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**Overview:** Lich lord Scapulator has built Crush Hammer Gym, a colossal skyscraper in the shape of a muscled arm flexing with a bulging bicep. He's lured muscle wizards here under the guise of a fitness cult, but his actual intentions are to mystically syphon their strength into the gym to give it enough power to punch The Moon, a loving & benevolent god who looks down on the world while threateningly holding a shiv. Can the PCs stop Scapulator before he can initiate his world-ending punch of vengeance?

**Opening Scene:** Start with an apocalyptic dream sequence of The Moon being punched out of orbit. Then The Moon gives the PCs their mission to stop Scapulator's catastrophic punch, and teaches them how to pray for a moon boon. The PCs wake up and The Moon from their dream is the new moon of their reality. **Step 1**, join the gym and get fit. **Step 2**, increase your level in the cult while getting strong enough to get to higher levels within the structure. **Step 3**, find Scapulator's inner sanctum and dismantle Crunch Hammer Gym from the inside.

**The Moon (they/them):** This compassionate deity of duality is simultaneously the actual moon, and a menacing moon-face with a shiv. PCs may attempt a wisdom check to pray to the moon for a quick moon boon that'll last one minute. If successful, roll 1d8 for a random moon boon. If you fail, you become a moonfolk with a shiv for one minute.

**Moonfolk with Shivs:** These floating half-moons with a face carry a homemade stabbing implement. They're in direct contact with The Moon and represent the spiritual cycle of birth and death. Every round they must either help someone with their deepest personal needs, or shank someone with their shiv. Flip a coin.

**1d8 Moon Boons (duration: 1 minute)**  
(1) **Low gravity.** You can jump twice as high and fall twice as slow. (2) **Lycanthropy.** Roll 1d3: 1-werewolf, 2-little green man, 3-soup dragon. (3) **Cheese finger rays.** Roll 1d4: 1-string cheese, 2-aerosol can cheese, 3-green cheese, 4-Swiss cheese. (4) **Tides.** Manipulate water to your desire. (5) **Reflective body of silver.** As mithril plate armor & advantage on spell saves where you are the only target. (6) **Glowing moon eyes.** Control light and darkness. (7) **Wax/Wane.** You may grow twice your size, or shrink half your size. (8) **Phase.** You may become intangible and pass through solid matter.

**Scapulator (he/him):** This mustachioed skeletal lich lord wears a top hat and cloak of living atrophy scarabs. He's vain, obsessed with looks & social status, and is toxic masculinity personified. He lures the muscle wizards in with promises of great power within the fitness cult, but he only desires their tithe of gains—a long-running ritual to craft the beefiest arm with the reach and propulsion needed to punch The Moon from our planet's surface. Vengeance! The moon killed his parents in a tide-related incident and he won't stop talking about it. His plan for revenge has taken him hundreds of years to complete, and it's finally come to fruition.



**SCAPULATOR'S POWERS:**

- 30ft. aura of atrophy: Make a constitution save or take 1d4 strength damage as your muscles wither. "Fools! The more you fight me, the more I syphon your strength!"
- 2D thin illusion: Can turn sideways to perspectively become invisible.
- Controls all atrophy scarabs, including his cloak.
- Shh, he's got a gun, a snub nose revolver .38 special.
- Make this a big reveal!
- Can teleport to any part of his lair if he eats an atrophy scarab.

**Muscle Wizards:**

These mystic, muscle-bound, spell hulks are all over this place, giving advice on how to get swole enough to reach the cult's nirvana in the upper levels of Crunch Hammer Gym, a place called The Bone Zone. They look like muscled squares with massive bicep arms in sleeveless robes with a wizard hat and beard. They recite their mantras, "I'm not powerful enough yet to accept the fistening," "Do you even cast bro?" and "Feel the power swell within you."

**Crunch Hammer Gym:** This massive arm tower grows from the ground and extends from shoulder to fist, but rests as a flexed bicep with an entrance in the center. You may think that you're joining a normal gym, but then you're stuck there forever... like every other gym. Rolling a natural 20 while inside makes the arm swell and grow. The building can defend itself by crushing, grabbing and hammer fist striking exterior enemies, which is why it needs to be taken down from the inside.

