

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

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

OK
 COME ON!
 TO EXERCISE
 TO DO SIT-UPS
 TO DO PUSH-UPS
 IT'S NOT MY THING
 YOU'VE GOT TO... (FORMAL)
 YOU WOULD DO WELL TO...
 (INFORMAL)

NO WAY!
 I GIVE UP
 TO TRAIN FOR
 ONE MORE TRY!
 I'M LOSING IT!
 YOU SHOULD... (INFORMAL)
 YOU'VE GOT TO,,, (INFORMAL)
 ALL YOU HAVE TO DO IS...
 (INFORMAL)

I CAN'T
 GOOD IDEA!
 YOU'RE RIGHT
 HANG IN THERE!
 TO GET INTO SHAPE
 NO, I DON'T FEEL LIKE IT
 YOU'RE ALMOST THERE!
 (INFORMAL)

Solution

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