Extract 2. Plank Exercise [WW_TCM_8_4_VID00004 08:15] Participants: patient (PAT), doctor (DOC), patient's husband (HUS, out of camera) Companion participation **Bolded** Patient resistance 一会儿 着 个 凉 001 DOC: Yihuier zhao ge liang. Once catch PRT cold. Sometimes (you) catch a cold. 002 (.) 身上 又 疼 啦 Shenshang you teng la. Body again painful FP. 003 DOC: Then (your) body feels painful. 就是 除了 酸 就是 疼 Jiushi chule suan jiushi teng. 004 Just except sore just pain. So it's either soreness or pain. 不 爱 懒 005 还 倍儿 Hai b<u>eier</u> lan bu ai Dongtan. Also very lazy NEG likes move. And (you) are also very lazy and don't like to move. 006 (0.8)007 DOC: 因为 动作 呢 动作 的 那个 Yinwei dong[zuo ne:- Dongzuo de neige- ei-Because move PRT: - Movement PRT that - um-Because moving- That movement- um-浑身 难受 [Hunshen nanshou. 800 PAT: [All over uncomfortable. [(I feel)uncomfortable all over. 人 要 动起来 呀 不是 用 Ren yao dongqilai ya. Bushi yong 009 DOC: People want move FP. NEG use If one wants to move, They do not use 010 肥肉 fei:rou. fat. fat. 011 (0.2)是 用 肌肉 012 DOC: Shi yong jirou. BE use muscle. They use muscles. 013 PAT: 没有 Meiyou [cuo. NEG [mistake. That's right. 因为 您的 肌肉 太 少 了 [Yinwei ninde jirou tai shao le. [Because your muscle too little FP. 014 DOC; [Because you have too little muscle. 015 PAT: 没有 错 Meiyou [cuo. [mistake. NEG That's right. 咱 能不能 把 那 肥肉 转化 下 Zan nengbuneng ba nei feirou zhuanhua xia. 016 DOC: We can or not let that fat transform FP Can we transform the fat a little. 017 PAT: 我 想 让 它 转化 没 那 Wo xiang rang ta zhuanhua. Mei nei neng-I want let it transform NEG that abili I want to transform it. But I don't have the abili-018 根本 没 那 能力 Wo [genben mei nei nengli. at all NEG that ability I don't have that ability at all. 跟那老哥学一个 [Gen nei laoger xue yige. 019 DOC: With that old dude learn one [Learn something from that old dude. 020 天天 锻炼 [tiantian duanlian. Dei Have to every day exercise You need to exercise every day. 021 PAT: 我 根本 没 那 [Wo genben mei nei nengli. I at all NEG that ability [I do not have that ability at all. 需要 你 帮忙 呵呵呵 xuyao ni bangmang. .Hheheheh. 022 得 Dei I need your help. . Hheheheh. 不 023 DOC: 回家 那 谁 Bu. Huijia nei shei- Lao Li. NEG Go home that that Old Li No. When you are at home that- that Mr. Li. 024=> HUS: En. Yep Yep. 你 媳妇儿 来 一个 那个 025 DOC: Xunlian ni xifur lai yige neige- Zhicheng. Train your wife come one that Support Teach your wife to do one of those- support. 会吗 026 Hui ma. Can Q. Can you (perform the exercise)? 027 (1.1)个 趴 趴 垫子 028 DOC: 就是那 上 那个 Jiu shi nei[|ge pa- pa dianzi shang neige. Just BE tha[|t lie- lie mat on that. The one that you need to be on all fours on the mat. pat: 029 [|((turns head away)) 030 PAT: [|(h:)=(hx::) 就是 [Neige >jiu shion [Tha+ ` 平板儿 031 DOC: shi< Pingbanr. [That > just BE< Plank [Just that - um that plank. 032=> HUS: 俯卧撑 [Fuwocheng? [Pushup? [Pushup? DOC: 033 平板儿 |Pingbanr. |Plank. | Plank. ((uses hand to simulate plank)) 034 doc: 035=> HUS: 做 啊 经常 (Jingchang zuo a). (Often do FP). I often do it. DOC: 平板儿 支撑 036 Ping banr zhicheng. Plank support. Plank. 037=> HUS: 平板 支撑 Pingban zhicheng.= Plank support.= Plank.=嗯 038 DOC: = [En.= [Hmm.= [Hmm.那 很以前都 练过Na hen-Yiqian dou lianguo.That very-Before all exercise done. 039=> HUS: That's very- I have done that before. 这 要 身 不错 了 练得 Zhei yao shen bucuo le liande. This has body NEG PRT exercise. 040 This needs your body to be in good shape. 试试 试试 Shishi shishi. 041 DOC: 试试 Try try. Try try. Give it a try. Give it a try. 042 ((mouth |droops))/(0.2) pat: 要 没 嘛 事儿 ma shir 043 => HUS:我们 每天 晚上 | Women meitian wanshang yao mei ma shir | We everyday night if NEG what thing | If we are free we try to 我 在 长虹 公园 快走 去 练 去 wo zai changhong gongyuanr kuaizou qi. Lian qi. I at NAME park power walk FP. Exercise FP. 044 power walk in Changhong Park every evening. To exercise. 045 PAT: 我真 时间 没 Wo zhen mei shijian [lian. I really NEG time [exercise. I really don't have time to exercise. 046=> HUS: 哎 [Ai. [Right. [Right. 不好 呵呵呵 047 PAT: [Bu hao. .Heheheh. [NEG good. .Heheheh. [(That's) not good. .Heheheh. 你说你要是累了以后 [Ni shuo ni yao shi l<u>ei</u> le [yihou (048 => HUS:[You say you if BE tired PRT [after. (
[If you feel tired (049 你 为啥 DOC: [Ni weisha lao [You why always [Why do you always 累了以后就 [Lei le yihou jiu= 050=> HUS: [Tired PRT then just [When you feel tired= 认为 不好呢 renwei bu hao ne. 051 DOC: 自 [Zi [Self consider NEG good Q think that you are not good? 052=> HUS: 不用 了 =[Buyong le. =[NEG FP.=[you don't have to (powerwalk). 053 PAT: 很 不 好 Hen [bu hao. Very [NEG good. Very [bad. 不 要 把 054 DOC: 自己 打败 [Bu yao ba ziji dabai. [NEG have let self defeat.

[Don't let yourself be defeated.

不好

Tsk..Hhh. [Bushi wo hen buhao. Zhen de shi hen buhao. Tsk..Hhh. [NEG I very unwell. Really BE very unwell. $\mathit{Tsk..Hhh}.\ [\mathit{No}\ \mathit{I}\ \mathit{am}\ \mathit{really}\ \mathit{not}\ \mathit{good}.\ \mathit{I'm}\ \mathit{really}\ \mathit{not}\ \mathit{good}.$

的

是

真

055

056

PAT:

知道

啧

么 Zhidao me. Know Q. You know?

回

不是

我 很