

# Lycan Queen

## Chapter 21: Pre-Game Workout

Blake

It's the morning of the charity event and I am so excited. Conrad fell asleep not long after our nightly shower and smush but I was too wired. I got maybe 2 or 3 hours of sleep tops. I got up early so I could get my pregame workout stretch done before Everly woke up.

I grab my phone and text Soph, "Sweet cheeks... GET UP!!!!"

"Do you know what time it is Lover?"

"Yes, now get up. I need your help, hallway in 5."

I went to the closet, got my running clothes and shoes, threw my hair up and headed to the door. I stop, turn and look at Conrad sleeping on the bed. I really want to kiss him before I leave but I don't want to wake him up.

"I'm not asleep baby girl, you kept me up all night with all your excited jitters. You better not leave me in bed without at least a goodbye kiss."

A big smile spreads across my face as I jog over and hop onto the bed next to him. I start kissing him all over his face as I'm talking.

"I'm...Sorry...I...Kept...You...Up...I...Love...You!"

He wraps his arms around me and pulls me to lay next to him. He starts kissing me all over the face too.

"Where are you going?"

"I'm going to do my pregame warmup workout before Everly wakes up."

"Want me to come with you."

"I woke Soph up but if you want to come with me you're more than welcome too."

Conrad closes his eyes as an evil smile appears on his face.

"What did you do?" I ask with a light giggle.

"I mind linked Anders and told him we have slacked off on our training lately that we needed to get in a light workout this morning."

"Oh goddess. What I do probably won't even increase your heart in the slightest. I promise you won't even break a sweat."

"That's fine with me, I'll just enjoy the view of you in those sexy ass shorts you have on right now." he says as he slaps my butt.

"Ouch..." I squeal, giggling

"Oh, I'm sorry, did I hurt you?" Conrad says without the slightest bit of remorse.

"A little, but I kind of like it again."

Conrad lets out a playful growl as the bedroom door swings out and the light flicks on. We both look over to see Anders and Soph standing in the doorway not looking thrilled at all.

"Okay, are we working out here or outside?" Anders asks with a laugh.

Conrad lets out a little growl "Damn and she was just starting to get kinky too. Yeah, outside let me grab my shirt." he says getting up.

I grab my phone sliding it into my arm band then putting the band on my arm, I wrap my crusher sugar skull headphones around my neck. Soph comes over and wraps her arms around me as she lays her head on my shoulder. I hear her start to fake crying.

"What did I do for you to hate me so much right now?"

"Soph it's only 4:30 in the morning, you will survive I promise."

As Conrad is putting on his shoes Luca comes bouncing in.

"I heard Anders yelling about working out, figured I was due for one so I threw my shoes on too." he says with a

big grin on his face.

"That's what I'm talking about babyface." I say holding my hand up for I high five.

"Don't encourage him," Soph says as she reaches up and slowly lowers my arm before Luca can high five me.

I start moving my hand like I'm waving from my hip where Soph is holding my arm down as I'm smiling and looking at Luca. I move my eyes in the direction of my hand, when he sees my hand he gives me a wink and steps forward and gives me a low five.

"Y'all wont break a sweat if you only do what I do, I'm just trying to get loose for the game today."

"I'm only here for the shorts." Conrad and Anders say at the same time pointing towards Soph and I.

Her and I just laugh as we walk out of the room.

"Can someone link mom to listen out for Everly." I ask as we make our way down the stairs.

"Already did," Luca says, throwing his arm up in the air.

We were all quiet as we walked out the backdoor. We all slip on our head phones, I turn on 'Centuries' by Fallout boy. I look out over the open space that sits behind the pack house. I start stretching my neck, then arms, and I notice movement behind me. I turn around and see the four of them doing all of the same movements I am. I

slide my headphones off.

"What the hell are y'all doing."

"Well we figured it would be fun to see what your warm up is." Luca says laughing.

"Alright then" I say with a laugh.

I put my headphones back on, still facing them like I used to with the football team and went through my routine of stretches. I had them sitting on the ground leaning to one side stretching one leg at a time. The guys were all seriously into it, Soph was slacking a little. I hop up and jog over to where she is, I push on her shoulder trying to get her to lean more to stretch her leg more.

She doesn't move an inch, she lets out a laugh "Really bitsy?"

"Humor me okay."

I turn around and sit on her side, she leans all the way down

"Oh my goddess I think you just broke my ribs, it's like a house just landed on me."

I just laugh as I start my hops to get the blood flowing in our legs.

I line us up, I point out to the left, and start doing the grape vine run to the side. I get about halfway down my

line when I notice they haven't moved. I throw my arms up asking them what. I see Conrad lower his headphones.

"What the hell did you just do?"

