

A few days later the three guys meet again for Bob's training session. The guys are in their usuals outfits, looking good, feeling good. They've turned a few heads coming to the park and love the attention they got from many girls and some guys as well.

Tyler: Alright, guys, let's get started. Today, we'll begin with the usual warm-up. Mark, I want your ass on Bob's chest. Bob: (eagerly) Ready when you are, Mark. Mark: (eagerly) Sure thing, Tyler. Let's do this. Tyler: Alright, Bob, get on your back. Tyler: (observing) Looking good, guys. Now, let's get this warm-up going. As Mark settles onto Bob's chest, the trio sets the tone for another unique training session, secluded in their favorite part of the park. Their outfits and confident strides draw a few curious glances, but they're focused on their own world of unconventional fitness.

Tyler: (keeping an eye on both) Remember, take your time to find that sweet spot, Mark. And, Bob, make sure to check in on Mark's comfort. Bob: How's it feel, Mark? Comfortable? Mark: (adjusting) Yeah, Bob, doing great so far. Tyler: Excellent. Let's keep it going, guys. We've got a productive session ahead of us.

As Mark settles into his position on Bob's chest, Tyler keeps a watchful eye on both of them. He knows that comfort and communication are key to their unique training regimen. Tyler: Mark, take your time to get comfortable up there. Bob is strong, and we want you to enjoy this experience. Mark: thanks, Tyler. I'll make sure to find the right spot. Tyler: Bob, check in on Mark's comfort from time to time. Communication is crucial. Bob: (muffled voice) I will take good care of Mark, Tyler.

With Mark positioned comfortably, Tyler focuses on the task at hand, ensuring that their training session proceeds smoothly. Tyler: Alright, let's start the warm-up, guys. Mark, take your time and let us know when you're ready to proceed to the next step. We're here to make this training effective and enjoyable. Bob: (underneath) ready when you are, Mark. Mark begins to settle into his seat, and the team gets ready to embark on another session of unconventional training, committed to pushing their limits and strengthening their unique bond.

With Mark comfortably seated on Bob's chest, the training session progresses as Tyler observes their dynamics closely. Tyler: Mark, now that you're in position, take a moment to feel comfortable. If you need any adjustments or have questions, let us know. This training is about pushing our limits while ensuring everyone's enjoyment and safety. Mark: (nodding) Got it, Tyler. I'll let you know if anything comes up. Tyler: Bob, continue to check in on Mark's comfort periodically. We want him to have a positive experience. Bob: (muffled voice) Will do, Tyler. I'll make sure Mark's alright up here.

As Mark gets settled and starts to feel at ease on Bob's chest, the team prepares for the next phase of their training. Tyler: Alright, guys, we're making good progress. Mark, when you're ready, let us know, and we'll proceed to the next step. Bob: (underneath) Take your time, Mark. We're here to support you. With everyone on the same page, they continue their unconventional training, focusing on comfort, communication, and teamwork to reach their goals.

Tyler: Mark, now Bob is warmed up, I want you to turn yourself around and take the reverse position on Bob's chest. When you're comfortable, you ask Bob if he's ready for the next step. If so, slide backwards until your ass is on his face. Mark complies with Tyler's instructions and carefully turns around, taking the reverse position on Bob's chest.

Mark: Bob, are you ready for the next step? If you're comfortable, I'm going to slide back.  
Bob: (muffled voice) I'm ready, Mark, go ahead. Mark shifts himself into position, ensuring that he's comfortable before settling his ass on Bob's face.

Tyler: (observing) Great job, Mark. How are you feeling up there? Mark: (smiling) It's different, but I'm getting used to it. Bob, you ready for me down there? Bob: (muffled response) Yes, I'm ready, Mark. Take your time and get comfortable. With Mark successfully in the reverse position hovering over Bob's face, they continue their training, with Tyler guiding them through the process and ensuring everyone's comfort and safety.

