

How Heavy Are the Dumbbells You Lift?

Welcome to the world of “How Heavy Are The Dumbbells You Lift?”, otherwise known as “Danberu Nan-Kiro Moteru?”. For the most part this seems like a normal modern day world largely set in present day Japan. The story focuses not on some large conflict or great struggle, rather it is the chill tale of a group of people going to the gym to work out. The story begins when a young second-year high school girl notices she has started to put on a bit of weight, and so decides to join the Silverman Gym, one of the premiere gyms in the whole world. There she meets the student council president, Souryuuin, who was signing up at the same time, and Machio; a trainer at the gym. From there, various of her other friends and acquaintances will slowly join the gym too. The hijinks that ensue and the events that unfold from then on will be the story you will experience. You will be entering into this world at most a week before Hibiki would originally join the gym, and will be leaving a short decade after. Take **1000CP** to spend below for your time here.

Origin: *Choose the background of the life you will be starting here. Any option can be taken as a drop in if you wish, leaving you without any established ties or previous identity as you enter. Students will be around 17 years old, while the other options can be anywhere from 20 to 60 if you wish. You can optionally change your starting gender for free.*

Student - You will be entering into this jump as a simple student, around the same age as Hibiki and co. Whether you go to the same school or are in the same year as them is up to you. However you will have most of your life still ahead of you, your path yet undecided.

Teacher - While you may potentially still be going to the same school as the cast, you will now be on the other side of that dynamic. Rather than a student, you will be one of the many teachers present. You'll have greater independence but will also have to deal with everything being an adult entails.

Trainer - There are those who go to the gym to workout, and those who go to the gym as a job. You fall in the latter category, though this doesn't preclude the former. You are one of the gym trainers for the Silverman Gym, alongside the likes of Machio or Koharu. A plus side is that you'll likely be seeing the cast relatively often, assuming you work in the Japanese branch.

Athlete - For you sports isn't just a hobby, it's your life. You have chosen the career of an athlete. While you may hang out in a gym a lot of the time, depending on what specific sport you do, you may frequent slightly more specialised locations instead. Should you choose to join the gym though, you'll already be in quite good stead.

Location: *Now it is time for you to choose where you will be starting in this wide wide world.*

Japan - You will be starting off in Japan, where the vast majority of the cast of the story are. Outside of a few outliers such as Zina and Harnnold that are not yet in the country. There are multiple locations that the cast will visit over the months, so you can choose to start just about anywhere in Japan.

Russia - Instead of the main cast, you will be starting off in Russia near the location of the Silverman Gym that Zina goes to. At some point in the near future, she will make her way to Japan and become entangled with Hibiki and co, deciding to stay there more permanently. Russia has its own variety of exercises, so you may get a chance to learn some things unique to Russia.

USA - While it was only for a short while, Hibiki and co did visit the USA for a short time. Mainly to watch Machio take part in a macho competition hosted by TV star and muscle man Harnnold Dogegenchonegger (not to be confused with Arnold Schwarzenegger). You will be starting somewhere in the USA, possibly somewhere near Hollywood. What you do from there is up to you.

Perks: *Time to pick your perks. 100CP perks are free for their origin, other origin perks are half price.*

General

MUSCULAR [100]
Muscles cannot and should not be restrained by the limits of clothing. Often ill suited clothing will rip or tear. But that would only allow you to show off a fraction of your muscular physique. If you are going to go, go all in. When you flex your muscles, you don't just tear your clothes. You obliterate them, all but exploding to reveal your bare glory. Happily any underwear you happen to be wearing are excluded from this, should you wish. With enough practice you can tear the clothes in specific ways; spelling words, leaving tattered letters behind, and more.

Calorie Metre [100]
As anyone can tell you, what you eat is just as important as the exercise you do. Long years of research and conscientiousness have instilled in you a near encyclopedic knowledge of the various calorie contents in food. Just by glancing at a plate, you'll have a good idea as to exactly how many calories are in it, provided you know what the food itself is. A good way to watch what you eat!

