. He finds it challenging and highly uncomfortable but also understands that it's all part of serving as a human seat for Tyler and Mark if he fails to keep them comfortably seated upon him.

Mark looks down at Bob, considering the situation carefully, then turns to Tyler to share his thoughts. Mark: (smiling) You know, Tyler, I think Bob's had quite a workout with those punishing moves, and he's been doing his best to keep us comfortable. Maybe we can give him a bit of a break this time. After all, we don't want to wear him out too quickly, do we Bob, muffled beneath Tyler's weight, lets out a faint sigh of relief. He appreciates Mark's consideration and hopes that they'll grant him some respite for the time being. Tyler: (grinning) Mark, I understand your point. But how about one more round of the punishing move, just for fun, and then we can give Bob a proper break? What do you say?

Bob's face, now accustomed to the punishment, tenses up a little as he awaits Mark's response, knowing that his comfort is hanging in the balance.

Mark: (pausing to consider) Well, Tyler, Bob has been through quite a bit already, but if you want to do it one more time just for fun, I suppose we can go ahead. After that, we should give him a good break, don't you think, buddy? Bob lets out a muffled sigh of relief under Tyler's weight, glad to hear the prospect of a break is on the horizon.

Tyler: (grinning) Great! Bob, you heard the man. Get ready for another round of the punishing move! Let's see if we can make it even better this time. Bob, though apprehensive, does his best to comply with Tyler's instructions, knowing that his role is to serve and please the two friends in any way they desire.

Tyler shifts his weight to get into position, hovering just above Bob's face. He lifts his ass slightly, preparing to execute the punishing move. He then comes down with force, allowing his full weight to settle on Bob's face. This sudden impact makes Bob grunt and muffle his protests beneath Tyler's ass. Tyler begins to grind his ass gently in a circular motion, maintaining full weight on Bob's face. The grinding adds another layer of discomfort, and Bob's muffled moans and grunts indicate his struggle to endure this punishment. Tyler is thoroughly enjoying himself, feeling in control and dominant as he continues to grind his ass on Bob's face.

Mark watches with interest, appreciating Tyler's assertive dominance and the effect it has on Bob. The punishing move clearly keeps Bob obedient and attentive to their comfort, but it's also pushing his limits. Tyler maintains the punishing move for a few more moments before finally lifting his ass and settling back comfortably on Bob's face.

Tyler: (with a satisfied tone) That was intense! Bob, you're doing great! Bob, gasping for air and slightly relieved, tries to convey his submission and compliance. Bob: (muffled) Th-thank you, Tyler. As Tyler settles back comfortably on Bob's face, Bob continues to endure the weight with only muffled sounds of acknowledgment.

Tyler: (relaxing) So, Bob, our football team is doing pretty well this season, don't you think Bob, struggling to speak under Tyler's weight: (muffled) Yef, dy're playin' greaf. Mark: (interpreting) He says they're playing great, Tyler. Tyler: (nodding) That's good to hear, Bob. Do you think they'll make it to the playoffs this year? Bob, still muffled: (nodding) Yef, poffible. Mark: (interpreting) He thinks it's possible. Tyler: (grinning) That's the spirit, Bob! Bob, still pinned beneath Tyler: (muffled) Yef, gofeam! Mark: (laughs) He's a dedicated fan, that's for sure.

Mark: (noticing) Hey Tyler, you've been up there for quite a while. Are you done with your relaxing ride, or do you need more time in the saddle? Tyler: (realizing he's been sitting for an extended period) Oh, I lost track of time, Mark. (looks down at Bob) Sorry, Bob. (lifts himself slightly) How are you holding up under there? Bob, taking a deep breath: (grunts) I'm okay, but... (muffled) Mark: (interpreting) He's saying he's okay but... Tyler: (settles back down gently) I can't hear you too well, Bob. (to Mark) What do you think, Mark? Should I give him a break for now? Bob, trying to speak despite the weight: (muffled) Th-thank you, T-Tyler. Mark: (interpreting) He's thanking you, Tyler. Tyler: (smiles) You're welcome, Bob. (lifts himself off Bob's face) There you go, a well-deserved break for you. Bob, taking a deep breath of relief: (breathing heavily) Thank you, Tyler.

The next week the guys meet again at their usual spot in the park near their college.

Bob is on his back, ready to be seated for double riding. The guys decided to ride without the cushioning to keep things interesting for Bob. Mark will take the front seat first, looking backwards, so he can talk to Tyler.

As Mark positions himself to straddle Bob's face and prepares to take his seat, Bob's view is filled with Mark's lower body, particularly the area around his hips and ass. He can see Mark's thighs, clad in snug, white football pants that emphasize his muscular legs. The pants hug Mark's curves, highlighting his athletic physique.

With each move Mark makes, Bob's anticipation grows, knowing that Mark will soon lower his ass onto his face. Bob's face is already in very close contact with Mark's lower body, and he can feel the warmth and weight of Mark's firm, athletic ass descending towards him. The snug fabric of Mark's football pants provides a sensual, direct connection between Bob's face and Mark's body.

