



16H



4



17H



15H



3H



5



18



14



9



19



2H



10H



6H



13



8



1



12



11H



7

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	91	61	56	80	32	58	60	57	89	71	59	62	83	79	9	85	82	90	



16



4



17



15



3



5H



9



18



14



2



10H



6H



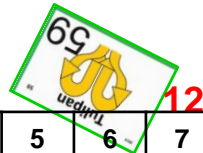
13



8



1



12

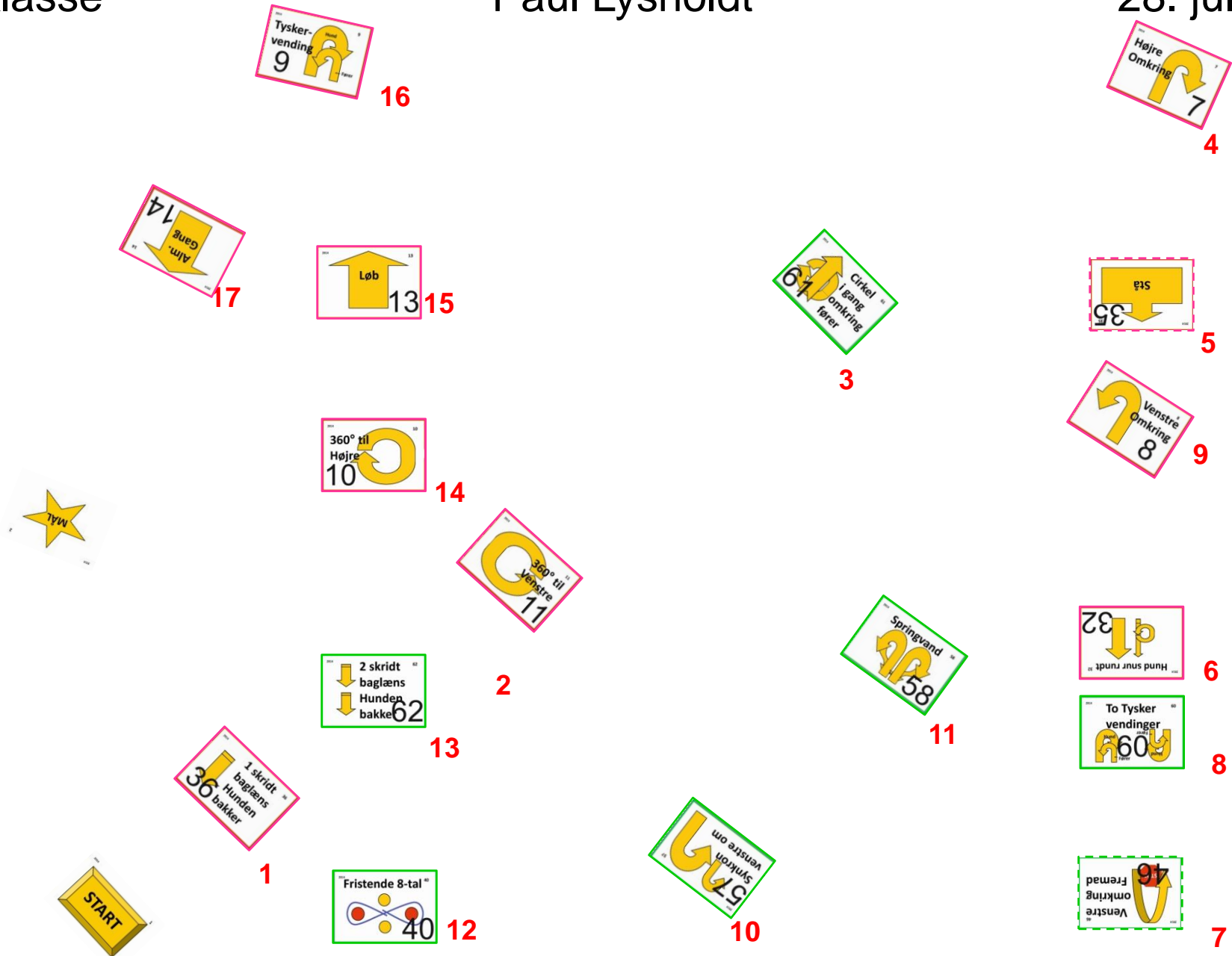


11H

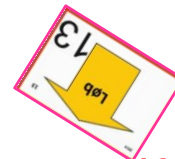
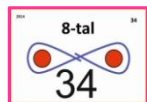


7

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	36	70	61	56	78	32	58	60	57	67	71	59	62	10	79	9	76	71		



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	36	11	61	7	35	32	46	60	8	57	58	40	62	10	13	9	14			



1

13

14

2

12

11

3

10

6

8

7

9

5

4

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	36	11	30	7	35	32	9	31	8	13	14	34	10	5						