



4



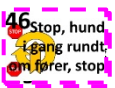
5



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11



12

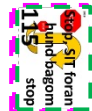


1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	15	43	46	3	34	48	10	21	23	9	32	18								



4



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3



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2



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1



2



1



14



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11



13

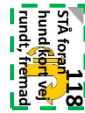


12

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	15	43	46	105	115	120	10	128	104	9	126	18	47	122						



4



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6



7



3



8



2



9



1



2



1



14



10



11



13

H



12

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	2	
Øvelse.nr.	14	41	45	107	118	119	10	130	104	9	32	19	25	123							

4

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2

15 H

9

1

14

14 H

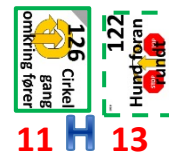
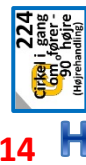
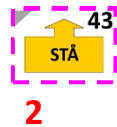
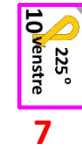
10 H

11 H

13

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.	14	41	45	107	207	216	10	129	228	9	223	19	123	224	222	20				



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	15	43	46	105	206	214	10	128	228	9	126	18	122	224	215	124				