Bob experiences the sensation of Mark's weight pressing down on his face without the cushion, which is different from the previous rides with the cushion in place. The direct contact intensifies the experience, making it more challenging for Bob to support Mark's weight and to breathe. He can feel the contours of Mark's ass as it settles over his face, and he realizes that serving Mark without the cushion will be a demanding task.

Mark, now comfortably seated on Bob's face, begins giving clear instructions on how he wants to be taken care of and pampered. Mark: Alright, Bob, listen up. I want you to ensure my ride is nothing short of perfect. You're here to serve, and I expect nothing less than your best effort. Bob mumbles in agreement, slightly muffled under Mark's ass. Mark: Good. First things first, keep your head up. I want you to create the most comfortable seat possible. Push your head up into my ass so that it forms a snug fit. I like to feel your face conforming to my shape. Bob adjusts his position accordingly, pressing his face into Mark's ass. Mark: That's better. Now, remember to maintain a steady rhythm as I ride your face. I like it when you sync your breathing with my movements, so take slow, deep breaths when I lift up. You need to be in tune with me, Bob. And when I sit down, I want you to welcome me by taking my full weight. Make sure my ass is well-supported, just like you're doing now. I need that cushioning, especially without the cushion. Bob groans in acknowledgment. Mark: Now, about the punishing move. I want you to be on high alert. If you're not quick enough to respond to my shifts or if I sense any discomfort, I'll execute that move. Lift my ass up, drop it down with a little force, and add some grinding. Understand? Bob nods as best he can, understanding the consequences if he doesn't meet Mark's expectations. Mark: Lastly, I want you to keep yourself calm and focused. I'm here to enjoy my ride, and you're here to make it enjoyable. Let's work together, Bob.

Tyler: Nice work, Mark! You've got Bob well-tuned for a perfect ride. It's amazing how he adapts to our preferences. Mark, comfortable and in control, smiles as he enjoys the sensations of Bob's efforts to please him. Indeed, Tyler. Bob here is a dedicated seat, and with a bit of guidance, he knows how to make our rides enjoyable. It's all about teamwork.

When Tyler settles his weight on Bob's stomach, Bob's focus shifts momentarily to adapt to his added weight. For a brief moment he forgets to push his head up into Mark's ass as he sits down again. Mark notices the absence of a snug fit forming between his ass and Bob's face just as he needs his ass well-supported before sitting down full weight.

Mark: I told you what I would do if I sensed any discomfort, Bob. I need to punish you for that mistake Bob, Mark says to him. He looks to Tyler with a big grin on his face. Tyler nods in agreement with Mark's decision and says to Bob that he should take his punishment like a man.

Mark, with a dominant grin on his face, begins his punishing move on Bob. He lifts himself slightly and then sits down firmly, allowing more of his weight to press down on Bob's face. As he settles onto Bob, he starts grinding his ass in a circular motion, adding pressure and discomfort for Bob. The snug fit between Mark's ass and Bob's face intensifies the sensation, making Bob's ordeal more challenging. With every grind, Bob lets out muffled moans and grunts as he feels the weight and pressure increase. The discomfort fuels Mark's excitement, and he can feel Bob's struggles beneath him. He enjoys exerting control and dominance over Bob, who must serve him without question.

Tyler watches with approval, and he, too, is excited by the sight of Mark's dominance and the discomfort Bob is enduring under Mark's punishing move. Bob's role as their submissive seat is reinforced, and he has no choice but to endure whatever punishment they decide to administer.

Mark acknowledges Bob's submission with a satisfied smile. Good. Now let's continue with the ride, he commands, settling back onto Bob's face. He expects nothing less than complete obedience and is pleased that Bob understands his role.

With the punishing moves and the intense ride Mark has provided, it's a welcome respite for Bob when Mark decides to sit still for a while.

Mark turns to Tyler with a smirk. You know, Tyler, I've come to realize something. All this lifting and sitting during my rides is actually a great workout for the muscles in my upper legs and my butt. It's like a fun way to keep a good-looking ass. Tyler bursts into laughter. You might be onto something there, Mark. It's the perfect combination of pleasure and fitness! Both of them share a good laugh while Bob continues to serve as their dedicated seat, feeling a bit bemused by their conversation, though he remains committed to ensuring their comfort.

As the afternoon sun begins to dip below the horizon, Tyler and Mark realize that their time with Bob is coming to an end. They've certainly given Bob a thorough workout, helping him build endurance and stamina. Bob, despite feeling tired and somewhat flattened by the experience, appreciates the opportunity for self-improvement with the help of his friends.

Before they left, they made plans to meet again the following week to continue Bob's training, both for their enjoyment and to help Bob improve his strength and endurance for the football field. With that in mind, they bid farewell to Bob, who had served them well during their training session.