




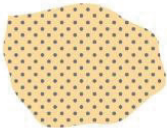


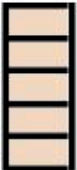
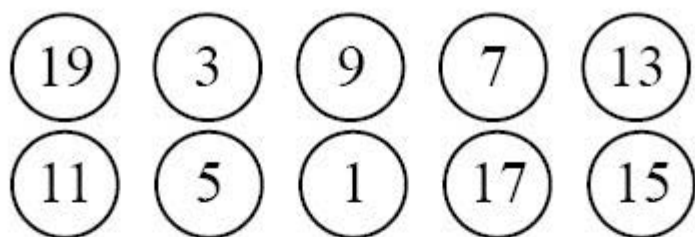


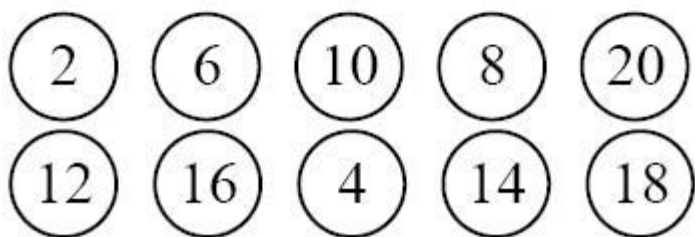
Signatursedler

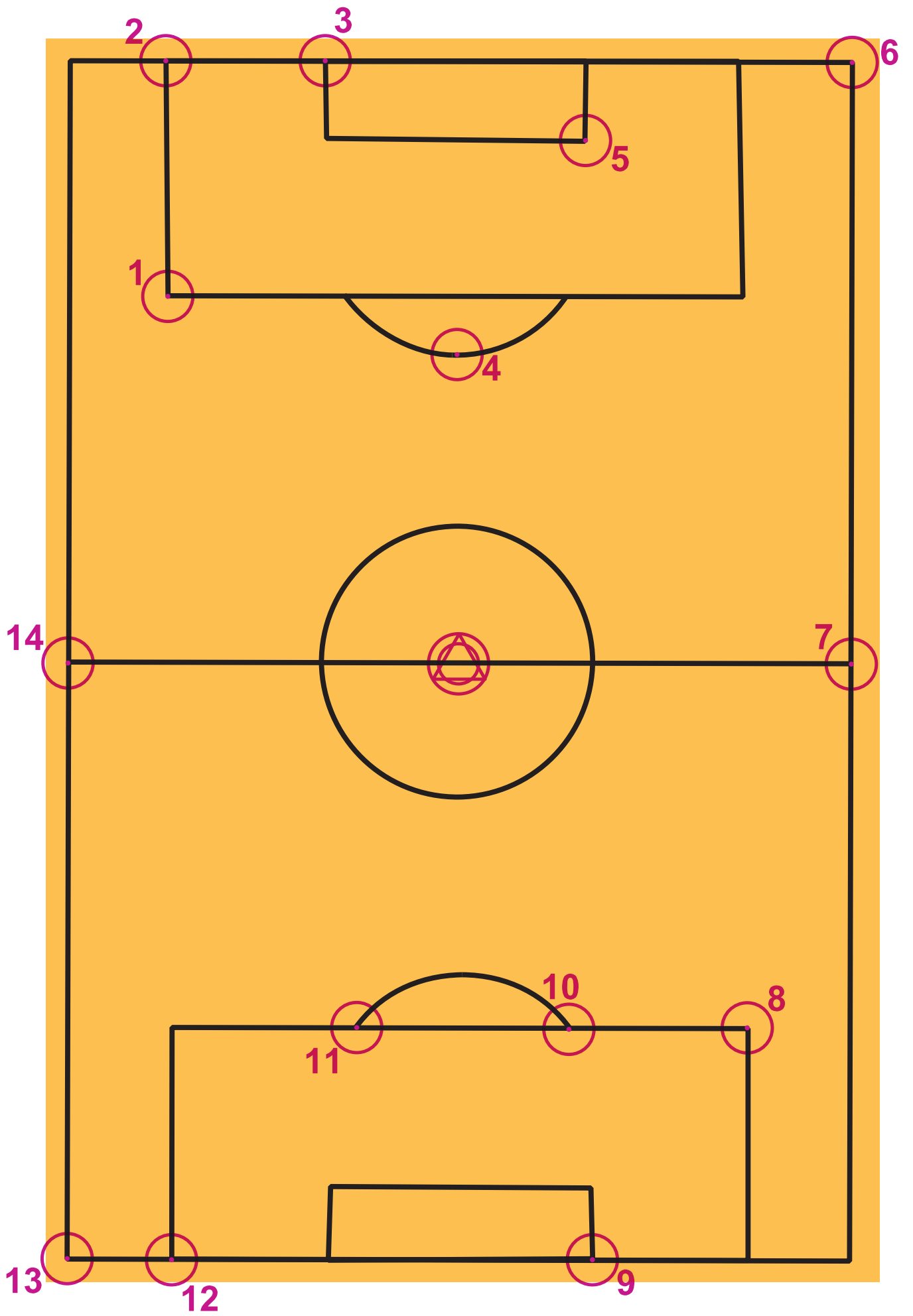
Lektion 1. Kopiér og klip ud.

