



Working Out I: I'm just not feeling it

<http://coerll.utexas.edu/brazilpod/cob/lesson.php?p=11>





Andréia and Leandro have been working out for quite some time, and guess who finally shows up at the gym? That's right, Antônio. Sounds like he's going to take another crack at getting into shape. Andréia and Leandro aren't very sure he'll stick it out, but the rest of us are cheering for Antônio to get back into the routine. The three of them talk up a storm and it's a pretty nice *Conversa Brasileira*.

ANDRÉIA: E aí, Leozinho? Malhando ¹ bastante, rapaz?

Hey Leozinho, what's up? Have you been working out a lot, man?

LEANDRO: Diga aí, Andréia! Tô malhando muito! Mas só faz um mês que eu tô aqui. E você?

What's up, Andréia? I've been working out a lot! But it's only been one month that I've been coming here. And you?

ANDRÉIA: Ah... Eu já tô aqui há uns seis meses. Já tô sentindo tudo firme... tudo duro... Cheia de energia!

Ah... I've been coming here for about six months. I can feel things getting tighter. I'm full of energy!

LEANDRO: Ah, já tá é forte, hein?

Ah, are you already strong, hum?

ANDRÉIA: Ahn, ahn!

Uh, huh!

ANTÔNIO: Andréia?!

Andréia?!

ANDRÉIA: Antônio! Você aqui?! Vai chover ² hoje, rapaz!

Antônio! You, here?! What a big surprise, dude!

ANTÔNIO: Tudo bem? Como é que tá?

Is every thing ok? How you doing?

ANDRÉIA: Que passa?

What's up?

LEANDRO: Antônio, que milagre você aqui, rapaz!

Antônio, what a big surprise you're here, dude!

ANTÔNIO: E aí, tudo bem? Menino, tava cheio de coisa, né? Não dava pra aparecer aqui todo dia e... Tava complicado...

So, what's up? Man, I've been very busy, you know? There was no way I could come here every single day... It's been complicated...

LEANDRO: Olha as desculpas aí, ó! **3** Quando se trata de malhação... **4**
Check out all these excuses! Talking about working out...

ANTÔNIO: É, mas... Mas eu tô voltando! Eu até que vinha aqui antes... Eu passava umas duas vezes por semana, corria ali na esteira, também na bicicleta... E comecei a malhar, mas só que achei meio chato. **5** E aí eu disse: “Eu vou largar isso de mão...” **6** E num, num voltei. Mas agora eu tô, tô retornando aqui, né? E vocês, como é que vocês estão?

Yeah, but... But I'm getting back into it! I used to come by... I used to come, like, twice a week and jog on the treadmill, and ride the bike... And I started working out, but I got bored... Then I said: “I'm done, I'm giving up”... And I didn't come back. But now I'm coming back, you know? What about you guys, how are you guys doing?

LEANDRO: Então vamos malhar aqui com a gente, ó. Comecei faz uma semana... **7** nesse exercício aqui. É um exercício novo... E então você deveria começar aqui hoje também.
So, look, come work out with us. I just started a week ago... with this exercise here. It's a brand new... So, today you could start with this one too.

ANTÔNIO: Pois é, eu vô...
Ok, I'm going to...

ANDRÉIA: É... eu já tô fazendo já faz uns seis meses. Tô fazendo **8** esteira, faço a bicicleta, e também faço natação duas vezes por semana.
That's it... I've already been at it for about six months now. I jog on the treadmill, ride the bike and swim twice a week.

ANTÔNIO: Vixe! Tá toda em forma aí! **9**
Wow! You're really in good shape!

ANDRÉIA: É! 'Bora nessa, rapaz! **10**
Yeah! Come on, man, let's go!

ANTÔNIO: Justamente! Mas eu acho que eu vou começar primeiro com os pesos ali. Depois eu passo pras máquinas. Tá bom? Eu vou lá pegar e já volto.

That's it! I think I'm gonna start over there with the weights first. Then I'll swing by the machines. OK? I'll go grab them and be right back!

ANDRÉIA:	Beleza! Sweet!
ANTÔNIO:	Tá bom? OK?
ANDRÉIA:	'Té mais! See ya.
LEANDRO:	Tá bom, 'té mais! Ok, see ya.
ANDRÉIA:	Você acredita mesmo? Do you really believe it?
LEANDRO:	Olha só... Tá me cheirando a enrolada... 11 Check it out... I don't buy it... It smells fishy...
ANDRÉIA:	Eu não senti firmeza... 12 I'm not feeling it...
LEANDRO:	Também não... Não acredito nessa conversinha não de "volto já, já"... Me, either. I don't buy this, "I'll be right back"...
ANDRÉIA:	Conversa fiada, 13 rapaz! Bullshit, man!
LEANDRO:	Pois é... Yep...



Usage Notes

1. *Malhando* bastante, *rapaz*?