Prince Charming [200]
Saying not to judge a book by its cover is all well and good, but it could hardly be said to be a negative if that book has a very handsome cover. You are impressively attractive yourself. You might not be world class, but it could definitely be called a face for TV. Should you choose to pursue a career as an idol, you are likely to go reasonably far on looks alone. Pair that with a nice attitude and you would make a real Prince Charming or Helen of Troy.

Student

Forever Tan [100]
You have a complexion that is at odds with the average you would expect to see among the populace of Japan, whose standards of beauty lean towards pale skin. Whatever the weather or season, your body has a constant and healthy looking tan to it. This is not some artificial orange looking fake tan, nor is it the product of heavy use of tanning beds. This is a true blue tan. Each new jump you can choose whether you wish for this effect to apply.

Class Prez [200]
Winning over other people is an art in itself. Make sure to flex your talking muscles Jumper, for you are incredibly compelling when you want to be. This is the kind of talent that allows one to assume positions of authority with more ease, the kind of charm that inspires other people to heed your words or follow your wishes. Alternatively it is very helpful should you wish to pursue a career in the idol industry. To put it simply, you know how to be quite charismatic, even if it is just a front.

Big Eater [200]
Using your muscles uses up energy. Thus, using your muscles a large amount means that your body is using up a lot of energy. The best way to recharge your body? A high protein meal within 30 minutes of exercising, to best promote muscle growth! And you sure are capable of packing away the pounds. Like Hibiki, you are capable of eating practically your body weight in food in one sitting. Rather funnily, this also can have a similar effect as Petite Muscles. You could go all out and physically grow to double your size from overeating in one sitting, then shrink down again to slim within seconds. Bear in mind those calories aren’t just disappearing though.

Spiritual Side [400]
There are many oddities to this world, but rarely will you see anything quite so overtly magical as this. Ghosts and ghouls are real, and they walk among us. On a treadmill. At the gym. Ok, where they walk isn't so important as the fact that they do exist and you are able to see them. You are in tune enough with the spiritual side of the world that even when the ghost isn't trying to make itself visible, you can still see them. You may even be able to interact with them, to a certain extent. Just try not to get possessed once you hold their attention.

Innate Strength [600]
Hibiki hid within her slim form a truly terrifying amount of power. Despite the relatively small amount of time she had spent training, she was nonetheless capable of snapping steel chains and lifting massive boulders if she wished. It was as if she was born to be a fighter, for even her fighting stances were practically perfect from the start. Like her, you have been born with this mysterious strength and talent. With sufficient training, you would be able to stand as equals or even superior to the likes of Harnnold Dogegenchonegger.

Teacher

Multilingual [100]
There are hundreds of different languages in the world, and any single one can only get you so far. You have the fortune of having been brought up by a family that spoke two different languages, and as such have learnt them yourself. You are entirely fluent in a second mundane language separate from your original. It should make going to other countries slightly easier, if you know the local tongue. It also looks good on a CV.

Oh, It's Sensei! [200]
Isn't it funny how such a large world can still feel so small at times? Even in the smallest of cities there are thousands of different families going about their day, so how is it that you so often happen to bump into the same few people again and again? You have a remarkable tendency of meeting the main cast of the world during your time in their world. It almost feels like every other week you are spotting someone familiar walking down the street or shopping at a store.

Keep The Pace! [200]
Knowing when to quit is just as important as being able to start in the first place, when it comes to exercise. Underworking yourself will lead to inefficient gains, but worse is if you overwork yourself and end up damaging your muscles. By the time you are in a fit state to start again, your overall gains will have decreased to less than if you had stopped earlier. You are familiar with your own body, and so you are good at being able to tell just how far you can push your body for maximum efficiency.

TV Manager [400]
You have an eye for talent. Not gym talent, no. You have an eye for finding TV stars. Idols. You have found your calling in life: unearthing those unpolished gems and working them until they shine brighter than the stars. Sure some of those talents have some... odd... quirks. And some of the activities they go through could certainly be called into question. But under your careful tending, you will be able to turn those ordinary people into extraordinary stars.