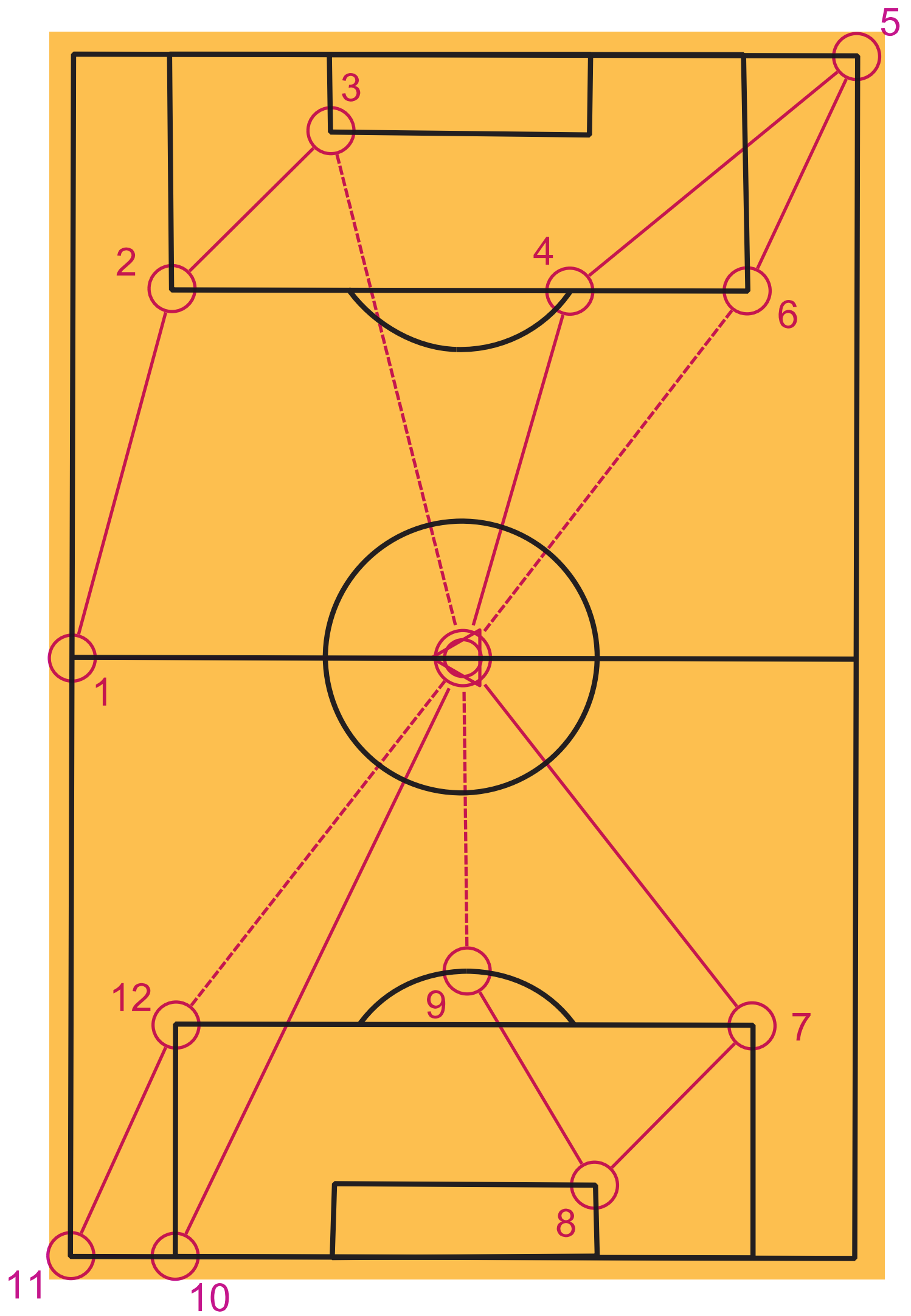
<p>Bygning</p>  <p>”Stå med ryggen mod muren i squat position i 1 minut”</p>	<p>Træ</p>  <p>”Hop op og rør et blad”</p>	<p>Legeredskab</p>  <p>”Klatre op og ned”</p>
<p>Bænk</p>  <p>”Træd op og ned 10 gange”</p>	<p>Mur</p>  <p>”Lav 10 armstrækkere op af muren”</p>	<p>Sand</p>  <p>”Lig i planken i 1 minut”</p>
<p>Sti</p>  <p>”Sprint ad stien”</p>	<p>Sten</p>  <p>”Spring over 5 gange”</p>	<p>Trappe</p>  <p>”Løb op og ned af trappen 3 gange”</p>

