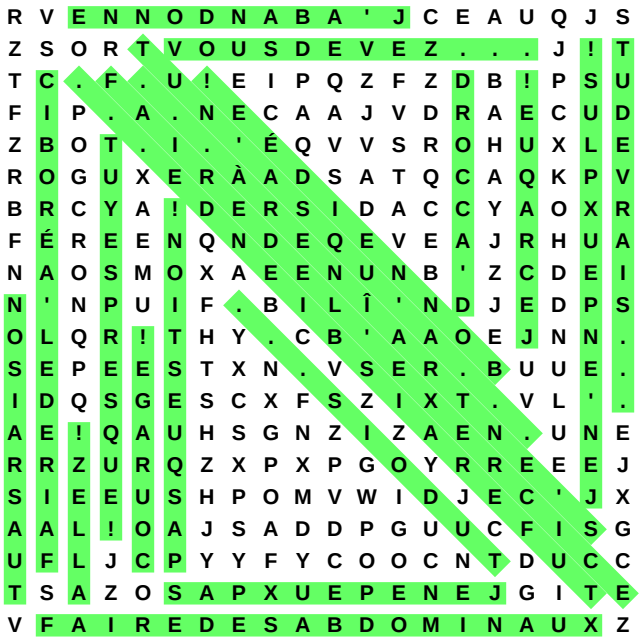
Allez-Viens 2 (Chap. 7-2): En pleine forme

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

OK
COME ON!
TO EXERCISE
TO DO SIT-UPS
I'M LOSING IT!
I JUST CAN'T DO ANY MORE!
YOU WOULD DO WELL TO... (INFORMAL)
I CAN'T
I GIVE UP
YOU'RE RIGHT
HANG IN THERE!
YOU SHOULD... (INFORMAL)
YOU'VE GOT TO,,, (INFORMAL)
ALL YOU HAVE TO DO IS... (INFORMAL)
NO WAY!
GOOD IDEA!
TO TRAIN FOR
TO DO AEROBICS
YOU'VE GOT TO... (FORMAL)
YOU'RE ALMOST THERE! (INFORMAL)

Solution


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