



11 H



10



12 H

18



9



8



1



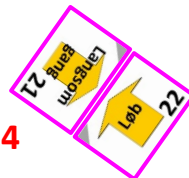
13



17



14



7



5



3 H

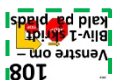


4 H

16



15



2 H



6

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	301	108	320	307	302	124	300	225	130	218	9	231	323	21	12	22	15	23		



11 H



10



12 H



9



2



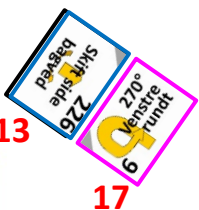
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1

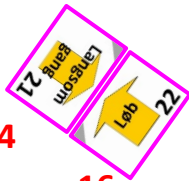


1



13

17



14

16



7



2



3



4



15

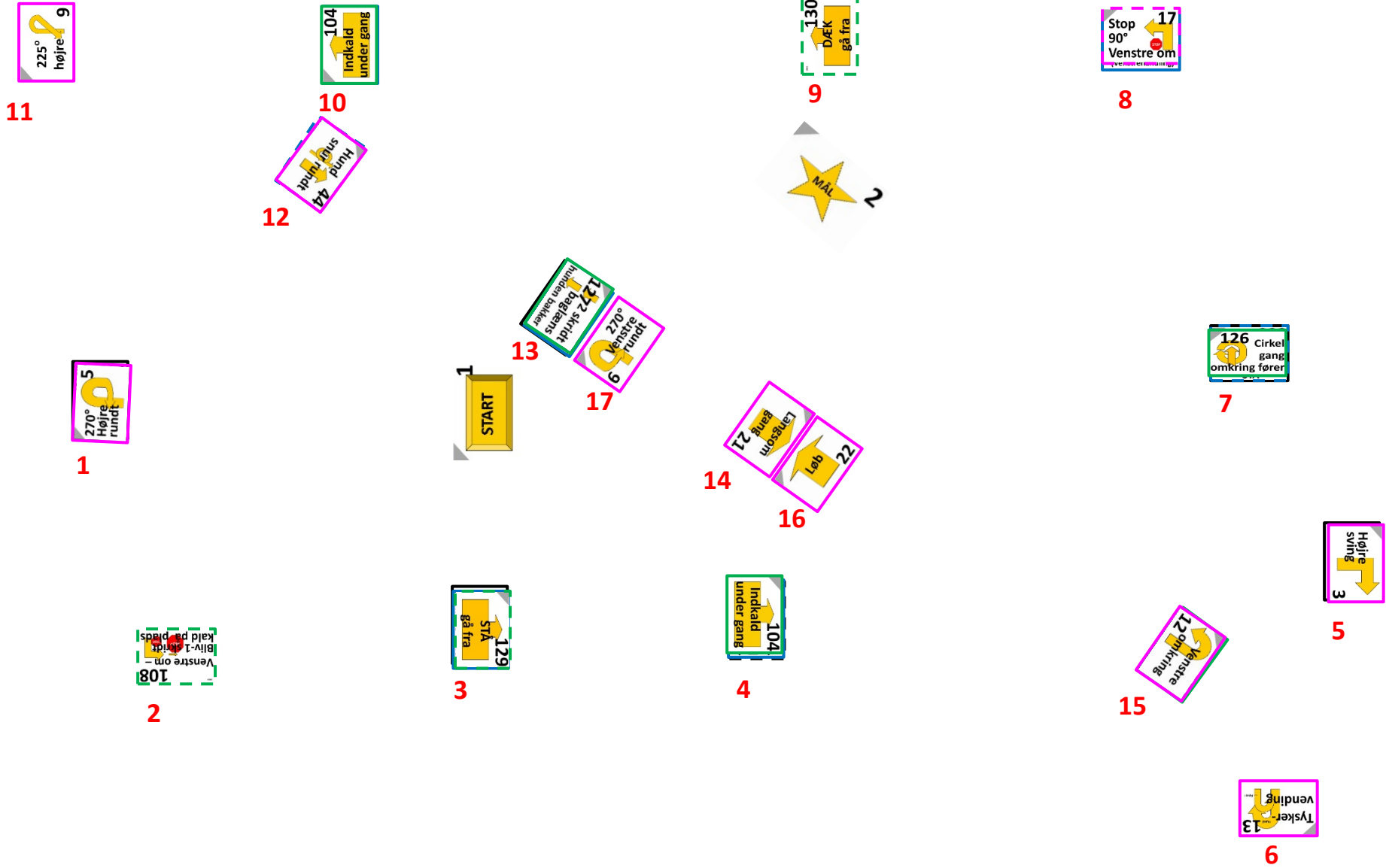


5



6

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	5	108	218	223	3	13	232	225	130	218	9	231	226	21	12	22	6			



Skill nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	515	16	17	18	19	20
Øvelse.nr.	5	108	129	104	3	13	126	17	130	104	9	44	127	21	12	22	6			



11



10



9



8



12



13



1



1



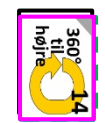
14



7



2



3



4



2



5



6

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	5	4	14	15	3	13	45	17	37	43	9	44	47	21						