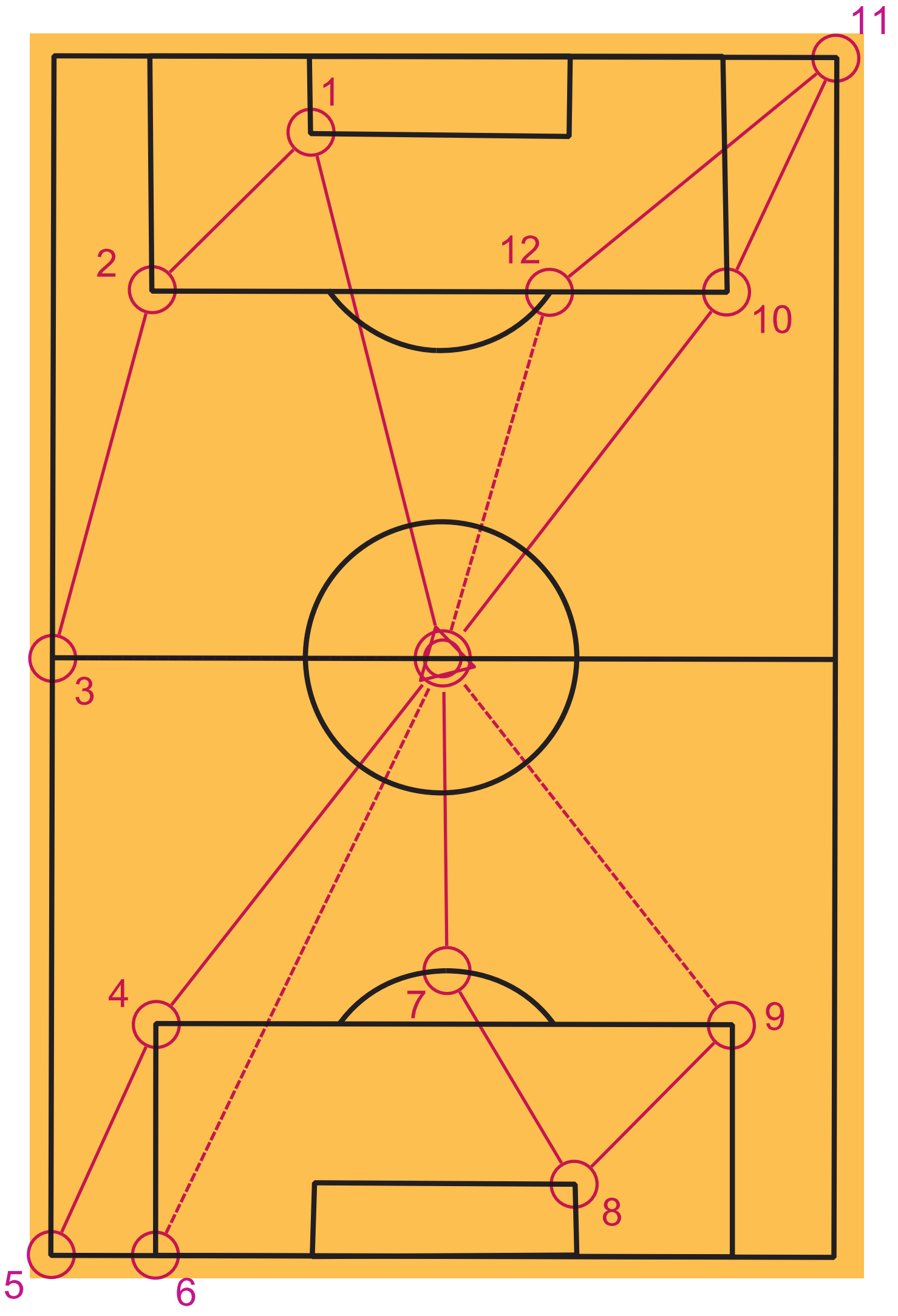


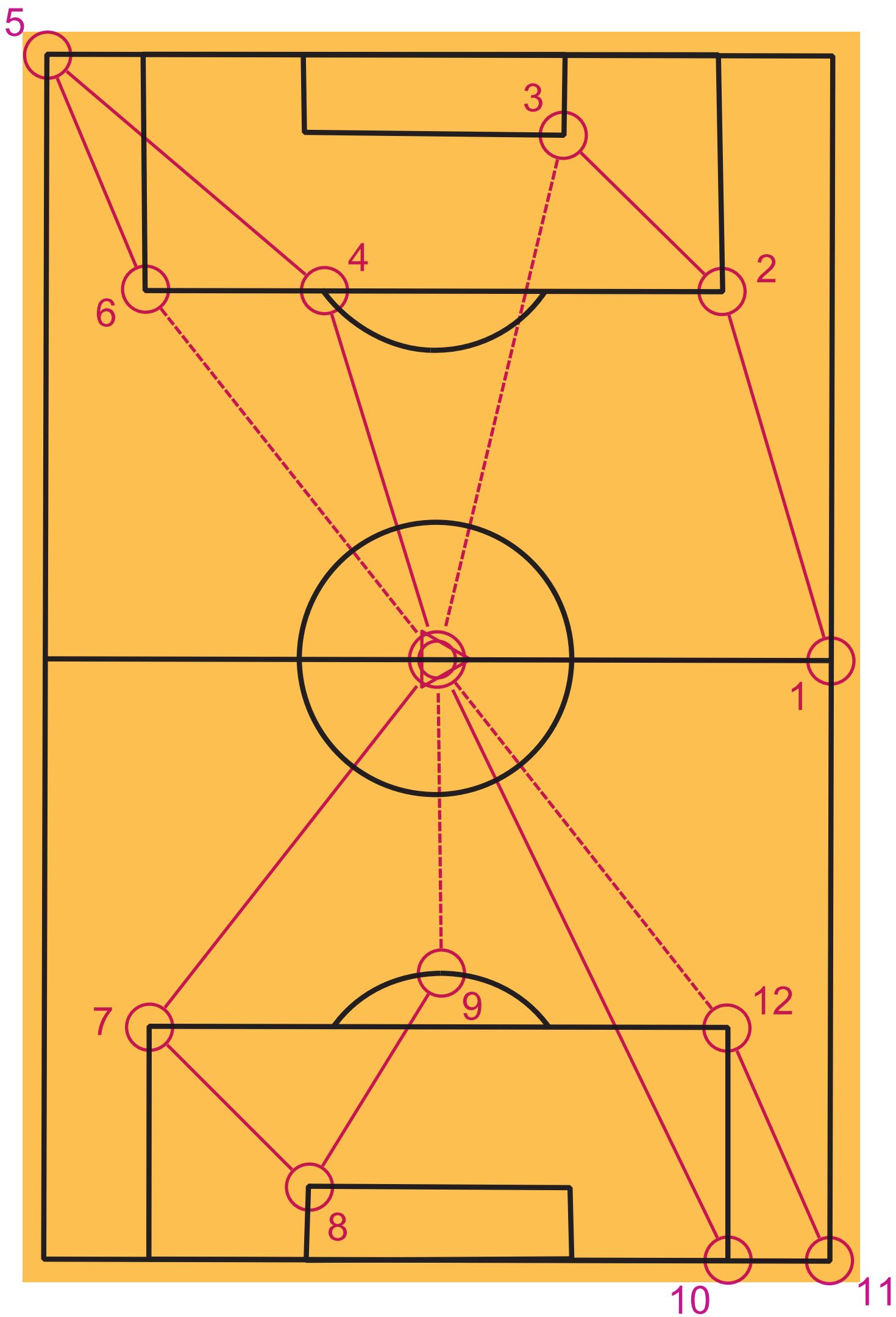
Fangeområde

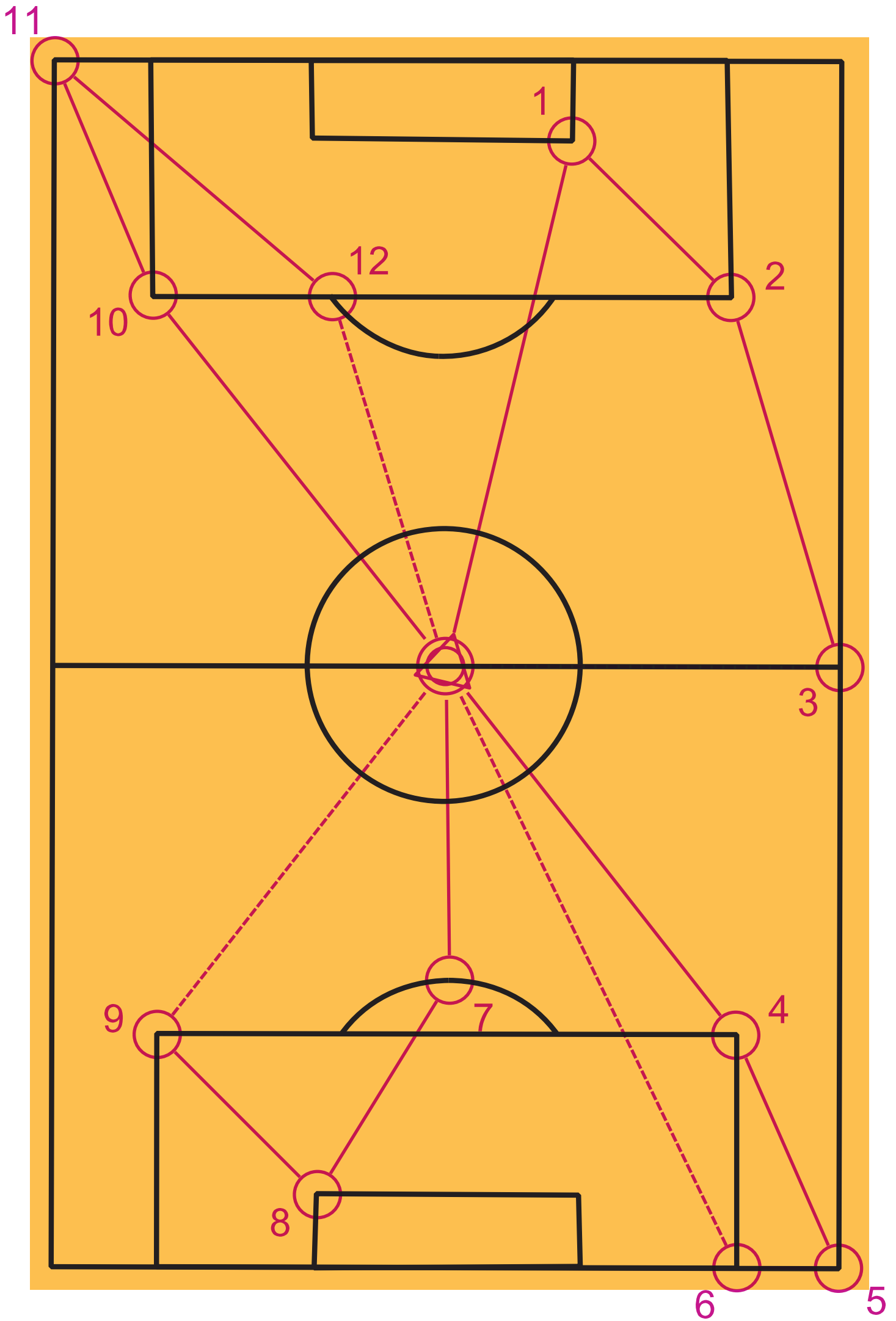


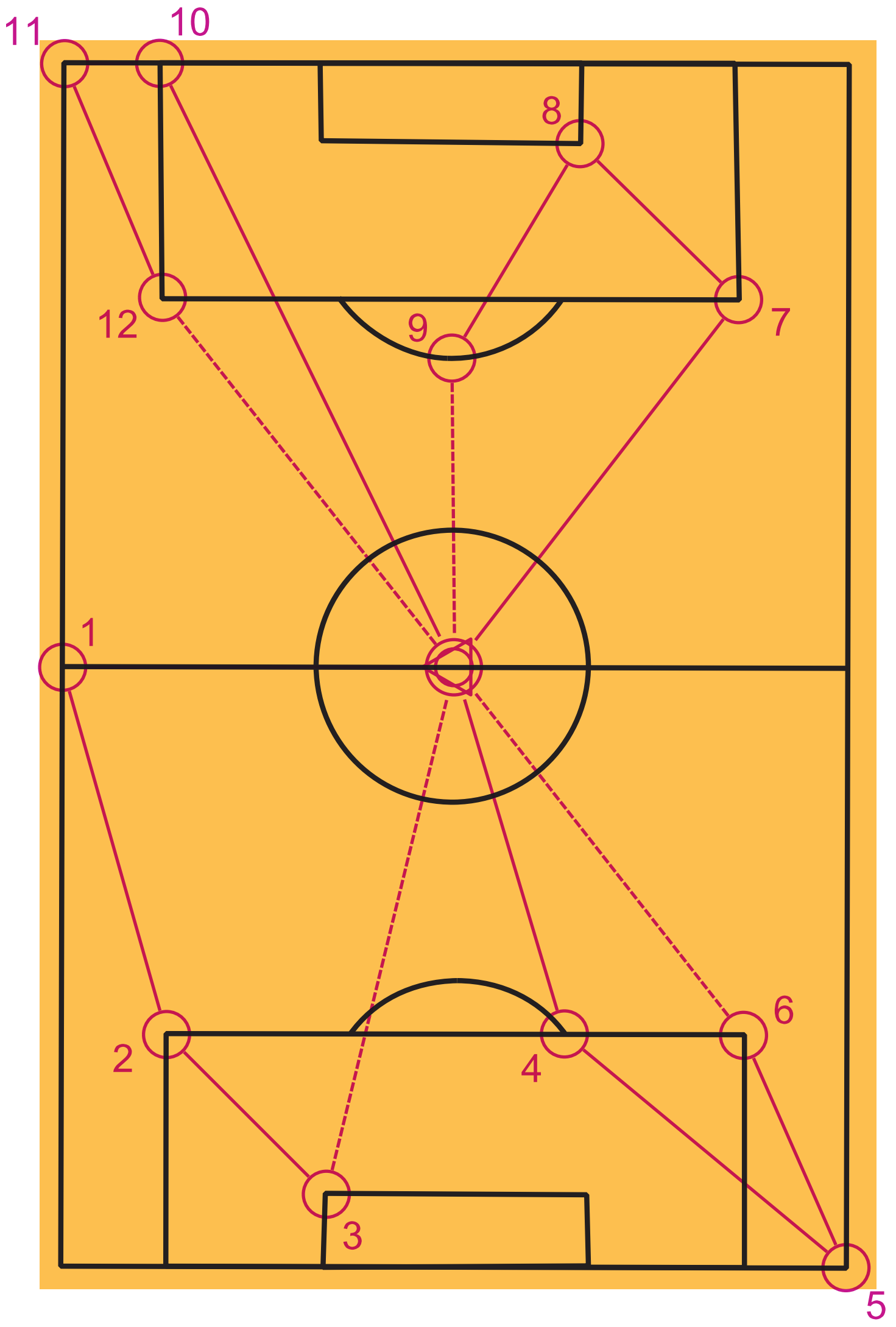


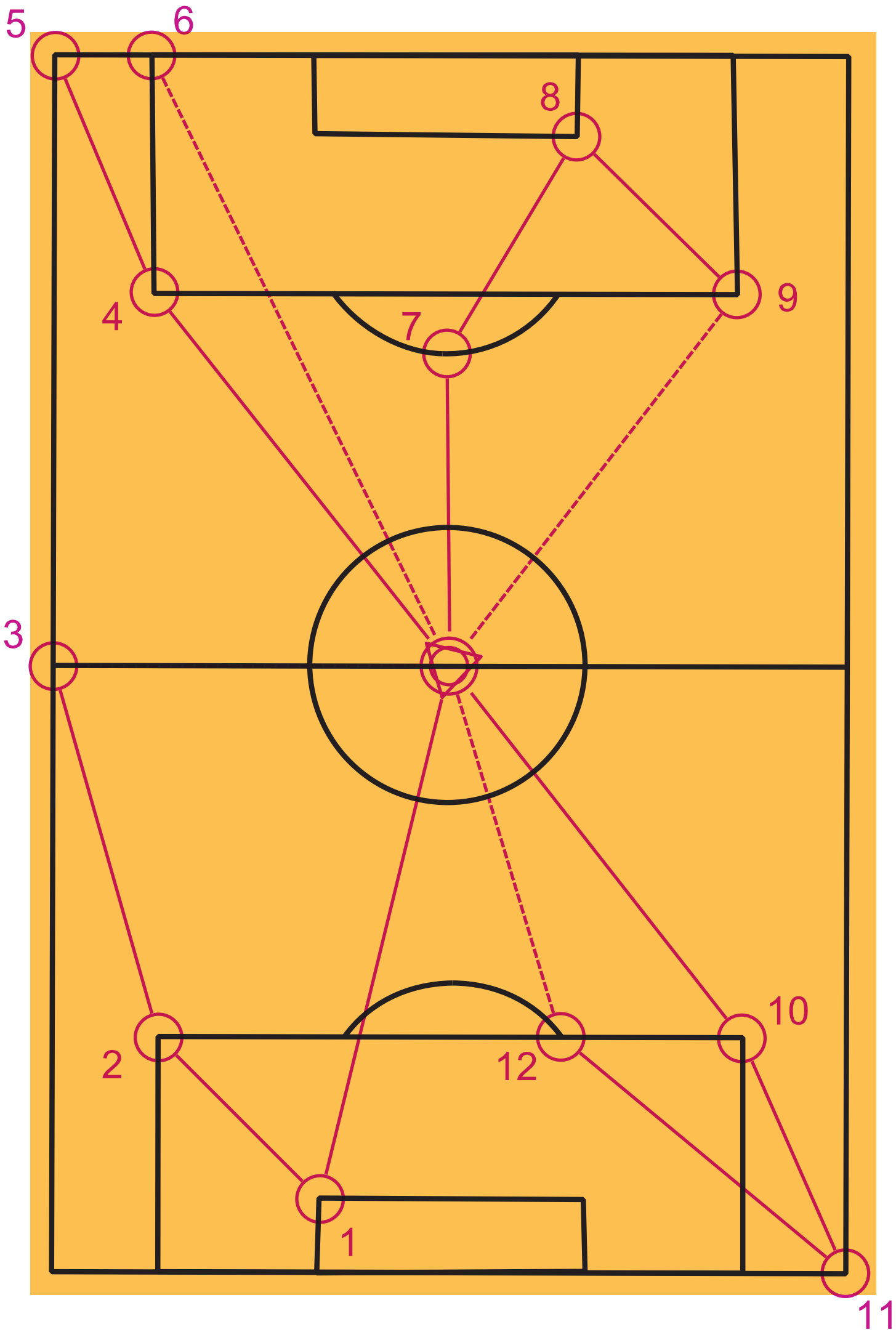


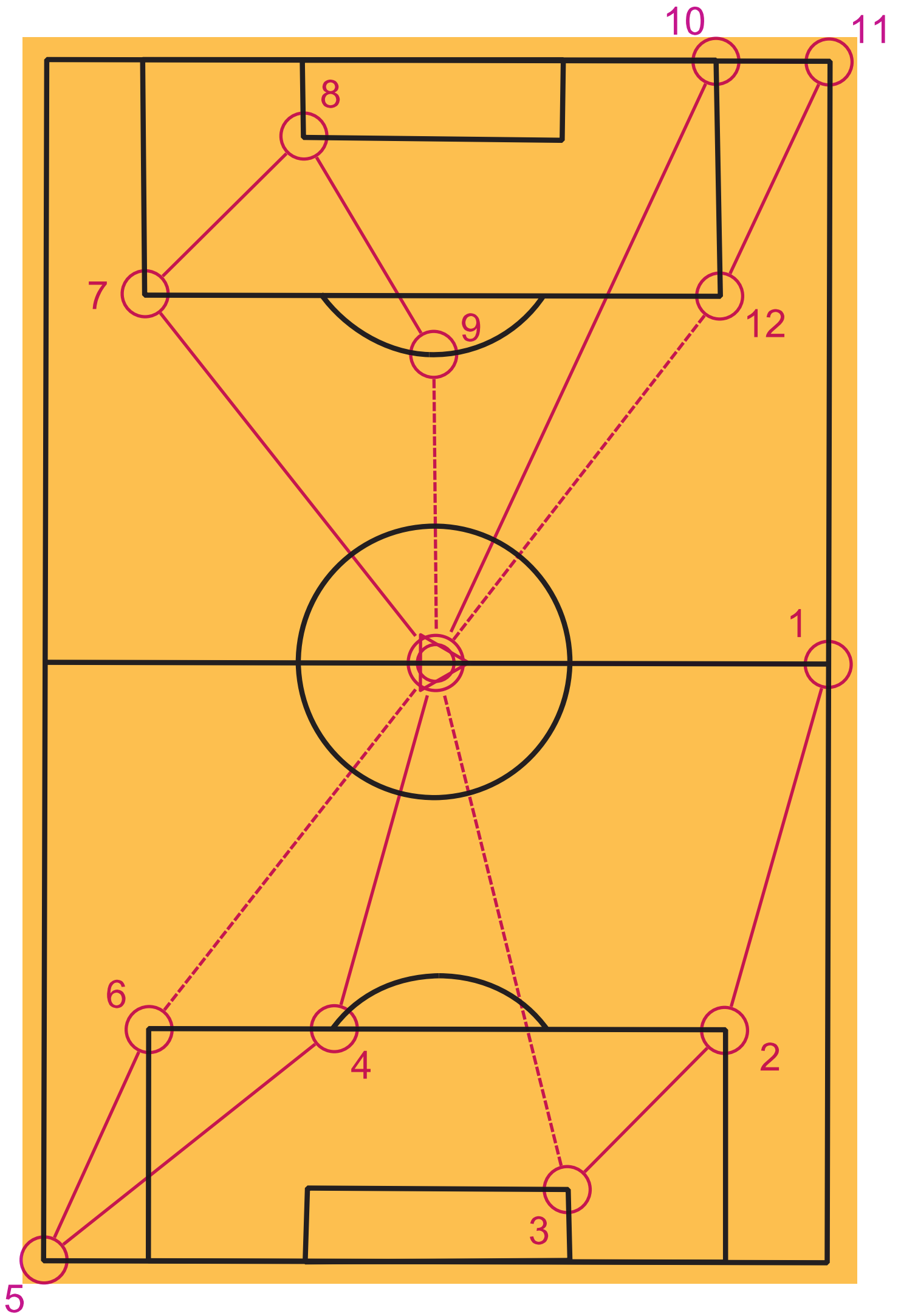