Tyler: Mark, lower yourself at will and let Bob take your weight. Sit down and make yourself comfortable. Give Bob instructions on how to increase your comfort if needed. Tyler: Bob, cater Mark to his every need. It's your job to serve him. Make sure he can sit comfortably throughout this session and check in with him periodically. And I want to hear you work Bob.

Mark follows Tyler's instructions and gradually lowers himself onto Bob's face, feeling the warmth and pressure as he settles down. Mark: Bob, if there's anything you can do to make this more comfortable for me, feel free to adjust. I want to sit comfortably during this session. Bob: (muffled response) I'll do...my...best, Mark. Just let...me know...if you...need anything.

Tyler watches as Mark gets comfortable in his seated position and ensures that Bob is attentive to Mark's comfort. With everyone in their respective positions, they continue the training session with Tyler overseeing the process and Bob diligently taking care of Mark's comfort. As Mark gradually settles into his reversed seated position on Bob's face, he takes a moment to find the most comfortable spot. He shifts his weight slightly, making small adjustments to ensure that he's relaxed and at ease. Mark: I think I've found a comfortable spot now, Tyler. I'm sitting relaxed. Tyler nods in approval, watching Mark carefully. Tyler: Good to hear, Mark. Remember, Bob is here to serve you and make sure you're comfortable. Enjoy the session, and if you need anything, just let Bob know.

Bob, underneath Mark's weight, is doing his best to accommodate Mark's comfort, adjusting his position slightly to ensure that Mark can sit as comfortable as possible. He's focused on fulfilling his role in the training session while Tyler supervises the process.

Tyler: (with a mischievous look in his eyes) you make your ass look good the way you sit on Bob's face, Mark. I can imagine it attracts attention from the ladies in those tight pants. Mark smiles about Tyler's playful banter and agrees with him.

Now that Mark is sitting comfortably and relaxed, there's no need for Tyler to stay on his feet any longer. He walks over to Bob and straddles his stomach. Tyler: Bob, give me a backrest and keep me comfortable while I guide Mark.

Tyler: Mark, remember Bob is here to serve you. Explore your seat as you like and shift your weight if you feel like it. If you need anything from Bob to enhance your comfort, just tell him what you need and he will take care of it. Mark, feeling confident and at ease in his position on Bob's face, nods in acknowledgment of Tyler's words. Mark: Thanks, Tyler. I'll keep that in mind. As Tyler settles on Bob's abdomen, using Bob's legs as a backrest, he feels the support beneath him. Tyler: that's good, Bob. Keep me comfortable here. Bob, ever the dedicated training partner, adjusts himself slightly to ensure Tyler's comfort as he prepares to support both Tyler and Mark throughout the session.

Mark, now feeling relaxed and comfortable in his dominant position, starts to explore his seat on Bob. He shifts his weight a bit, experimenting again with the sensations of sitting on his

teammate's face. Tyler watches closely, ready to provide guidance and support as Mark continues to explore his dominance over Bob.

Mark, intrigued by the idea of exploring his dominance, takes Tyler's guidance to heart. He starts to shift his weight back and forth, deliberately making Bob adjust to the changes beneath him. He can feel Bob's subtle movements as he supports Mark's weight, and it's an empowering sensation. Mark: (grinning) It feels pretty amazing, Tyler. Knowing that Bob is here to support me and having him adjust to my movements like this, it's quite the experience. Tyler smiles, satisfied with Mark's response. Tyler: that's the spirit, Mark. Enjoy the feeling of being in control and make Bob work for you. Bob, remember to check in on Mark's comfort and do your best to provide him with a comfortable seat. You're here to serve both of us.

Bob, still muffled beneath Mark's firm seat, acknowledges the instructions with a muffled grunt of consent. He's committed to his role in the training session and will do his best to ensure Mark's comfort throughout. Bob, with Mark still sitting firmly on his face, manages to adjust himself slightly to check on Mark's comfort. Bob: (muffled) Mark, how...are you ... feeling...up there? You...comfortable? Mark, maintaining his seat on Bob's face, responds with a grin. Mark: (smiling) I'm doing just fine, Bob. Your service is excellent, keep it up! Bob then turns his attention to Tyler, who is comfortably seated on his abdomen. Bob: (muffled) Tyler, you...comfortable? Tyler, feeling relaxed on Bob's abdomen, replies in a satisfied tone. Tyler: (grinning) I'm quite comfortable, Bob. Thanks for being a reliable seat. Bob nods as much as he can under Mark's weight, knowing that both his riders are satisfied and comfortable in their positions.

