

Allez-Viens 2 (Chap. 7-2): En pleine forme

V L Q S I O D U T T Q M O E E U O R A V
 S J G Y S D U S S U J P E K D E Q N L E
 ' E A J Z L C C B F E O Y D F J X O W I
 E N A V T K E G T E N U D R A R U I N V
 N ' S B Z I G A U R N R E O I E A T D N
 T E S P K C B A N A O Q N C R G N S A E
 R N A H I R G V ' I D U C C E A I E Z S
 A P P Q G D C R A S N O O A D R M U E A
 Î E X J F R F M S B A I R ' E U O Q V P
 N U U L E V Y L Q I B T E D S O D S E I
 E X E Q T C X V U E A U U V P C B A D A
 R P P P S U R J ' N ' N N I O E A P S '
 À L E V Y E A A A D J E E W M Q S K U N
 P U N V W A R S Q E O P F Y P P E S O E
 M S E D F M L P R U K A F Z E H D W V J
 L U J V K F J L S A E S O D S N E J H N
 D G Z J Z Y Z G E E I C R J C O R U T O
 I O D B D T H N W Z Y S T I B T I H X N
 T U D E V R A I S E H U O C I V A Q B D
 B O N N E I D É E U Y Q T N U J F V J W

OK
 COME ON!
 YOU'RE RIGHT
 ONE MORE TRY!
 HANG IN THERE!
 YOU'VE GOT TO... (FORMAL)
 WHY DON'T YOU...? (INFORMAL)
 ALL YOU HAVE TO DO IS...
 (INFORMAL)

I CAN'T
 I GIVE UP
 TO TRAIN FOR
 I'M LOSING IT!
 NO, I DON'T FEEL LIKE IT
 I JUST CAN'T DO ANY MORE!
 YOU'RE ALMOST THERE!
 (INFORMAL)

NO WAY!
 GOOD IDEA!
 TO DO SIT-UPS
 TO DO PUSH-UPS
 YOU SHOULD... (INFORMAL)
 YOU'VE GOT TO,,, (INFORMAL)
 YOU WOULD DO WELL TO...
 (INFORMAL)

Solution

V L Q S I O D U T T Q M O E E U O R A V
S J G Y S D U S S U J P E K D E Q N L E
' E A J Z L C C B F E O Y D F J X O W I
E N A V T K E G T E N U D R A R U I N V
N ' S B Z I G A U R N R E O I E A T D N
T E S P K C B A N A O Q N C R G N S A E
R N A H I R G V ' I D U C C E A I E Z S
A P P Q G D C R A S N O O A D R M U E A
î E X J F R F M S B A I R ' E U O Q V P
N U U L E V Y L Q I B T E D S O D S E I
E X E Q T C X V U E A U U V P C B A D A
R P P P S U R J ' N ' N N I O E A P S '
À L E V Y E A A A D J E E W M Q S K U N
P U N V W A R S Q E O P F Y P P E S O E
M S E D F M L P R U K A F Z E H D W V J
L U J V K F J L S A E S O D S N E J H N
D G Z J Z Y Z G E E I C R J C O R U T O
I O D B D T H N W Z Y S T I B T I H X N
T U D E V R A I S E H U O C I V A Q B D
B O N N E I D É E U Y Q T N U J F V J W