I busted out laughing. So after slowing down what I had done they figured out how to do it. So I showed them we would grapevine then take off running. I go back to the front of the line and look back at all of them, they just smile at me. I point to the left again just then my favorite song starts playing 'Purple Lamborghini' from Suicide Squad. I get so lost in my music I don't notice they took off so fast they completely left me in their dust. I stop running, look around and I'm literally standing there by myself.

I wait a few seconds and I hear them laughing as I hear them racing back from the far tree line. So, I do the only logical thing I could think of, I take off running to the starting line. I put my head down, push myself faster and I can hear them gaining on me. I'm almost at the finish line when I see Luca pass me on my far right. Then Anders and Soph pass me, I turn my head to see Conrad jogging behind me. I scream and start running the fastest I think I ever have.

He laughs "Good try baby girl" he yells as he runs by me. I pass the finish line, collapse to the ground just lay there breathing so hard, I'm completely out of breath.

Conrad comes and stands over me smiling, "That wasn't very smart running away from 4 Lycans babygirl."

"Yeah well I was hoping since y'all were laughing I would be alright."

Conrad offers me his hand to help me stand up, I shake my head no and tap the ground next to me he laughs, leans down and picks me up.

After I fully caught my breath, I had Conrad help me stretch my shoulders and arms. I shoo them away to go do their Lycan run and super advanced work out stuff. They quickly run off, I lay down on the ground, laying my top off flat, I twist my hips to the side and start stretching out my back. I'm watching the sunrise as I lay there listening to music, all of sudden I feel the ground start vibrating, then I can hear them laughing over my music, I look up and see all four of them running right at me.

I start laughing as I lay my head back down on the ground. I love how carefree they are all acting. I need to get them out here more often, they are always so serious up there in the office. Out of nowhere, they all start flying over me diving towards the ground rolling in different directions all around me and lay there laughing trying to catch their breath. Conrad rolls over to me laying his head on my stomach.

"What happened to your shirt?"

"Luca is a sore loser, grabbed it trying to keep me from winning and it ripped. It's miles from here." Conrad says laughing.

"You cheated!" Luca yells from where he's laying on the ground.

"Oh stop little brother don't be a sore puss." Anders says pointing in Luca's direction.

We all just laugh at how irritated Luca is with losing.

"You can totally tell he's the baby of the group." I say with a chuckle

"Not anymore you're the infant of the clan now B."

"I'm okay with that." I say laughing at him.

"Thanks for getting us out here this morning B, I forget how fun it is to get out here with them and you always feel better after a good work out." Anders says as he leans towards me giving me a fist bump.

◆◆ Also we've never really done warm ups before workouts so that was a nice change, plus the instructor was a total hottie so that made it even better." Conrad says as he wiggles his eyebrows at me.

I take my shoe off and throw it at Soph successfully hitting her.

"Hey what was that for?"

"For saying I was as heavy as a house earlier."

She tosses my shoe back.

"Alright kids, let's go inside and I'll make y'all some breakfast." I say as I kiss Conrad's forehead.

I start spitting and sputtering, "Ewww yuck! You're ultra sweaty that was gross, ugh I can't even lick my lips now..." I say as I wipe my lips on my shirt.

"You know you love it baby girl." Conrad says as he rolls up giving me a kiss and helps me up.

Soph and I start making food, I'm in charge of the bacon and she starts the eggs. She grabs my phone and connects it to my speaker she had brought here from my old house.

"You don't know anything about this" she says as she turns on 'Peacock' by Katy Perry.

Soph and I start singing and dancing like we are in the club again. We turn towards the table where the guys are sitting, they were talking but we have their full attention now.

"Hell yeah!" Luca yells as he jumps up on the table and starts dancing.

"Are you brave enough to let me see your peacock? What you're waiting for, it's time for you to show it off. Don't be a shy kinda guy, I'll bet it's beautiful Come on baby let me see Whatchu hidin' underneath?" Soph and I sing pointing at Conrad and Anders.

The two guys look at us then each other shrug their

shoulders, stand up and act like they are going to drop their pants right there. Soph and I die laughing as Conrad and Anders come over to dance with us.

"I am no beeotch baby girl, you wanna see it, it's coming out." Conrad says laughing as he steps behind me revealing he has some damn good dancing skills.

I turn around and start singing as I walk around him letting my fingertips drag across his chest and back. I'm being one hell of a tease but he looks damn hot dancing like that.

"Oh my God no exaggeration. Now all this time was worth the waiting, I just shed a tear, I'm so unprepared, you've got the finest architecture" I run my hands down his chest as I step closer and slowly turn around and start moving my hips in sync with his.

"End of the rainbow looking treasure Such a sight to see And it's all for me" As I drag out the last word I run my hands down his thighs as I tilt my head back and lower my body letting it slide down the front of him. Then twisting my hips in big circles on the way back up feeling his obvious excitement over my little show he's getting.

He lets out a growl as he grabs my hips as we keep dancing to the song. Few seconds I hear Anders let out a growl of his.