Here we have a very special meaning of the verb *malhar*: “to work out.” This current usage of the verb is relatively new in Brazilian Portuguese: it has been used by Brazilians since the 80’s. *Malhar* can also mean “to criticize” or “to slander.”

Also note the use of the vocative *rapaz* at the end. Brazilians are very much into using vocatives (usually the name of the interlocutor) as a way to address the listener directly and keep him/her engaged in the conversation. In this dialog, the vocative is used several times, and the form used here is *rapaz*, that could be either “man” or “dude”. In this last case, as a slang word, sometimes Brazilians will not sound the final *-z*: *rapá...*

2. *Vai chover* hoje!

What a great expression in Portuguese! Here we have an example of a metaphorical use of this expression, and in this case it does **not** mean literally “It is going to rain.” Andréia is very surprised to meet Antônio at the gym, and this is the reason she says: *Vai chover* hoje, *rapaz*! It is a way to express that this is something that she was really not expecting to see happening. It’s a big surprise.

3. *Olha as desculpas aí, ó!*

Check out all the excuses Antônio is giving as he tries to explain his absence from the gym... And this is exactly what Leandro is focusing on when he says “*Olha as desculpas aí!*”

Olha aí or *Olha X aí* is a very common expression in Portuguese used to put something or someone on focus and maintain the interaction between speaker/listener: *Olha ele aí, gente!* It can also be used as a way to try to have the agreement of the listener about what is being said, reinforcing the speaker’s point of view: *Olha aí, tá vendo?* (See, can you see?)

Also note the use of *ó* at the end of the sentence: it is a short version for *olha*, and, again, it is a way to ask for the listener’s attention and agreement.

4. *Quando se trata de malhação...*

A non-native speaker can have a hard time with this one: *Quando se trata de...* (Talking about...). This is an expression that you cannot take literally!

5. ... *achei meio chato.*

Antônio has tried working out before, but he got bored. Note the way he expresses it in Portuguese: “*achei meio chato.*” *Chato* is the best Portuguese adjective you can use to describe something or someone as “boring”. It is also very commonly used to express “to get bored,” in this case along with the verb *achar* (to think, to consider).

Notice also the use of the word *meio*. Although one possible meaning of this word can be “half,” it is not the case here: Antônio got kind of bored...

6. Eu vou *largar isso de mão.*

Once more, another really interesting Brazilian expression that you cannot take literally. Nothing to do with your hand... *Largar de mão* is a way to say “to give up.” It can also be *largar mão de*. Either version would be fine.

7. Comecei *faz uma semana...*

What a great verb this one in Portuguese: *fazer*- talking about past time: *Faz uma semana = a week ago*.

Notice the structure here:

- **ACTION** (comecei) + **FAZ** (in the present tense) + **TIME** (uma semana).

Another possible way to say the same thing would be:

- **FAZ** + **TIME** (uma semana) + **QUE** + **ACTION** (comecei) – *Faz uma semana que comecei*.

Faz tempo que o Antônio não malha. (Antônio have not worked out for a long time)

8. É... eu já tô *fazendo* já faz uns seis meses. Tô *fazendo* esteira, *faço* a bicicleta, e também *faço* natação duas vezes por semana.

Ok, here comes the wonderful and neat verb *fazer* again... *Fazer exercício/academia* (to work out), *fazer esteira* (to walk/jog on the treadmill), *fazer bicicleta* (to ride the bike), *fazer natação* (to swim)... Use *fazer* to describe some of your physical activities and you'll sound like a real Brazilian!

9. Tá *toda* em forma *ai!*

You can use *todo, toda* as a mean to say “all, complete, entire”: *Estou todo suado!* (I'm all sweat!) But it is also a way to emphasize things, meaning approximately “very, “really”: *Você tá toda linda / brava!* (You are very pretty / really mad!). And this is the case here: Antônio points out that Andréia is really in good shape. *Ela tá toda, toda!*

10. *'Bora nessa!*

What a great dialog, full of slangs and informal expressions! Here is an interesting one. The expression *'Bora nessa!* (Come on, let's go!) is the mix of the very short version for *Vamos embora* (*'Bora*) and *Vamos nessa* (both of them meaning "let's go"). *'Bora nessa, gente!*

11. *Tá me cheirando a enrolada...*

Cheirar a enrolada—what a great way to say that something seems suspicious, causing you to think that someone is being dishonest. Poor Antônio! Leandro “smells fishy” and he is not buying his excuses...

12. *Eu não senti firmeza...*

Andréia, just like Leandro, is not buying Antônio's excuses; she *não sente firmeza* (literally “does not feel steadiness”) about what he's just told them. She is not feeling it...

13. *Conversa fiada!*

Here is another expression that cannot be taken literally. Although the original meaning of *fiado(a)* was “trusting, confiding” in the context of something sold on credit, note that here we have a very different meaning: *conversa fiada* is the Brazilian expression for idle talk, humbug, baloney. You will also sound very Brazilian if, in this situation, you'll say: *papo furado!* or *conversa mole!*