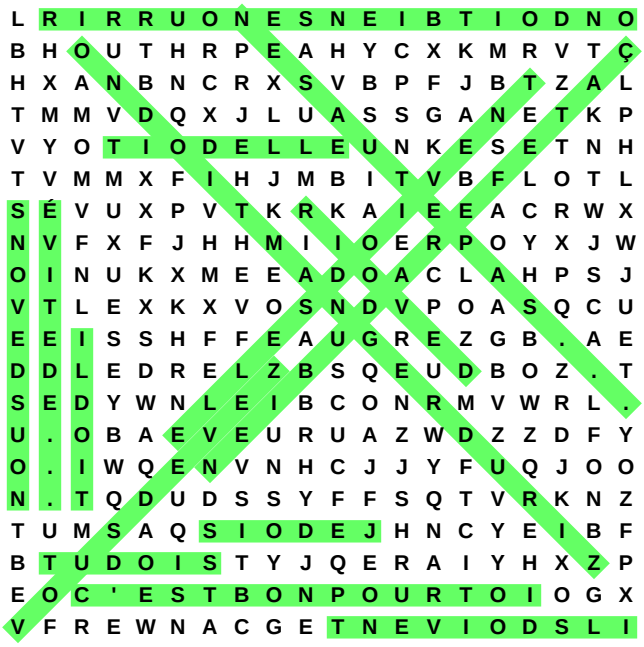
Allez-Viens 2 (Chap. 7-3): En pleine forme

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

I MUST
SHE MUST
DON'T SKIP...
TO HAVE TO, MUST
YOU MUST (INFORMAL)
WE MUST
AVOID...
THEY (FEM) MUST
IT'S GOOD FOR YOU
EVERYONE SHOULD EAT WELL
HE MUST
YOU ALL MUST
THEY (MASC) MUST
IT'LL DO YOU GOOD
EVERYONE SHOULD EAT RICE

Solution


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