Kure Clan [600]
The Kure are a clan of assassins famous for their physical prowess and skill at what they do. After over a millenia of careful selective breeding, this group is almost literally born for combat. Every member of this clan boasts impressive physical abilities in all forms and are marked by the signature black sclera of their eyes. It is to this ancestry that you will enter this world as part of. This means partaking in their detailed knowledge of assassination techniques, fighting knowledge, and all their impressive physical prowess. Even a normal school teacher from the Kure bloodline would be more than capable of defeating entire gangs in hand to hand.

Trainer

Background Machos [100]
You will find that wherever you go, hidden among the masses of people will be a crowd of background, largely indistinguishable machos. They'll only make themselves known when they are needed to appear to emphasise your MUSCULAR points! They don't want much other than to pose in the background, quickly vanishing again once the moment is past. It's rather fascinating how quickly a group of muscular men in speedos can vanish quietly into a crowd.

Petite Muscles [200]
Clothes can hide a surprising amount of detail, but this is rather pushing it don't you think? Quite simply, you can hide just how muscular you are by wearing clothes. This isn't at the level of hiding a six pack though. No, this is hiding it to the point that a 2m tall heavily muscled body builder would shrink down to an average build just by putting on a track suit. You will find that any other different or odd body features you have are similarly hidden. A massive pair of wings or half a dozen fluffy tails? Not a sign of them. Just bear in mind the clothes have to actually somewhat cover the body part in question. You wouldn't be hiding any horns by wearing a pair of shorts.

Training Teaser [200]
Oh my. Well this is certainly one way of making sure you'll pay attention to someone's explanations. Though it also possibly comes at the detriment of properly taking in what they said. When people are explaining or demonstrating something to you, they will often include a rather sensual visual aspect to it. In many ways it may seem like blatant unapologetic fan-service. The fact that they act like nothing happened afterwards just makes it all the more confusing.

It's Muscle Bro! [400]
As a fitness coach, you have been through the training necessary to teach you the skills used by coaches the world over. These are the skills needed by any good coach. First, and perhaps most importantly, is knowing how to motivate your trainees to keep at it. All the teaching skills in the world won't matter if you can't get your student to start in the first place. But aside from that, you also know how to spot where your student is strong and the areas that they need to work further on. Finally; you know how to explain and demonstrate your teachings in an efficient and easy to digest manner.

Exercisms [600]
Who needs to go through the holibalo of rituals and prayer beads to exorcise spirits, when the glorious power of a workout will do perfectly fine too? In fact, you will find that the act of exercising your muscles can substitute for a great many things. Performing a vigorous set of floor presses would be sufficient to exorcise a spirit, while a set of arm curls might help you cast a recovery charm. In general, you will be able to use a simple, though vigorous, workout in place of any rituals or incantations you may have needed previously. The more complex the ritual, the more vigorous the workout.

Athlete

Jumper Cameo [100]
Oh, who's that on TV? Is that Jumper? Hey, that's your companion on that billboard! For some reason, you and your companions are always being offered chances to appear in ads, commercials, or other shows. Maybe your agent is really good. Whatever the reason, your faces will just seem to pop up in all sorts of odd places, even on international shows. It's not even a case of being particularly famous. In worlds without this kind of technology, your name and descriptions of your build will still somehow end up in stories and tales. Rarely are they front and centre, but they are still very much present.

Macho Power [200]
The vigour of your muscles has been unleashed Jumper! Their aura has been made manifest. When you commit yourself to a particularly invigorating workout, the spirit of your exercise will superimpose itself over your body. Your face will become cast in dark shadows even as your eyes burn brightly with unconcealed light. Your breathing will release plumes of steam as the engine that is your body powers through the reps.

Athletic Background [200]
While growing up, you were raised to be active. More accurately, you have been training and practising a specific sport ever since you were little. Over the years, you naturally have developed something of a talent for this sport. Not only have your muscles developed from this activity, you have also ingrained the necessary movements and techniques firmly into your muscle memory. What exact sport you have a background in is up to you, though you could almost certainly go pro in it if you desired.

