



START

1  22

2  23

3  30

4  30




11  35

10  16

6  18

9  29



8  44

7  270°

5  20



4



5



6



7



14



3



8



13



12



15



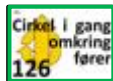
9



2



11



1



10



H

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	126	127	15	6	121	117	3	125	45	10	21	14	22	9	23					

Felt

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	223	205	104	6	212	228	224	125	226	10	21	14	22	9	23	18	124			



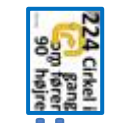
4



5



6



H 7



3



H 14



H 8



H 13



H 12



H 15



H 9



2



17



H 11



1



16

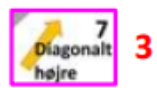


H 10



H

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	300	313	104	6	212	228	224	125	45	10	21	14	22	9	23	18	124			



16

19

9

8

5

7

18

10

17

15

11

14

13

4

3

2

1

12