Tyler: Mark, I want you to continue to sit like this for 5 minutes. Explore your seat, shift your weight, whatever you feel like doing. Make Bob work for your pleasure and enjoy yourself. With Tyler's instructions, Mark settles in for a 10-minute session on Bob's face. He begins to explore his seat, shifting his weight slightly and leaning forward and backward as he finds his comfort zone. Mark can feel Bob's efforts to support him, and it adds to his sense of control. Mark: (grinning) Tyler, this feels amazing! It's like I have my own personal seat right here. Bob's face makes a great seat, I enjoy sitting on it. Bob, feeling the weight adjustment from Mark, continues to support him, ensuring that Mark remains comfortable throughout the session. Tyler: (smiling) That's the spirit, Mark. Bob is here to make you comfortable and give you the best experience. Enjoy the ride!

As Mark continues to explore his dominant side and enjoy the sensations of sitting on Bob's face, he feels a growing sense of satisfaction and excitement about the whole experience. Tyler can't help but feel a sense of pride as he watches Mark fully embrace his role on Bob's face. Mark's relaxed posture, hands on his hips, and the joyful smile on his face indicate that he's thoroughly enjoying the experience. Tyler: (grinning) Bob, you're a champ! Mark's loving it up there, and you're making it all possible. Keep up the good work, buddy! Bob, though challenged by the weight on his face, feels a sense of accomplishment and pride in fulfilling his role in the training session. He knows he's contributing to his teammates' growth and bonding through these unique experiences.

Tyler: Mark, dismount Bob and get back on his face in the forward facing position. Mark: Shouldn't we give Bob a short break, Tyler? He worked hard for me and you're sitting on him as well. Tyler considers Mark's suggestion about giving Bob a break. Tyler: (pausing for a moment) You know, you're right, Mark. Bob has been working hard, and we should make sure he's okay. Bob, how are you holding up, buddy? Do you need a short break, or are you ready for more?

Bob, relieved at the thought of a brief respite, responds: a short break would be nice, guys. I could use a breather. Tyler, always considerate of his teammate's well-being, nods in agreement. Tyler: alright, Bob. We'll give you a few moments to catch your breath. Thanks for your hard work so far. Mark, understanding the importance of ensuring Bob's comfort and safety, gives Bob an encouraging pat on the side. Mark: You're doing great, Bob. We appreciate your dedication. As Mark dismounts from Bob, they all take a moment to relax and regroup, knowing that they'll continue their unique training session shortly.

After their short break, Mark settles back into position on Bob's face, facing forward as instructed by Tyler. Tyler resumes his place in the backseat, ready to guide Mark through the next phase of their training. Tyler: Alright, Mark, let's continue. Remember, Bob is here to serve you, so make yourself comfortable and enjoy the ride. If you need anything, just let him know. Mark nods and starts to shift his weight slightly to find the most comfortable position on Bob's face. He's growing more confident in his role as the dominant rider, and he's determined to make the most of this unique experience.

Tyler watches as Mark settles in, ready to offer guidance and support if needed, all while enjoying the sight of his teammate confidently riding his human seat.

Tyler, comfortably seated in the back, watches as Mark takes charge of the next 10 minutes of their unique training session. He observes Mark shifting his weight on Bob's face, enjoying the feeling of control and the unique sensation of sitting on their willing teammate.

Tyler: that's it, Mark, you're doing great. Keep Bob engaged and make the most of this experience. Remember, it's all about exploring your dominant side and enjoying the ride. Mark, feeling more confident with each passing moment, nods and continues to adjust his position on Bob's face, occasionally leaning forward or shifting his weight to test Bob's reactions. He's fully immersed in the experience, discovering new sensations and feelings he hadn't expected.

