

Felt



H 4



H 5



6



7



3



14



13



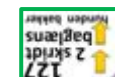
H 12



8



15



9



2



H 11



16



17



10



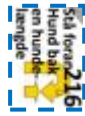
1



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	221	205	228	224	222	226	6	126	127	124	125	5	122	225	44	4	19			



H 4



H 5



6



7



3



14



13



H 12



8



15



9



2



H 11



16



17



10



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	212	228	105	216	226	3	117	215	20	218	4	123	106	14	108	18			