



4



10



16



3H



5



9H



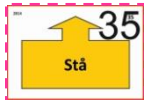
11



15



17



2H



6



8H



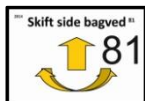
12



14



18H



1



7



13



19H



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	81	35	36	56	76	71	58	32	78	59	60	61	9	89	71	7	80	90	87	



4



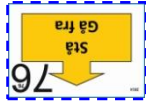
10



16



3H



5



9H



11



15



17



2H



6



8H



12



14



1



7



13



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	81	35	36	56	76	71	58	32	78	59	60	61	9	89	71	7	80			



4



10



16



3



5H



9



11H



15



17



2



6H



8



12H



14



18



1



7



13



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	70	35	36	56	76	71	58	32	78	59	60	61	57	67	71	7	68	79		



4



10



15



3



5



9



11



16



2



6



8



12



14



1



7



13



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	62	35	36	8	52	53	45	32	10	58	11	61	9	12	7	13				



4



10



3



5



9



11



2



6



8



12



1



7



13



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	26	35	36	8	20	29	7	32	10	9	11	72	12							