



4



3



5 H



6 H



7 H



2



8 H



9



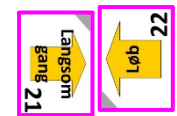
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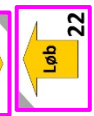
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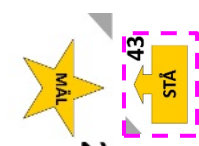
13



14



12



2

11



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.	221	232	225	124	222	325	224	126	323	6	43	22	13	21						

20  
4

3  
3

25  
5

326  
6

19  
18

3  
7

233  
2

2  
8

24  
1

300  
16

226  
9

1  
13

12  
14

12  
12

15  
15

11  
11

16  
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.	24	233	5	20	25	326	3	125	226	16	324	127	12	223	322	300	315	19		



4



3



5 H



6



7



2



2



8



9



1



16



13 H



14



12 H



15



11



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.	221	232	225	124	222	216	107	126	214	6	123	215	13	122	17	218				



4



3



5



6



7



2



8



9



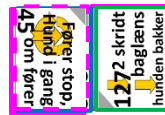
1



1



13



14



12



2



11



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.	24	120	5	110	129	104	3	125	44	16	117	127	20	45						