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

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

OK
COME ON!
TO TRAIN FOR
HANG IN THERE!
YOU SHOULD... (INFORMAL)
YOU'VE GOT TO,,, (INFORMAL)

I CAN'T
I GIVE UP
YOU'RE RIGHT
I'M LOSING IT!
YOU'VE GOT TO... (FORMAL)
YOU'RE ALMOST THERE! (INFORMAL)

NO WAY!
GOOD IDEA!
TO DO SIT-UPS
TO DO PUSH-UPS
I JUST CAN'T DO ANY MORE!
ALL YOU HAVE TO DO IS... (INFORMAL)

Solution


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