Muscle Man [400]
Some people, such as Hibiki, hide their shocking strength in a small and lithe form. Others less so. It would only take a single glance for someone to pick you out as a dedicated fitness buff. Large bulging muscles tend to stick out after all. Your entire body is covered in rippling muscles forged from years of hard workouts. The degree of this muscle mass is up to you, whether it be a general muscled buffness or the vast size of a long time body builder. Naturally these muscles aren't just for show either, affording you an appropriate level of strength in turn.

Model Business Model [600]
To put it simply, you are an exemplary example of a good business graduate. The next Steve Jobs you may not be, but you are certainly equal to the likes of Hibiki's brother. Only a few years after graduating from high school, he had worked his way up to Director of an affluent trading company, and owned multiple small businesses on the side. This kind of stock trading and money management is something that comes naturally to you. Whatever world or country you find yourself in, you would quickly be able to establish a solid base of operations. Small monetary issues will rarely be an issue to you for long.

Items: *Now to pick the items you will be gaining. You may discount one item of each price tier. Like before, discounted 100CP items are free, and other discounts are half price.*

Gym Membership [Free]
As important as it is to stay fit and healthy, going to a gym isn't something you can just do for free. Well, unless your school is willing to pay for it. But what is the good of visiting this world if you can't then visit the gym with the cast because you are lacking in spare cash? By taking this, you will receive a Silverman Gym subscription. In future worlds, this will be a subscription for a different nondescript gym of good standing.

Sportswear [Free]
This is a dozen sets of basic sports clothing, used for when you are ready to work up a sweat. These are nothing particularly special, merely a few shirts, yoga pants, tracksuits, and so on. If you're going to spend the next few years working out, you'll want these at the bare minimum. The clothing will resize to fit your current form.

Equipment [100]
You will be gaining a basic set of workout equipment. This is the kind of equipment you can use for exercising at home. Dumbbells, punching bags, a treadmill, and so on. No need to visit the gym every day when there is plenty to do in the comfort of your house. Notably though, this equipment is capable of resizing to be appropriate for whatever altform you happen to be using. You won't have to limit your exercise to a mundane human form.

Cosplay Outfits [100]
Cosplaying is an expensive hobby, but one a reasonable number of people enjoy. During certain comiket events, cosplayers will flock by the hundreds. You have gained a moderately sized rack upon which are a couple dozen different costumes. Whether these are generic costumes or themed after specific characters is up to you to decide now. Just be warned that media is not necessarily the same between worlds.

Recovery Bed [100]
Often, the real pain of a new workout will only make itself known the morning after. As your muscles inflame from the stress, ensuring you have a comfortable sleeping environment is all the more important. This soft bed is not so ridiculous as to allow you to recover entirely overnight. However, it does do wonders for helping soothe aching muscles and relaxing tense limbs. You won't find yourself unable to move the next day.

Healthy Kitchen [100]
For staying fit and healthy, what you eat is the other side of the coin to working out. While the golden time after a workout is the best period for taking in protein, general food habits are also important. This kitchen comes stocked with a full array of healthy foods of great variety. The fridge has fresh veg, the pantry is fully stocked, and the stove is ready for use. The tools for your use are all state of the art, brand new pieces of equipment. Should it run out, you will miraculously find it restocked by the start of the next week.

Home Entertainment System [200]
As the saying goes, all work and no play makes Jack a dull boy. This large comfy set up is just right for people of all ages to prop up their legs and enjoy a relaxing evening at home. The Home Entertainment System comprises of a large flat screen TV, surrounded by numerous TV series and movies. On the shelf below it is a couple of unspecified gaming consoles, similarly stocked with games. Finally, the setup comes complete with two soft sofas, for ease of comfort.

Pool [200]
Just as much as it can be a tool for fun, so too can a swimming pool be used for working out. This is a full Olympic sized swimming pool, temperature controlled and sterilised for comfort and cleanliness. Off to the side of the main pool is a small spa and a sauna. The pool has an accompanying changing room and showers. You can decide whether this pool is an outdoor one or an inside one. Useful for both full body workouts and general relaxing.

Convertible Ride [200]
Hopefully you are old enough to be using this. This is a car, a convertible to be specific, if that wasn't already apparent. It's got a full tank of fuel, brand new wheels, and is entirely road worthy. Zero to sixty in five seconds. As is usually the purpose of cars, this is a good way of getting to places fast. Try not to drive with the roof down when it is cold. This comes with its own drivers licence and paperwork, though the age of your jumper may affect the authenticity of said licence.

