



5



6



7



8



4



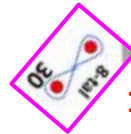
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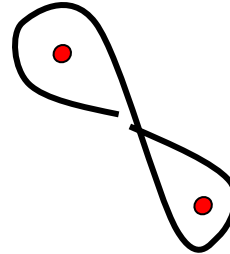
10



9



12



3



2



13



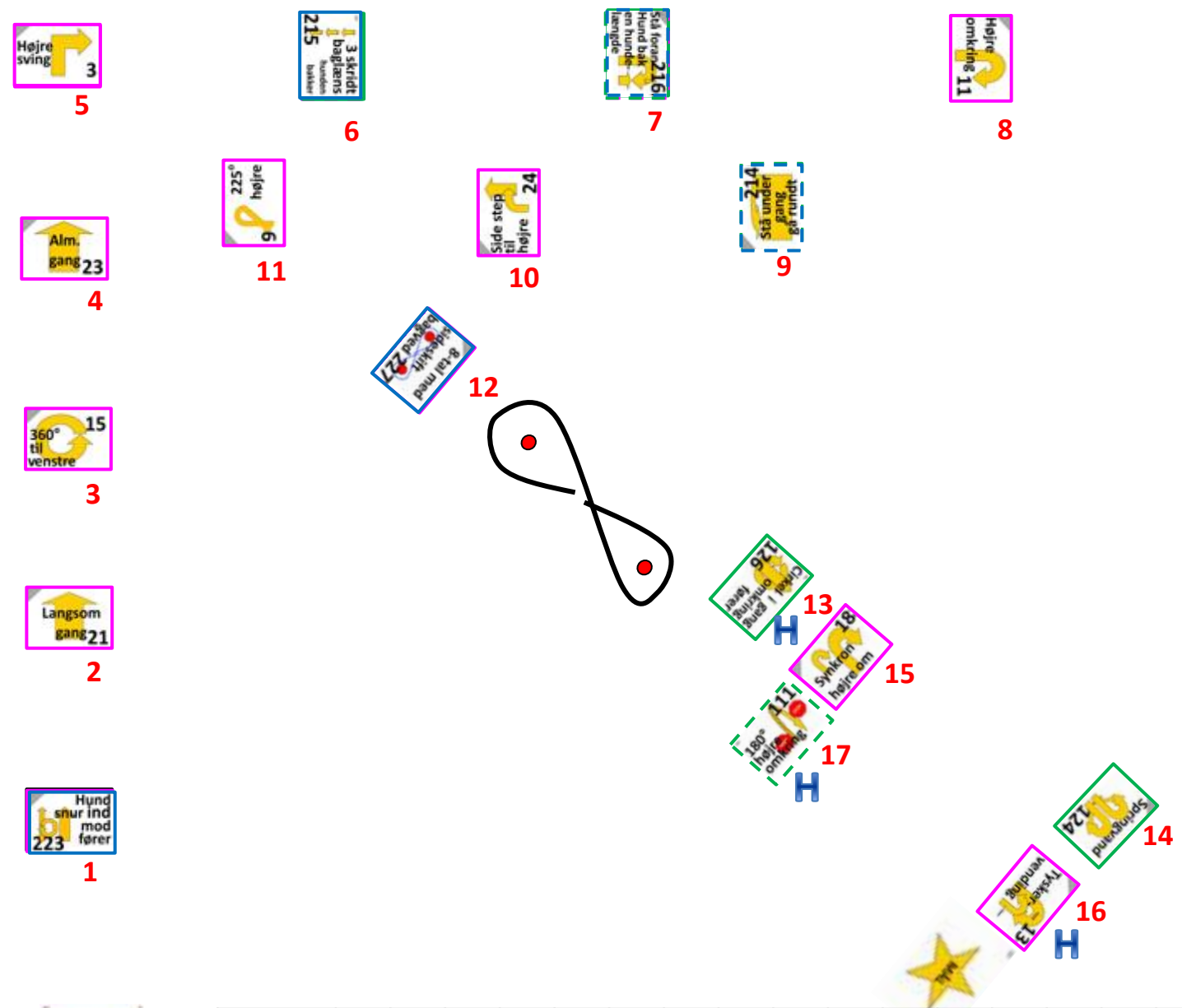
1



14



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	44	21	15	23	3	127	115	11	120	24	9	30	126	124						



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	223	21	15	23	3	215	216	11	214	24	9	227	126	124	18	13	111			



H

5



6



7



8



11



10



9



H

4



H

3

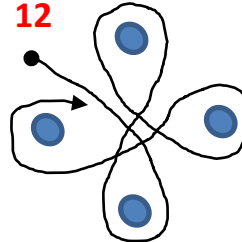


H

2



1



12



H

13



15



H

17



14



H

16



18



Skill nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	300	21	15	23	321	226	216	11	316	317	9	314	126	124	18	13	111	19		



H 5



6



7



8



H 11



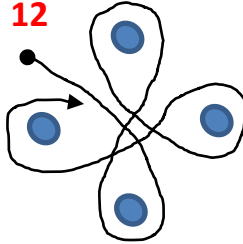
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9



H 4



12



H 3



13



H 2



1



14



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	300	21	15	23	3	226	125	11	211	228	9	314	14	124						