

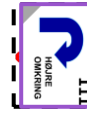
Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	229	232	226	113	141	215	106	201	111	109	230	225	203	128						



7



8 H 10



H 9

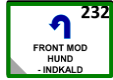


6

H



11



2

H



12



3

H



13



5



14



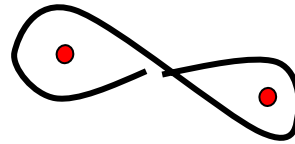
4



1

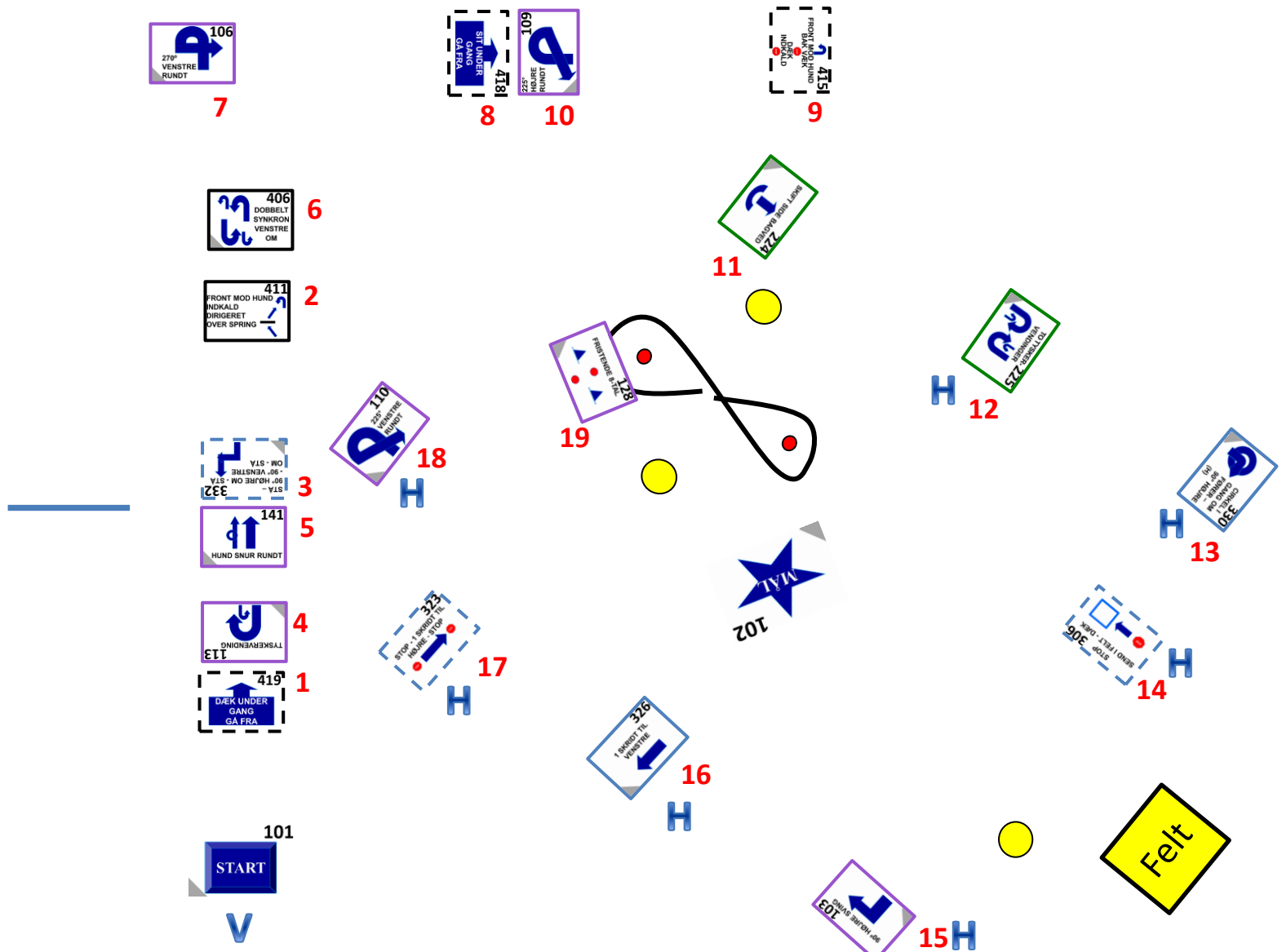


V

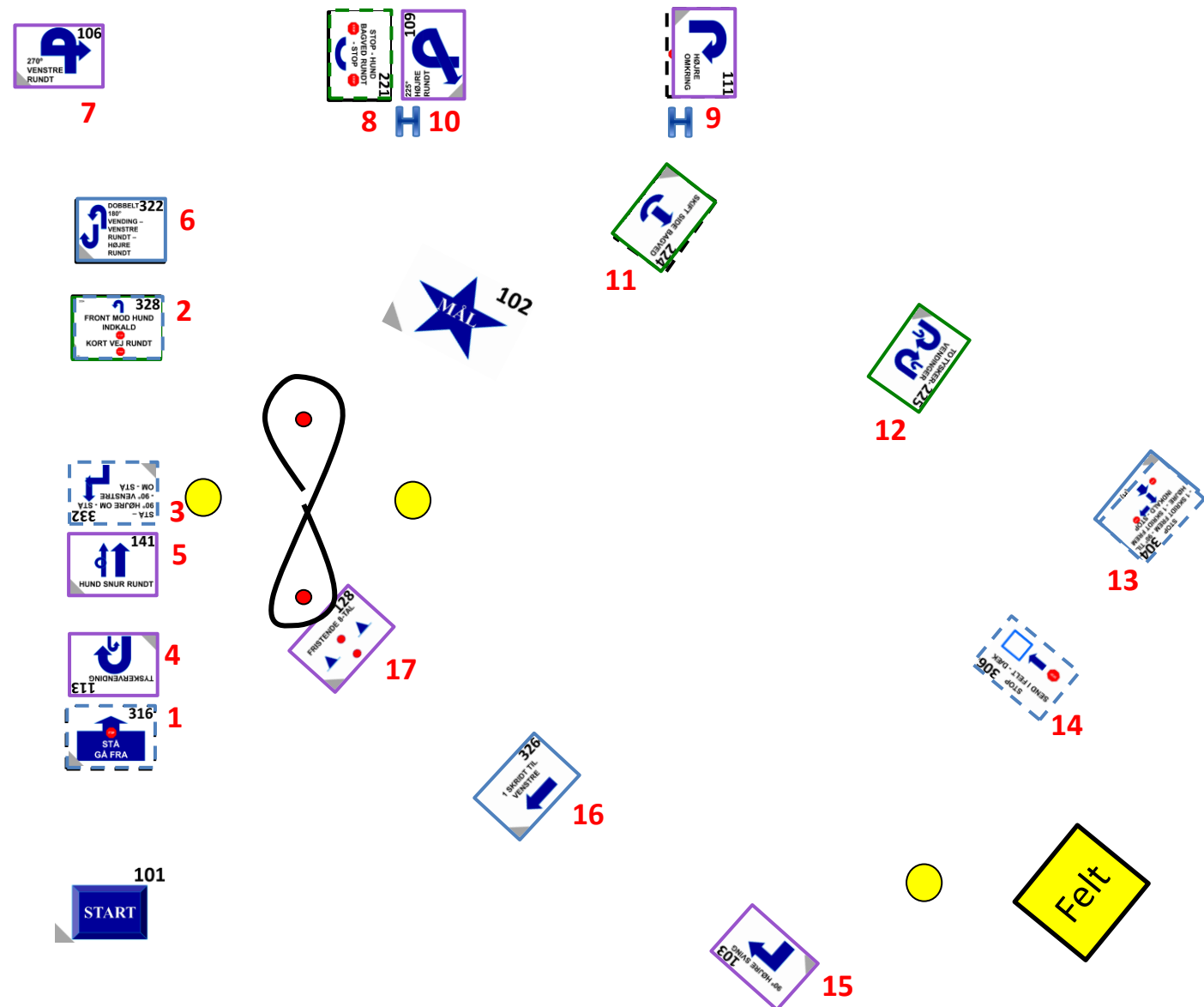


15

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	316	232	332	113	141	406	106	401	111	109	412	225	330	414	128					



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	419	411	332	113	141	406	106	418	415	109	224	225	330	306	103	326	323	110	128	



Skillt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	316	328	332	113	141	322	106	221	111	109	224	225	304	306	103	326	128			