



4



5



6



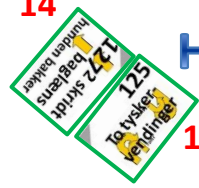
7



3



13



14

H

12



8

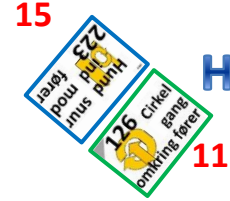
H



18



2



15

H

11



9

H



17



1



10

H



16

9



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	307	326	300	302	325	226	224	215	217	10	126	125	124	127	223	9	22	12		



4



5



6



7



3



13



8



18



14



12



9



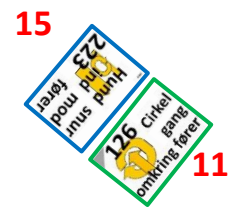
2



17



2



15



11



1



10



16

9



1

Skillt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	130	104	232	6	218	226	224	215	123	10	126	125	13	127	223	9	22	12		



4



5



6



7



3

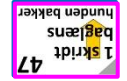


13



12

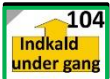
14



8



2

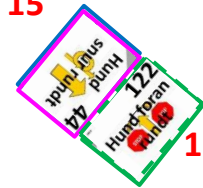


2



12

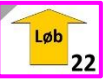
15



11



9



17



1



10



16



1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	130	104	21	6	23	121	107	47	123	10	122	125	13	127	44	9	22			



4



5



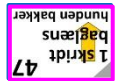
6



7



3



8



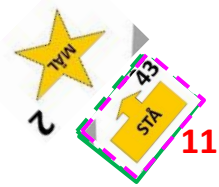
2



12



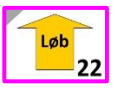
2



11



9



14



1



10



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.	42	48	15	6	23	35	3	47	41	10	43	44	18							