

Evil 174

Chapter 174 - 174: Muscle Training.

Rasmus walked out of his room after he had fasted for three days. On his way to meet the Grandmasters, the two participants were on their way to meet them as well.

"(It seems they also survived from that hell...)" Rasmus stared at them from behind with a cold gaze. "(I wonder how strong they are to be able to reach this stage...)"

They both looked over their shoulders and noticed the gaze was from Rasmus. The way he looked at them made them feel like prey that was ready to be killed. Although he was being stared at by them, he never left his eyes from them.

They entered the room and stood in the presence of the Grandmasters. The atmosphere was different from the usual, and the Grandmasters looked down at them with stoic expressions.

"What you have experienced so far is still far from over. That's just the beginning, and whether you can learn Primal Force or not, it all depends on your determination," the old lady said and looked at the three of them.

"You'll feel pain, you'll vomit of Old Blood even more, you'll drink more of that medicine. You will experience all of them over and over until your body breaks its limit," the old lady added as she walked down the stairs.

"Now, we have decided which Grandmasters you're going to learn from. We have chosen who we wanted to teach based on our compatibilities toward the three of you. You might learn from all of us, or only one of us," she continued as she looked at the other Grandmasters walking down the stairs.

Rasmus and the two participants waited outside the room because the Grandmasters would call for them when they were ready. He didn't care much about who or how many Grandmasters would teach him. His only goal was to learn Primal Force and master it.

The three of them waited silently and didn't try to strike up a conversation. The three of them were acting like complete strangers because they didn't want to know each other.

The young woman was the first one who got called into the room. It didn't take a minute until she came out, and the young man entered the room. Then, it wasn't even a minute until the young man left the room.

It was Rasmus's turn to enter. He stood in front of the ten Grandmasters and wondered which one he was going to learn from.

"Rasmus Blackheart, we have never seen anything like this before. Your body possesses both masculine and feminine traits—not in shape or function, but in the very structure and growth of your muscles," the old lady said, her expression serious.

"We know so little about the Orthias race. What we have learned is that both men and women share similar characteristics. Which is, in your case, your muscle structure is distinctly feminine, while its growth follows a masculine pattern," she explained.

Rasmus, who was knowledgeable, felt lost when he listened to the old woman's words. He didn't know what she meant or where she was going with that.

"To put it simply, your body can grow indefinitely while maintaining your current body shape. A feminine body has less muscle growth, but it has a higher recovery rate and endurance compared to a masculine body. However, since you have the growth of a masculine body, your muscles can grow denser and stronger without getting bigger, which also makes your recovery rate even higher and have even greater endurance." Yasser explained it to Rasmus since he could tell that Rasmus was at a loss.

Rasmus hummed as he nodded and realized why Aris's body was slim and toned a bit, even with such strength. This also answered why his body couldn't grow bigger than its current state even though he had trained it to the limit so many times. He found out that all Orthias were like that, which meant there were no big and muscular Orthias out there.

"And is that a problem?" Rasmus asked with a serious expression.

"Yes, we don't know which is the right method to teach you Primal Force. We might have to learn and examine your body thoroughly while we teach you a few different methods of learning Primal Force," the old lady answered.

"And that means all of you will be teaching me Primal Force?" Rasmus looked at all the Grandmasters in front of him.

"Yes, that's correct," Yasser nodded.

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On the first day of training, Rasmus was taught how the muscles in his body worked. Since he already knew everything about muscles, the Grandmasters were amazed by his knowledge of them. It was something that he had learned in his past life a long time ago.

The Grandmasters wanted him to feel every muscle in his body when they told him to do certain poses. They wanted him to feel and be profound about the core muscles in his body. It was similar to how people could move their chest muscles, ear muscles, bicep muscles, and thigh muscles.

The training involved simple stretching poses, but he felt every muscle in his body move and how hard and painful they were. He had never thought he would struggle from a simple training session like this, but he realized how little he knew about the human body.

The Grandmasters were observing him and trying to understand how his body worked like a rare species. They found his body fascinating and couldn't believe he had no limitations on his body, unlike other humans. They believed that once he awakened Primal Force, his growth would be infinite.

"That's all for today," the old lady said with her hands behind her back. "How do you feel?"

"I feel relieved... in a way..." Rasmus muttered as he looked at his arms. "I feel like I have become the master of my own body and how I can use it more proficiently..." he added.

"That's right. Humans only understand how their body works by up to 30% of the whole thing. The purpose of Primal Force is to make you fully in control of your body. You will control the system of your body as you please," the old lady nodded.

"Fully in control of my body? So you're saying that I can make my heart stop beating once I awaken my Primal Force?" Rasmus furrowed his brows.

"Why do you think we, the Grandmasters, are still alive right now? We keep ourselves alive while we should be dead a long time ago," the old lady raised her brows. "Of course, we can prolong our lives, but we are not immortals. We will die once our bodies have finally given up and completely destroyed themselves," she added.

Rasmus rubbed his chin with his arms crossed and hummed with understanding.

"The first training session is over. You should keep training on your own until you're proficient in controlling your muscles. Once you think you have reached that point, come back here, and we will judge whether you can continue to the second training," the old lady said as she walked toward the stairs.

"Thank you, Grandmasters," Rasmus bowed his head and left the room.

Rasmus stayed in his room for a whole week, stretching and posing with his body just like the Grandmasters had taught him. The first time he pushed himself to the limit, his body cramped, and it was painful that he couldn't move his body for hours. However, the more he pushed himself to the limit, the more his body got used to it.

He began to see changes in his body and how he could move any muscle in his body. He could tighten the muscles in his abs, back, shoulders, arms, hands, fingers, and legs. He tried to throw punches on the wall with the new profound of his body, and to his surprise, how easy it was to crack it and how it didn't hurt at all because his muscles had grown denser and flexible.

"I barely started, and I have reached this far?" Rasmus scoffed in disbelief as he stared at his knuckles. "This is amazing..." he smirked as he clenched his fist and began to train again.

Another week had passed, and Rasmus decided to visit the Grandmasters. He believed he had mastered the muscles in his body and could do things most effectively and proficiently.

The test was him doing the poses as the Grandmasters observed and touched his body. They were amazed at how he could move the muscle they wanted him to move like it was nothing. His muscle growth was exponential to the point they couldn't believe it, even though they saw and felt it.

"Congratulations, you have passed the first training. Now, it's time to train your bones," the old lady smiled at Rasmus.