



3



4



5



6



H 7



2



11



12



H 10



13



H 9



14



H 8



H 1



H 20



15



H 19



16



18



17



1



2

Skill nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	320	325	302	221	324	300	224	6	129	104	124	232	215	10	218	323	13	214	9	322



3



4



5



6



H 7



2



11



12



H 10



13



H 9



14



H 8



H 1



1



2

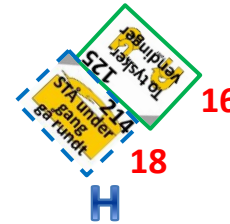
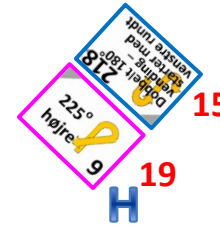
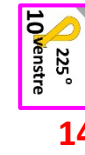
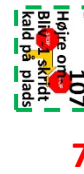
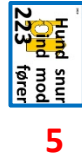
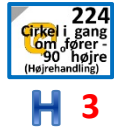


15



16

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	222	325	302	221	324	300	224	6	129	104	124	232	127	10	218	323				



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	226	126	224	122	223	221	107	6	129	104	13	232	127	10	218	125	124	214	9	



3



4



H 5



7



2



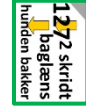
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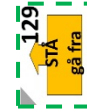
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10



13



9



14



8



1



15



2

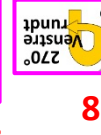
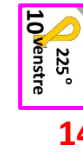
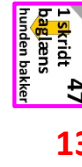


1



16

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	126	3	122	42	123	107	6	129	104	13	15	127	10	125	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.	44	45	3	33	42	48	16	6	21	23	13	15	47	10						