

In the bathroom, Liang Yuan washed his face, calming down a lot.

"Have I been holding it in for too long?"

He couldn't help frowning. To be honest, when it came to taking in Sister Mei, he did have some other thoughts.

But that didn't mean he wanted to force the other party.

If the other party wasn't willing, he wouldn't insist.

At least he couldn't get past that in his heart.

"Phew~ Sister Mei is willing to stay herself. She must know what kind of price to pay. Right now, it's just that she hasn't psychologically convinced herself yet."

"No rush, Time is on our side. This kind of thing will happen sooner or later."

He shook his head and returned to the living room.

This type of thing is better done willingly by both parties rather than brute force like an animal.

There are too many beasts in the building.

He glanced in the direction of the kitchen; Sister Mei wasn't there anymore.

Looking at the closed door of the guest bedroom, Liang Yuan knew that the woman was probably frightened and crying inside.

But he didn't choose to console her.

Crying is good, at least it makes the other party understand that his food is not given for free.

He walked to the balcony, and under the faint light, he started his afternoon workout.

First, five hundred push-ups, then pull-ups.

"One, two..."

While counting, he thought about how to deal with Liu Erlong and others outside.

Liu Erlong and his gang definitely wouldn't let it slide. Their revenge was coming soon.

He alone couldn't constantly guard the doors and windows of the house, after all, he needed rest too.

This is also why he took in Sister Mei.

With both taking turns, he could ensure his rest time.

In less than half an hour, he finished five hundred push-ups, drenched in sweat, his arms, shoulders, and chest muscles swollen.

Luckily, he didn't lack food; otherwise, such intense training might weaken rather than enhance his Constitution.

After a brief rest and some boiled water, he started doing pull-ups.

While Liang Yuan was training, the guest bedroom door unexpectedly opened a crack.

Yang Mei peeked through the crack, watching Liang Yuan drenched in sweat, muscles bulging, working out. She couldn't help but cover her mouth.

"How... so strong?"

She was surprised. The youngster looked clean and slim, but surprisingly had such muscular build under his clothes.

Her mind flashed to the previous kitchen incident, and a blush appeared on her White cheeks.

Yang Mei watched Liang Yuan workout with complex emotions, thinking that no wonder he was so impulsive and eager.

In the past half hour in her room, she'd prepared herself psychologically.

She knew clearly that with Liang Yuan taking her in and giving her food, she couldn't possibly get everything for free.

Impossible to think just doing some housework would earn precious food?

She wouldn't be so naïve.

And the only thing she had to offer was probably herself...

Just now, she wasn't psychologically prepared, caught off guard by Liang Yuan's embrace, instinctively resisting.

After returning to the room, she was actually scared and regretting.

What if Liang Yuan got angry and kicked her out?

Then she'd have nowhere to go.

She was very aware that a woman like her, if left outside, would face unimaginable torture.

The previous neighbor woman's tragic situation still flashed in her mind, occasionally waking her up from nightmares.

If given a choice, she'd rather serve only one man.

"At least... the youngster treats me well."

Earlier, when he acted, he was interrupted by her crying, holding back his desire.

She knew the youngster was a good person.

Anyone else wouldn't have held back.

At least he respected her and gave her a choice.

As thoughts swirled in her head, Liang Yuan finished thirty pull-ups.

Feeling the aching shoulder and back muscles, he rubbed them but couldn't quite reach, using the wall corner to stretch his shoulders.

Finally, Yang Mei plucked up the courage to walk out of the room.

Liang Yuan heard the movement, turned his head to look at her.

She was still wearing torn stockings, a Black short skirt wrapped her round hips, a White shirt covered her impressive upper body, still breathtaking.

Liang Yuan didn't speak, continuing his stretching.

Yang Mei's mood instantly became anxious, like a child who did something wrong. She walked over with her head lowered, stopping about two meters away, separated by the sofa, lowering her head, "Youngster, I... I'm sorry."

Liang Yuan wiped his sweat, glanced at her, "Nothing to be sorry for, it's a mutual thing."

Yang Mei dared not look at him, "Sis... Sis was just not ready yet."

Liang Yuan nodded, "I was impulsive too, pent up in the house for half a year, pent-up anger. I should be the one apologizing."

He needed a partner, not a tool for venting desires.

So he didn't want to force, let alone pressure Yang Mei.

He wanted both body and mind.

Sure enough, hearing this, Yang Mei was deeply moved.

Seeing Liang Yuan still relaxing his muscles, she hurriedly said, "Youngster, Sis used to do spa massages often, knows some techniques, let me give you a massage."

Liang Yuan's eyebrows raised with interest, "You know this?"

He sat down on the sofa.

Yang Mei walked behind the sofa, her slender fingers massaging his shoulder muscles.

While massaging, she said, "I learned a bit from seeing those masseurs often. If you feel uncomfortable, tell Sis."

Liang Yuan chuckled, smelling the faint fragrance of the woman behind him, "My muscles are tight, a bit strenuous, use more force."

"Alright."

Yang Mei seemed to have found a place where she could be useful, happily nodded, and applied more force to massage him.

Touching the sturdy muscles, she couldn't help but blush.

Such a magnificent physique was something she hadn't seen before.

She quickly set aside random thoughts, asking, "Youngster, given our current situation where food is scarce, why do you still work out every day instead of preserving energy?"

Liang Yuan felt the smooth hands and replied with closed eyes, "Just look at those lunatics outside, and you'll know the world has changed."

"Law can't constrain these beasts anymore, the only way to protect ourselves is with our fists."

"If we don't build up our bodies, how can we fight these people?"

Yang Mei remembered Li Zhiqiang, a typical useless coward hiding at home. And seeing Liu Erlong with fitness basics, using his tall stature to gather a bunch of followers, doing all sorts of evil.

She immediately agreed with Liang Yuan's view.

She couldn't help but sigh.

Liang Yuan saw her sighing, puzzled, "Why the sighing? Am I wrong?"

Yang Mei shook her head repeatedly, "No, you're right. Nowadays, we really have to rely on our fists to survive."

"Just feel like us women are naturally weaker in this regard, inherently inferior to men."

Liang Yuan responded, "During peace, equality between men and women is preached, but in chaos, women ultimately can only rely on men. In that regard, women are indeed disadvantaged."

Yang Mei, hearing this, heart stirred.

Yes, women are indeed weaker now.

With her good figure and looks, how could she survive without finding a reliable man?

Li Zhiqiang, a coward who even sold his wife for food, was undoubtedly unreliable.

But the youngster was different, strong, young, had food, and more importantly, had a good heart, they were neighbors.

What was there to hesitate about?

She thought this, continuously doing psychological conditioning.

After a while, she suddenly said softly and shyly, "Youngster, lie down, let Sis massage your back."

Liang Yuan, hearing this, raised his eyebrows and smiled.