Bob, beneath Mark, continues to do his best to provide a comfortable seat, even as he endures the combined weight of both his teammates. He grunts and moans occasionally, but he's committed to serving them and pushing his limits in the process.

Tyler: Mark, feel free to sit however you like on Bob, he's there to serve you. Make him cater to your every need by applying more pressure on his face if he doesn't respond as you wish.

Bob's feelings of submission and obedience increase as he overhears Tyler instructing Mark on how to deal with him when he does not fully comply with Mark's wishes. Mark, feeling empowered by Tyler's words, nods and begins to experiment with different movements on Bob's face. He leans backward slightly, allowing more of his weight to rest on Bob's face, then shifts back to give him a brief reprieve. Mark: (excitedly) Tyler, it's amazing! Bob's doing his best to respond to my movements. I can feel him adjusting to my weight. It's like having my own personal seat that adapts to my every whim. Tyler, smiles at Mark's enthusiasm.

Tyler: (encouragingly) That's the spirit, Mark! Enjoy the experience and let Bob serve you in any way you desire.

Bob is getting a difficult time under Mark's weight. He grunts and moans louder and louder. Mark looks over his shoulder to Tyler to ask him if he should stop moving around now that Bob is making these loud noises. Tyler responds by getting off Bob and sitting in front of him to help him with his question of what to do next.

Tyler: It's clear Bob had a hard time under your ass, hence the loud moaning. Besides, we were double riding him, and you were making him work hard for you, which was fine, so don't feel guilty about that. All that takes a lot of power. On the other hand, Bob is very

strong and can take a lot more than you might think. What you can consider is sitting still for a while, so Bob doesn't have to work as hard.

I'll resume my seat and then I like to hear what you've decided. In any case, it's good that you are attentive to his needs, especially if you make him work hard for you.

Mark, concerned about Bob's well-being, listens carefully to Tyler's advice. He understands the balance between pushing Bob's limits and ensuring his comfort. Mark: (thoughtfully) Thanks, Tyler. I appreciate your guidance. I don't want to overburden Bob, but I also want to explore this experience. I think I'll sit still for a while to give him a break.

Tyler nods in approval and repositions himself on Bob's stomach. Mark, now seated still on Bob's face, feels more at ease, knowing he's taking Bob's comfort into consideration. Tyler: (encouragingly) Good choice, Mark. Bob can handle it, but it's important to find that balance. Enjoy your seat, and if you have any more questions or concerns, just let me know. Mark nods in acknowledgment and takes a deep breath, settling into his seat on Bob's face.

Tyler: Don't forget to check in with us Bob, I want to hear your concern for our well-being and comfort. Bob, though still recovering from the intense moments he endured, listens to Tyler's instructions and is determined to be attentive to their comfort. Bob: (with determination) I'll make sure...to check in with...you both, Tyler. Your...comfort is important...to me. Tyler smiles and pats Bob's chest, appreciating his commitment to their training and comfort. Tyler: (grinning) That's what we like to hear, Bob. We're here to work together and make the most of this experience.

With everyone on the same page, they continue their session, with Bob now more conscious of ensuring their comfort and well-being during the ride.

Bob, committed to ensuring the riders' comfort, takes a moment to check in with Tyler. Bob: (calmly) Tyler, how...are you...feeling up there? Is...everything comfortable...for you? Tyler: (smiling) I'm good, Bob. Thanks for checking in. I'm comfortable and enjoying the ride. Bob then shifts his attention to Mark, who is still seated on his face, and proceeds to check in with him. Bob: Mark, how's everything...going for you...up there? Are you...comfortable and enjoying...the ride? Mark takes a moment to assess his comfort. Mark: (grinning) Bob, I'm feeling great up here. This is quite the experience, and I appreciate you making it comfortable for me. Bob nods, satisfied with their answers, and continues to carry out his role as supportive and attentive partner during the session.