"Atta girl, I see you working it over there Sweet Cheeks!" I yell to Soph.

"I see you working them hips Lover!" We both giggle as both the guys let out another round of growls.

I see Luca standing on the table taking a selfie with us dancing behind him.

"If y'all are going to be making me some grand Lykes can you please use your rooms and not my kitchen." Julia says.

"AHHH knuckleheads, you're about to burn my damn bacon!" Alaric says as he starts pulling strips of bacon off the skillet.

We all start laughing as we make our way to sit down at the table.

"Sorry pops." Conrad says laughing as he settles his arm on the back of my chair.

"Alright Luca get off my table before you break it" Julia says as she motions to Luca and heads up the stairs.

"I don't know how you girls can dance all up on those guys with how bad they smell right now" Alaric says motioning to Conrad and Anders with his hand.

"They don't smell that bad" I say laughing looking at Conrad.

"Hey y'all don't smell much better" Conrad says moving his hand between Soph and I.

Soph throws a salt shaker at him.

Conrad catches it, "feeling a little salty about that comment Soph?"

We all laugh as she flips him off.

As we sit there all talking and joking, Julia has brought Everly in the kitchen and is feeding her now. I look around and notice all the guys don't have shirts on so you can see they all have one tattoo that's the same on the left side of their chest. It was a tribal style, it looked like a tribal outline of a Lycan. It was the side profile of the head that formed a circle, the hair that came off the head of the Lycan came out into sharp points. There were other sections that had points that started in between them wrapping around going in different directions while curving and always coming to points as other sections started again.

They curved around their peck muscles then moved up their chest curving around the shoulder going up their necks slightly and then down the arm to the elbow. I see Anders has a Compass dial that leads into the tattoo like Conrad has. It is silhouettes of trees that start at a smokey hard black line and start weaving up the inside of the right forearm that look like veins moving up their arms with a moon settled in the sky between some of the tallest trees.

"Anders, Conrad told me you added something for Soph to y'all's tattoo, obviously it's about her but what about

the compass represents Soph for you?"

"She's my one true north, the North Star will always lead you home. Soph is and will always be my home." Anders tells me but he is looking at Soph as he speaks.

"Just tug on those heart strings, why don't you?" I say as I wiped a tear from under one of my eyes.

I see that Alaric, Julia, Conrad and Luca have an old English font L in the middle of a knight's shield type shape and each of them have a different design of decorative swirling lines behind it. I trace the lines of Conrad's crest tattoo and see goosebumps rise on his skins, I couldn't drop my hand shifting my eyes in his direction.

He was watching my finger trace the lines too, he looked at me; "don't stop, I love it when you do that."

I speak softly though I'm pretty sure everyone in the room can hear me. "If Anderson's family has been by your family's side for three generations that I know of, why are they not considered royals as well, like a Duke and Duchess?"

It got so quiet you could have heard a pin drop. I jumped when Alaric broke the silence when he gently set the plate he was holding down on the counter. Conrad just wrapped his arms around me.

"I'm sorry if I said something wrong," I whisper looking down at my hand and starting to pick at one of my

fingernails.

Alaric quickly walked out of the kitchen, Julia handed the baby to Luca and walked out after him.

"I'll be right back baby girl," Conrad said as he patted my leg for me to stand up then he too walked out of the room.

Not sure what to do "Luca can I take Everly and get her ready for today?" I ask in barely a whisper.

He smiles at me, kisses Everly and hands her to me.

"I'll see y'all shortly." I say quietly as I walk out of the room.

I got Everly a tiny team jersey with my number on the back and some adorable denim shorts with white lace trim on the bottom of the shorts and white shoreline chucks that are identical to the ones I wear all the time. Also, I put her headband on that has the big white bow on it. I had brought her bouncy seat in the bathroom so placed it where I could see her from inside the shower, I strapped her and got into the shower so I could now get ready. I hear her start giggling, I look out at her to see Conrad unstrapping her and toting her out of the bathroom. Few seconds later I feel his arms around me.

"I'm sorry" I whisper to Conrad.

"What are you sorry for?"

"I upset your dad."

"No you didn't, you slapped him in the face with reality is what you did."

"What are you talking about?"

"I guess he's never thought to give them a title. Anders' dad has been my dad's best friend since their moms were pregnant like their boys. So you humbled him in one innocent question. When we do your Luna ceremony he will be honoring Anderson's and Sophie's family and giving them Royal titles."

"So in, I don't know how many centuries, your dad has never thought to give them any kind of titles?"

"It's different in our world, Beta is a high ranking status. So my dad didn't think anything of it. But when you said Duke and Duchess it was like a light bulb went off and he saw they deserved to have Royal titles and be considered of Royal blood lines since they are the only other families that have been unfailingly faithful to us." Conrad said with a big smile on his face.

"So your dad wasn't mad?"

"Not at you baby girl, he was disappointed in himself."