Cash Cash Money [400]
Who would say no to a little more spending cash? What about a LOT of spending cash? You are in possession of no small sum of money. The kind of money that would have other students labelling you as the rich kid. You have several hundred thousand yen, or whatever the equivalent is in your country of origin. You wouldn't be buying a new house, but you'll be able to buy all the snacks you want, or book a private flight across the world. Should you use it all up at once, you'll receive a top up at the end of the month.

Small Company [400]
Despite his eccentricities, Ibuki was undeniably a successful business man. In fact, he had opened up numerous small businesses over the years, ranging from apartments, to restaurants, to karaoke bars. You will be gaining one such business, whose purpose is of your choosing. Perhaps you wish to open up an onsen for all those attractive gym goers to relax in as the sun sets? All the little things like paperwork will naturally have already been taken care of, and it can be placed in a location of your choice at jump start.

Food Bar [400]
This particular building functions as a restaurant cum protein bar. It serves the dual purpose of fueling the protein needs of bodybuilders while also being a good source of post workout food. The protein bar is stocked with dozens of different flavours and types of protein shakes and powders. The restaurant is as its name suggests. If you wish, and have purchased a gym, this can optionally be attached to it as a side building to maximise efficiency. Naturally this comes with a few basic chefs to cook said food.

Idol Studio [400]
Lights! Camera! Action! One of the most basic things you need for an idol is a place for them to perform. This is a moderately sized modelling and idol studio. A large portion of it is taken up by a large hall filled with a stage, lights, cameras, and greenscreens. Off to the side is an area for costumes and changing. This would be a good place to launch the beginning careers of any prospective idols.

World Class Gym [600]
There are many gyms in the world, but few are as well renowned as the Silverman Gym. Even then, it is only ranked 28th in the world. With state of the art equipment, plenty of facilities, and trainers who are each foremost athletes in their respective sports, it is easy to see how they reached this level. You have come into ownership of one of the branches of this great gym, with all that would entail. Alternatively you could choose to own a separate though no less well stocked gym. Whatever the case, there are few places better to get fit than here.

Apartments [600]
You don't just own an apartment, you own the entire apartment complex. A massive thirty story building with hundreds of different vacant apartment rooms all furnished and ready for use. With just a little bit of advertisement, you will find yourself gaining a not insignificant influx of cash. Alternatively it would be a good place for you and any of your acquaintances to stay. This complex can be put in a location of your choice at the start of each jump.

Mansion [600]
Left behind by your parents, or perhaps some other relatives, who are now gallivanting around the world at their own leisure, you have inherited this large mansion to call your own home. With large chandeliers for lights, chairs originating from royal dynasties, and more, this truly is the home of a noble lady. Such a large estate leaves plenty of room for you to renovate in just about any fashion you wish.

Companions: *Do you wish for some company in this world? Take your time to decide.*

Canon Character [100]
Perhaps you have taken a fancy to one of the characters that reside in this world. Maybe that's even why you came here in the first place. Whatever the case, you will be able to take a willing canon character from this world with you as a companion should you so choose.

Import [50]
For the cheap, cheap price of 50CP each, you can import any pre-existing companions into this jump where they will gain an origin and 600CP to spend on whatever perks or items they may wish.

High Tier Macho Squad [100]
Unlike the nameless, faceless masses of background machos, this is a squad of machos of a higher tier on the hierarchy. In other words, these are machos who have some form of distinguishing features, such as hair and actual personalities. They are led by a single top tier background macho, someone who has a name and is almost a normal person. Like all background machos, this squad will follow you around mingling in the background, appearing only when they need to emphasise your MUSCULAR point!

Gym Coach [100]
Not even the most talented geniuses reach the peak without someone to guide them. Trained in a facility suspiciously similar to a love hotel in appearance, the personal trainers of the Silverman gym are each one of the best in their field. This gym coach has been assigned with you. They will work to ensure you get the best workout possible. They also, like many silverman trainers, have inherited the propensity for destroying their clothes while flexing. If you wish, you can choose to build them using 600CP in the document above.