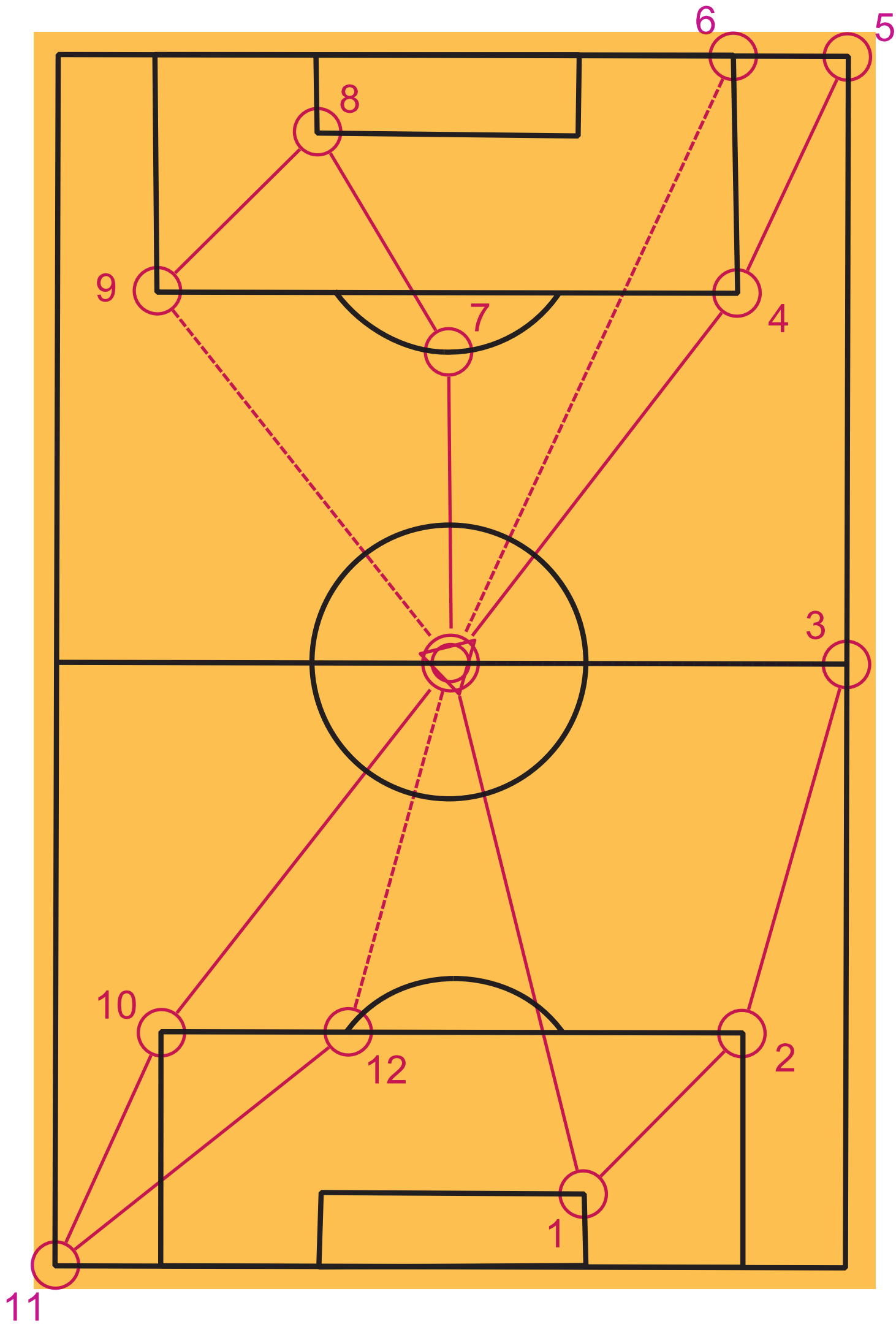




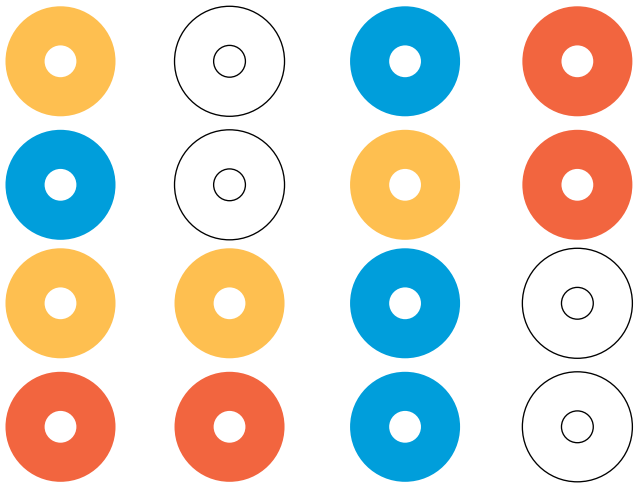




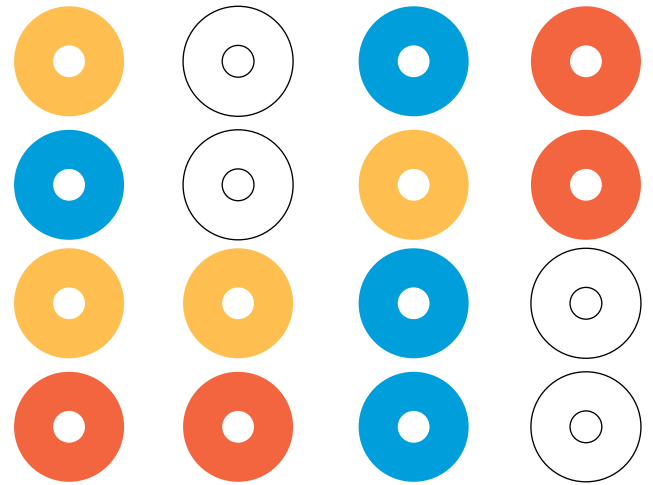




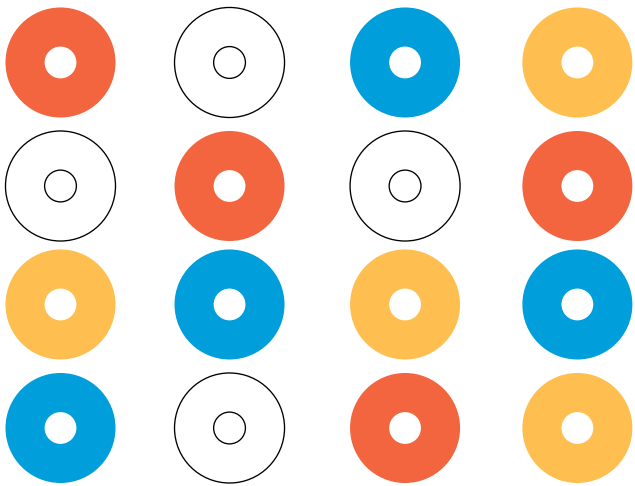
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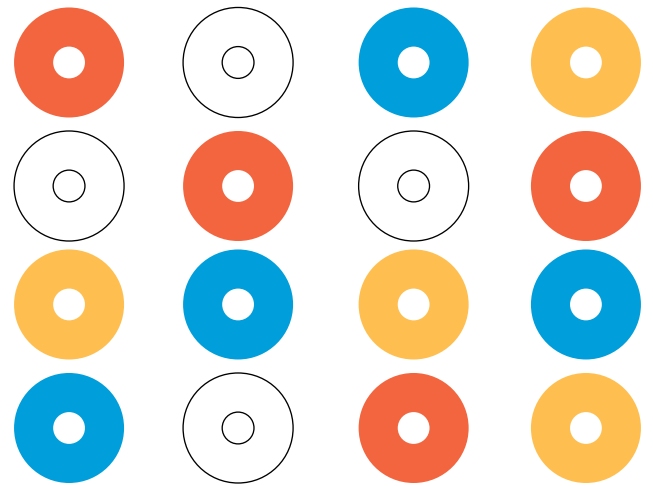
