



4



H
5



3



2



1



V



H
6



H
7



8



H
9



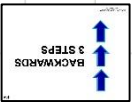
15



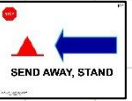
H
10



14



H
11



13



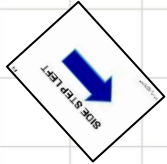
H
12



H
17



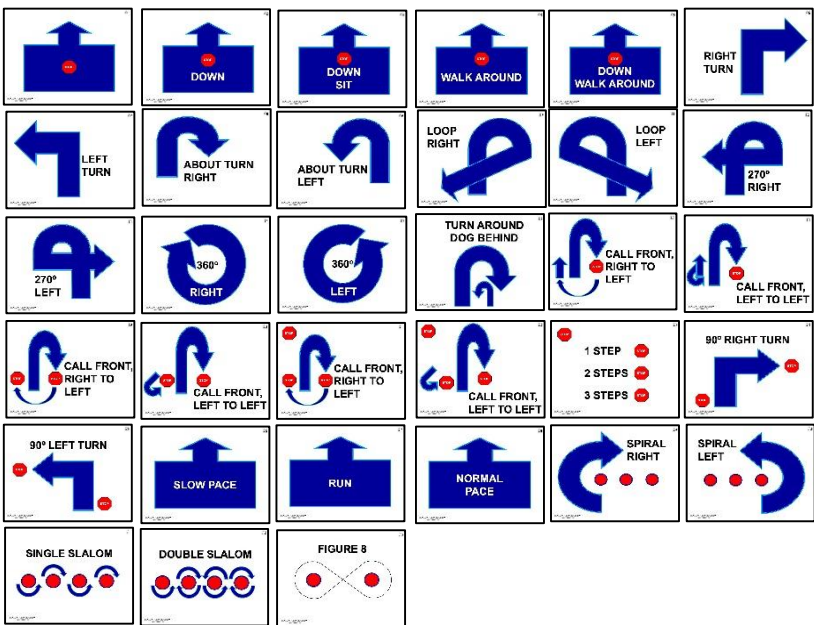
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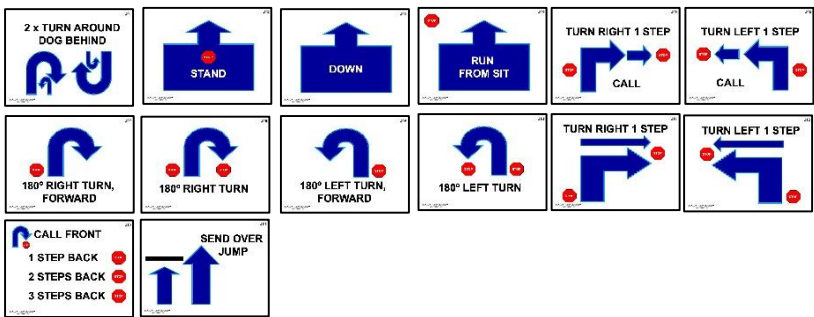
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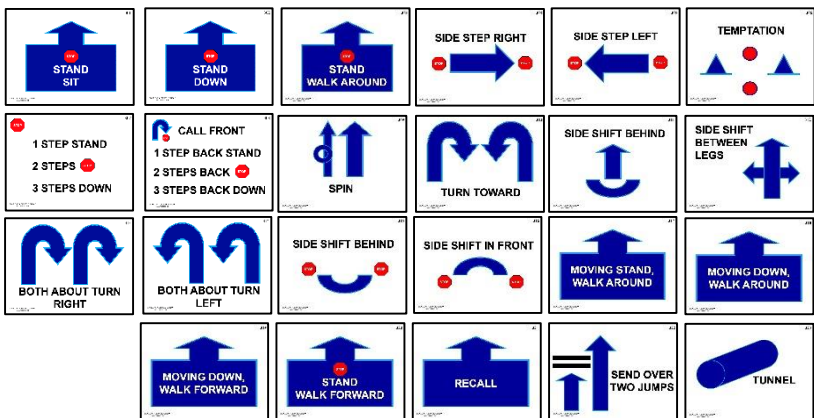
Value 1



Value 2

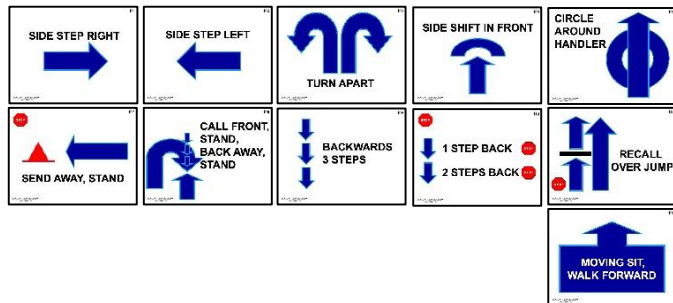


Value 3



1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20

Value 4



The course must contain:

- A Start sign
- Minimum 3 exercises of value 2
- Minimum 3 exercises of value 3
- Minimum 5 exercises of value 4
- 18-20 exercises
- A Finish sign