Tyler: Mark, don't forget to check in with Bob to assess if you can put him back to work for you again. Mark, fully engaged in the experience, remembers Tyler's instruction to check in with Bob before resuming any activities. Mark: hey Bob, how are you feeling now? Are you ready for me to continue? Bob, who has been taking a breather and appreciating their concern for his well-being, responds to Mark's query. Bob: I'm ready when...you are, so... feel free to...continue when you...feel like it. Mark nods, appreciating Bob's responsiveness, and prepares to continue the session, ensuring that Bob remains a willing and active participant in their training.

Mark settles back full weight into his position on Bob's face, feeling a renewed sense of responsibility for the comfort of his teammate. He maintains a somewhat more stable posture this time, still enjoying the sensation of being in control but ensuring that Bob doesn't have to work as hard. Tyler, sitting comfortably in the back seat, observes Mark's actions and Bob's reactions. He can tell that Mark has learned to balance his desire for control with Bob's well-being, a key aspect of their training.

Tyler: that's it, Mark. Find that balance, and Bob will continue to be a reliable teammate in our training sessions. As they continue their training, Tyler and Mark communicate effectively

with Bob, ensuring his comfort and engagement while exploring different aspects of their dominant and submissive roles in this unique form of training.

Mark is riding Bob's face, gently shifting his weight deliberately to keep Bob engaged. Tyler: Mark, you can ride Bob like this for 5 more minutes. Then I need you to sit still on him. You can maintain your seat and sit full weight, but I like to hear your opinion on a matter.

After about 5 minutes, Marks stops moving around and sits still as Tyler requested. Mark: how are you doing Bob? Bob: (muffled) I'm okay, Mark. It's...more comfortable when...you sit still...like this. Mark nods, acknowledging Bob's feedback, and looks over to Tyler, ready to discuss the matter Tyler had in mind. Tyler: so, Mark, how do you prefer riding Bob's face? Facing forward or backward? Mark takes a moment to consider the question. Well, Tyler, both have their merits, but I think I prefer facing backward. It's more intimidating for Bob, and I can see your reactions when we're facing each other. Plus, it feels kind of naughty.

Tyler chuckles in response. I get what you mean, Mark. It does add an extra layer of excitement. Thanks for sharing your preference. Let's keep that in mind for future sessions. Tyler: I also like to hear your thoughts about the session in which I sat on your face full weight for a minute. Do you like to take that a bit further?

Mark takes a moment to reflect on Tyler's question. He's been exploring his submissive side during these training sessions and is becoming more comfortable with it. You know, Tyler, that experience when you sat on my chest and briefly on my face was intriguing. I think I'd be willing to take it a bit further and see how it feels with a longer duration of full-weight sitting. It's a bit intimidating, but I trust you, and I'm curious to explore it. Tyler nods, appreciating Mark's willingness to push boundaries and explore new experiences. That's great to hear, Mark. We can definitely work on extending the duration when I sit on your face. It's all about trust and comfort, and I'm here to make sure you feel safe and satisfied during our sessions.

Tyler: Alright, Bob, you've done a fantastic job today. We will dismount. You deserve a well-earned rest. We pushed you hard, and you've exceeded our expectations. Mark: Yeah, Bob, you're a trooper. Thanks for being such a great sport. Bob, still catching his breath, manages a smile of appreciation. Bob: thanks guys. It was very hard to endure, but I am always up for a challenge. I am happy that I could be of service. The three friends exchange some lighthearted banter, sharing a sense of camaraderie and accomplishment as they take a break to recharge before their next training session.

Now that Bob is resting and recovering from a tough workout, Tyler and Mark can work on their project. Mark is on his back and ready to be mounted by Tyler.

Tyler: Alright, Mark, let's get started with a warm-up. I'll sit on your chest for a bit before we move on to the face sitting. Get ready, buddy. Mark nods, and Tyler takes a comfortable seat on Mark's chest, feeling the warmth and weight beneath him. They both know that this is just the beginning of another training session, and they're ready to explore further.

