



3



10



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4



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6



7



1



9



13



11



8



10



102



12

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	141	144	113	106	132	109	139	117	140	110	143	118	119							



6



5



7



3



4



2



1



8



10



9



H 15



13



11



102



14



12



10

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Øvelse.nr.	141	226	113	106	214	109	233	204	218	110	201	118	119	223	111						



6



5



7



3



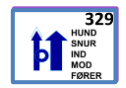
4



2



10



1



9



H 15



13



11



8



10



17



18



102



H 16



14



12

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	329	317	113	106	214	109	233	204	333	110	312	118	119	223	111	330	224	326		



6



5



7



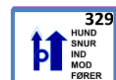
3



4



2



1



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17



10



H 15



13



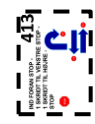
11



9



102



H 18



H 16



14



12

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	329	317	113	106	214	109	408	420	333	110	425	118	119	223	111	330	412	413		



6



5



7



H 3



H 4



H 2



H 1



8



H



10



9



H 15



13



11



102



14



12

Skillt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	225	325	113	106	401	109	405	117	333	110	312	118	119	223	111					