**Reception Area (bicep):** Teenage employee Chad stands at a counter next to a magic detector arch that leads to the main "wizards only" gym. He doesn't care about you or this job, but he will make you pay to join the gym to gain entry.

**Workout Wizard spells:**  
*Bone Blast* - Spray of calcium pills giving allies a 5-minute bone boon of +1d4 strength.  
*Flex Appeal* - Pose boon that gives advantage to someone's next lift attempt.  
*Spray Tan* - Somatic component is a spray can motion. Functions as a grease spell (self) that also reflects light to blind opponents.  
*Ammonia Rage* - Release and breathe in an ammonia scent to go into a berserker rage.

**Gym (bicep):** The ground floor is a bone-themed gym with normal wizards trying to get into shape. There's different gravity zones, yoga classes, exercise equipment, free weights and training staff to get you motivated. Once you get to the proper BMI a trainer will invite you to join the "real" gym on the next floor up. Everyone talks about how much they can lift, from levels 1-3, like a cult. Level 2s don't talk to 1s, and 3s are top of the food chain, but once you reach level 4 you can access the Infinite Stairmaster.

A pile of bones is arranged in an inviting manner in front of this tubed escalator that reaches up to an infinite point. The escalator only moves downward. It's crowded with hopeful level 4s, struggling to get up the moving steps. They will get violent if you try to pass them. Make a dexterity check anytime you stop on the Infinite Stairmaster to reach the top. Failure crushes you in the grinding steps.

**Quantum Weight Room (forearm):**  
In the center of the room are one-handed dumbbells on stands surrounded by cosmic light. The broken skeletons of those who have tried to lift it before surround the pedestal. Severed arms litter the room and are embedded in the wall. To lift a quantum weight, you first need to get your skeletal structure correct by getting a muscle wizard to cast bone blast. Then, succeed on a strength check. Lifting a quantum weight permanently increases your strength by 1, once in a lifetime. Attempting the lift without bone blast or failing the check causes 3d6 damage and roll 1d2: 1-spinal injury, 2-an arm blasts off and sticks in the wall.

This is the home of Arnold Rock Mountain, a man-eating, three-headed cow the size of a semi-truck. The room is a massive treadmill that Arnold is always running on while muscled milkmaids wrestle teats to extract her milk without getting eaten. Arnold's milk increases protein gains and strengthens bones as a bone blast spell. The remnants of milkmaids who couldn't keep up with the treadmill are crushed and splattered against the wall. The antechamber to this room is a titanium mine where folks fashion buckets with their bare hands that can handle the intense pressure of the milk spray.

**The Bone Zone (fist):**  
Scapulator's lair and where the final confrontation should occur. A giant viewing window with crosshairs on it points directly at The Moon. There's a telescope and lots of notes & calculations of how to punch The Moon. Hundreds of monitors line the walls from his atrophy scarab vision. Scapulator immediately runs to an apparatus where he inserts his arm up to the shoulder to control Crunch Hammer Gym... to punch The Moon! There's a replica of the moon right above it, like a speed bag, that moves in tandem with the actual The Moon. Scapulator will attempt to punch The Moon while attacking the PCs with atrophy scarabs and his gun, talking about his revenge the entire time.

**Scapulator's Pinky Palace (pinky finger):**  
This luxurious space is dedicated to looking good. Mirrored, lighted vanities line the walls with a glamour shot portrait of Scapulator above each one. The master vanity contains his diary with entries about his parents marooned at high tide, their death, and his revenge plans. A Charles Atlas "how to get strong using atrophy scarabs" comic, a .38 special user's manual, and cases of bullets are all stuffed in drawers. His phylactery, a participation trophy for an "atrophying muscles wizarding competition," sits alone in a trophy case. In the center of the room are rows of glass-covered mannequin heads wearing extra mustaches and top hats.