As Tyler sits on Mark's chest, he can't help but tease him a bit. You know Mark, you always look good when you're under me. It's quite a view from up here. Mark chuckles beneath Tyler's weight, appreciating the playful banter. Mark: Well, Tyler, it's not a bad view from down here either. They both share a laugh as they ease into their warm-up, setting the tone for another intense training session.

With Bob keeping time, Tyler decides to give Mark a challenging but achievable goal. He positions himself on Mark's face, gradually letting his weight down until he's sitting full weight on Mark's face. Mark is determined to endure it for a few minutes, and Tyler is ready to push him to his limits. Mark focuses on his breathing, staying as calm and composed as possible under Tyler's weight. It's a demanding test of endurance, but Mark is determined to succeed and prove himself in this training session.

Mark is enduring a challenging experience under Tyler's full weight. With Tyler's ass resting on his face, Mark feels the pressure and weight pressing down on him. It's a feeling of suffocation and intense pressure on his nose and mouth. Mark concentrates on controlling his breathing, taking slow and deliberate breaths through his nose when he can.

He can feel the warmth and heaviness of Tyler's ass covering his face, making it difficult to move or shift his head. Mark's cheeks are flattened, and he's acutely aware of the intimate contact he has with Tyler's body. Despite the discomfort and the urge to tap out, Mark is determined to endure the face sitting as a part of his training and to prove his commitment to Tyler.

Sitting full weight on Mark's face, Tyler experiences a sense of dominance and control. He can feel Mark's features beneath him, the contours of his face, and the warmth of Mark's skin against his own. Tyler's buttocks press down firmly, creating a feeling of weight and pressure that completely immobilizes Mark's head.

As Tyler settles into this position, he's aware of Mark's breath against his skin and the subtle movements Mark makes as he adjusts to the pressure. Tyler feels a sense of power and authority as he dominates Mark in this way, knowing that Mark is willingly submitting to his weight. At the same time, Tyler is careful to maintain a balance, ensuring that Mark can breathe and is not in distress. He keeps the duration of the face sitting session within manageable limits, respecting Mark's limits and safety while exploring this aspect of their training and relationship.

As soon as Mark taps Tyler's thigh, he quickly rises from Mark's face, allowing him to catch his breath. Both men are aware of the intensity of the experience and the need to ensure safety and comfort during such activities. Mark takes a moment to regain his composure, his face flushed from the experience, and then gives Tyler a nod of approval. That was intense, he says, a mixture of excitement and satisfaction in his voice. Tyler smiles, understanding the significance of what they just shared. You did great, Mark. It's important that we explore these boundaries together and communicate openly.

With that, the two friends share a moment of camaraderie and understanding, knowing that their unique training sessions not only strengthen their physical abilities but also deepen their trust and connection as teammates and friends.

Tyler, Mark, and Bob gather around after Mark rested for a while, taking a moment to reflect on their intense training session. Tyler starts the conversation, guys, today was another challenging but productive session. Mark, you really pushed your limits today, and I'm proud of the progress you've made in embracing new experiences. It's not easy to go from being on the giving end to the receiving end, and you handled it like a champ. Mark nods, feeling a sense of accomplishment. Thanks, Tyler. It was definitely an eye-opener, and I appreciate your guidance and support. Bob chimes in, yeah, Mark, you did great up there. It's not easy to handle Tyler's weight, but you showed resilience. Tyler continues, and Bob, you continue to impress us with your strength and endurance. You're carrying us through these sessions, and it's clear you're committed to your training. Bob grins, Well, I've got the best teammates to train with. It's a team effort, and I'm happy to play my part.

They all share a laugh, knowing that their unconventional training methods have brought them closer as friends and teammates. Tyler concludes, overall, we're making progress, and I can see improvements in our performance on the field as well. Let's keep up the hard work and continue pushing our boundaries. Together, there's nothing we can't achieve.

With a sense of camaraderie and determination, the three friends look forward to their next training session, knowing that they are becoming a stronger and more united team with each passing day.