Gym Buddy [100]
Having a buddy to go to the gym with is a great way of maintaining the motivation to go to said gym. This is your gym buddy. They come from a similar social circle as you, whether that be as a fellow student, work colleague, or hobby pal. Naturally they get along with you swimmingly, and you will find yourselves becoming fast close friends. Like the previous option, you can choose to build this buddy using 600CP in the document above.

Drawback: *Time for you to select the drawbacks you will be experiencing during your time here.*

Continuity [+000]
An interesting tidbit is that this universe is in fact in the same setting as the story of one Kengan Ashura. In fact, in some ways they are closer than you might think, one of the teachers being the mother of a certain Kure girl. Well now you will find that, if you've been to this world before, it is the same world you visited prior.

Half Work-Out [+000]
As much fun as it is to relax in this world, you may not want to spend a full decade here just working out at the gym. By taking this option, you'll be cutting down that period by half. You'll only be staying in this world for five years, which is still a not insignificant amount of time. A lot can still happen in five years.

Jumpscares [+100]
I severely hope you don't have any heart-conditions jumper, because you are in for a shock filled time during your stay. For some reason, people just keep jumpscaring you by popping up in completely odd and sometimes unbelievable places, sometimes while pulling incredibly creepy faces. It feels like every other day you are going about your business when someone makes you jump out of your skin (metaphorically).

Weight Loss? Weight Gain! [+100]
Sadly not everyone is made equal. Some people simply gain weight far more easily than others. You yourself will be struggling with this for most of the jump. You seem to put on the pounds all too easily, and quite frequently. No matter what you do, you rarely seem to be able to lose that last bit of flab.

Hunger Strike [+200]
Food is the fuel of the body. And unfortunately your body is a bit of a guzzler. Without the energy needed to function, your body will naturally become weak. However strong you may be, an empty stomach will render you weaker than a child until you can sate your hunger. And you get hungry a lot. You'll want to ensure you have a relatively consistent source of food around lest you find yourself collapsing on the sidewalk.

Stalker Girl [+200]
An acquaintance from years ago has marked you as her rival. This doesn't sound so bad by itself, if not for the fact that they are ever so slightly crazy. They have taken to stalking your every move in order to find your weaknesses and figure out the source of your strength. They are entirely willing to go to the lengths of hiding in a pool with just a straw for air, or hiring a crane to peer through a window. Every so often, they'll appear in front of you while you are going about your day in order to challenge you to some form of competition.

Pec Withdrawal [+300]
There are many kinds of addictions, this is one of the more odd ones. You are addicted to the sight of pectoral muscles. Not just any pectoral muscles though, you are addicted to the muscles of only the most muscular and sculpted physiques. Going only a few days without seeing incredible pectoral muscles will send you into severe withdrawal. Going to the gym isn't just a hobby or job, it's basically a necessity if you want to remain stable.

The Stereo-Type [+300]
Out of some strange wish to stand out, you have decided to exemplify a certain stereotype. Whether it be the cold classic russian girl, generic gyoza gal, or muscle brained macho, you have gone to the very extremes to embody this stereotype. When you think you've worn down that particular stereotype, you'll be switching to the next one just to keep things fresh. Don't expect those people you are caricaturing to appreciate you. Or a large portion of people in general.

The End: *Your deadline has reached its end. It is time for you to decide what you wish to do for now. Do you wish to…*

Stay? *You have decided that this world is one you wish to stay in. You are content for your adventure to end. Or maybe you wish to…*

Move On? *Your time here was but one chapter in your tale, and it is time for the next one. You will be moving onto future worlds with whatever you have gained here. Alternatively, you wish to…*

Go Home? *You have decided it is time for you to head back to your home world. Your original world. You'll still be keeping everything you gained, but your time hopping worlds in this manner is over.*

**

Note: You will not be at risk of being erased from history in the event that any time-travel based shenanigans might occur over the course of this jump. At worst you may end up with a different hair style one day. This is a relaxed slice of life series after all.
**



Jump by Lone Valkyrie. Hope you enjoy!