

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

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

OK  
COME ON!  
TO EXERCISE  
I'M LOSING IT!  
I DON'T HAVE TIME  
YOU SHOULD... (INFORMAL)  
YOU'VE GOT TO,,, (INFORMAL)  
ALL YOU HAVE TO DO IS...  
(INFORMAL)

I CAN'T  
I GIVE UP  
YOU'RE RIGHT  
HANG IN THERE!  
IT'S NOT MY THING  
YOU'VE GOT TO... (FORMAL)  
YOU'RE ALMOST THERE!  
(INFORMAL)

NO WAY!  
GOOD IDEA!  
ONE MORE TRY!  
TO DO PUSH-UPS  
TO GET INTO SHAPE  
I JUST CAN'T DO ANY MORE!  
YOU WOULD DO WELL TO...  
(INFORMAL)

# Solution

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