



1



2



3



4H



5H



16



12



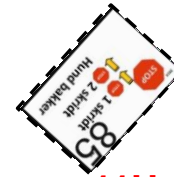
6



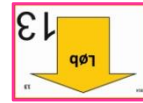
19H



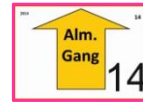
18H



11H



13



15



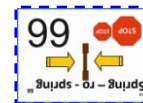
10H



7



8



17H

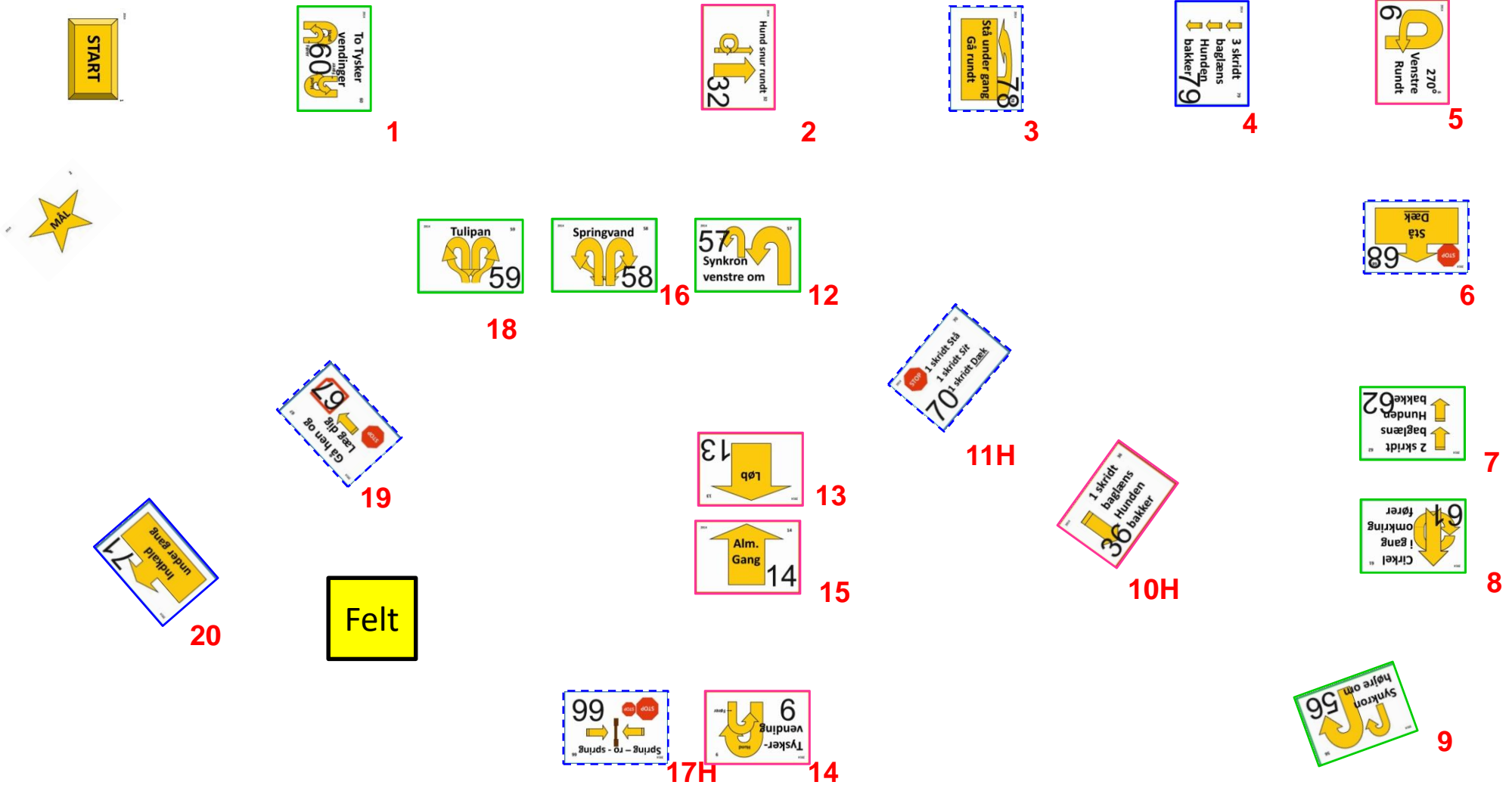


14



9

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	91	32	80	79	6	81	62	61	56	36	85	57	13	9	14	58	66	89	71	



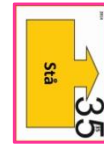
Skillt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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1



2



3



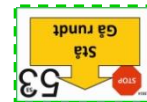
4



5



12



6



17



15



13



11



10



7



8



16

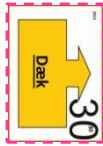


14



9

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	60	32	35	31	6	53	62	61	8	36	13	9	14	56	58	57	59			



1



2



3



4



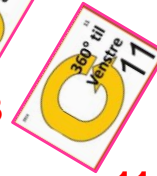
5



12



13



11



6



7



14



10



8



9

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	30	32	35	31	6	20	13	14	8	36	11	9	7	27						