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

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

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

NO WAY!
I GIVE UP
YOU'RE RIGHT
I'M LOSING IT!
YOU'VE GOT TO... (FORMAL)
YOU'RE ALMOST THERE! (INFORMAL)

I CAN'T
GOOD IDEA!
ONE MORE TRY!
TO DO PUSH-UPS
I JUST CAN'T DO ANY MORE!
ALL YOU HAVE TO DO IS... (INFORMAL)

Solution


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