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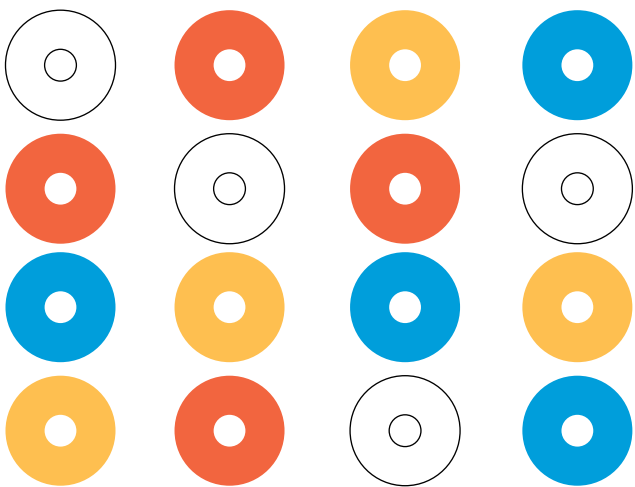
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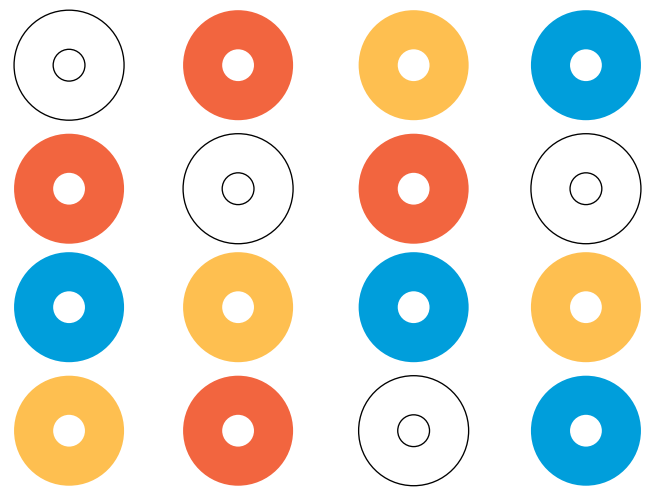
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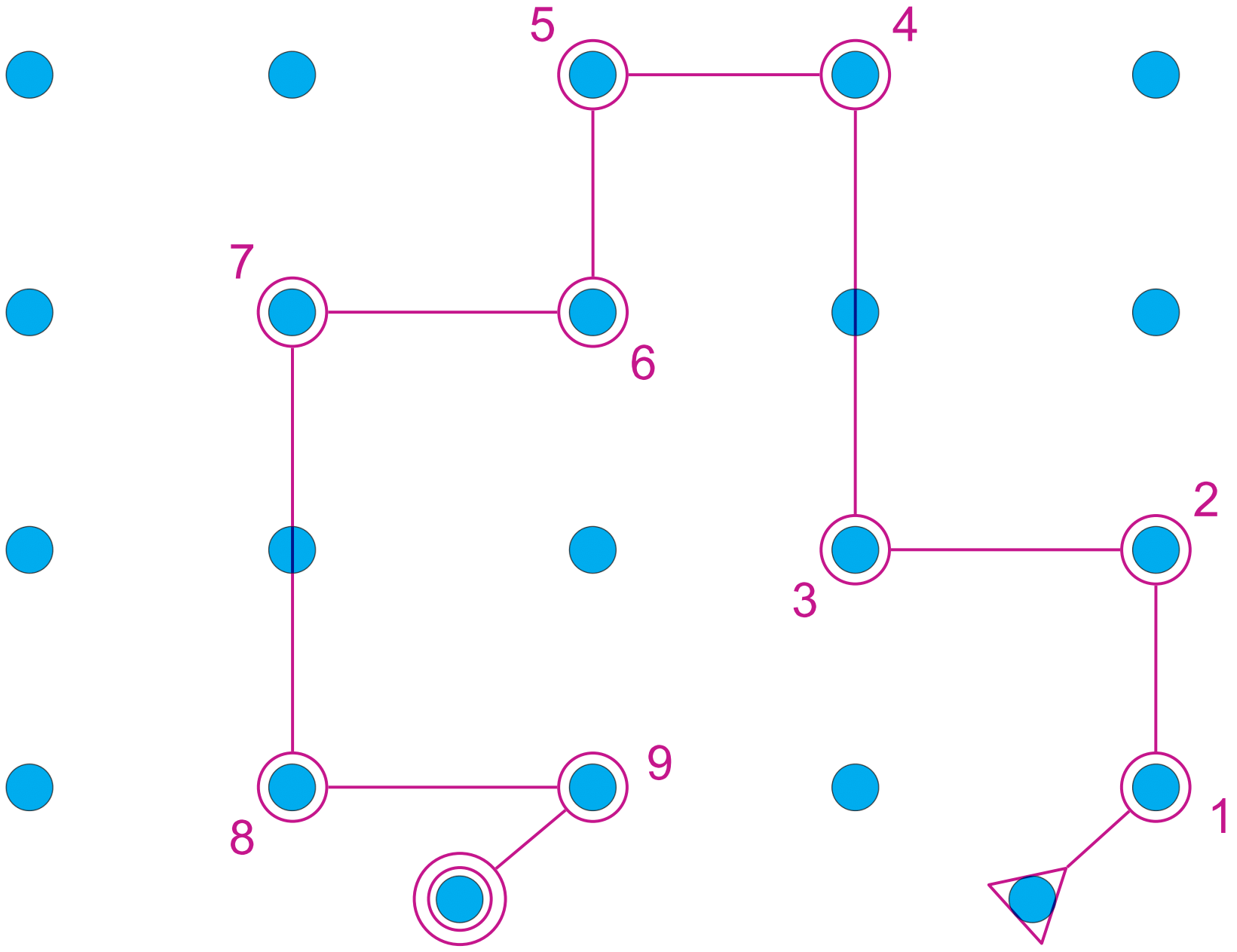
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C

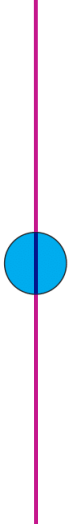


VILT
VAKKERT
OG RÅTT





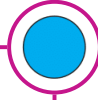
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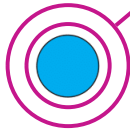


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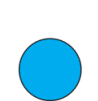




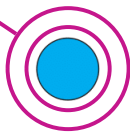
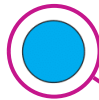
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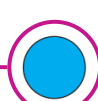
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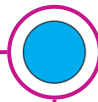
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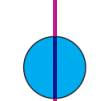
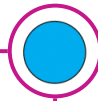
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