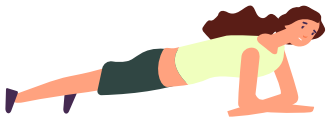
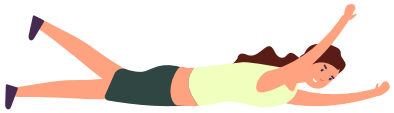
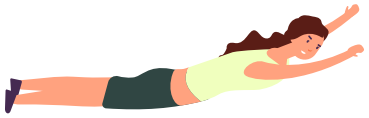

GÅ/
CYKLE/
LØBE

ARMSTRÆKNING 2 X 8 STK.	PLANKE 3 X 15 SEK.	DIAGONAL LØFT 3 X 15 STK.	RYGSTRÆKNING 3 X 12 SEK.	MAVEBØJNINGER 3 X 12 STK.	Minutter/ skridt

IDRÆTSSKOLEN
- FOR VOKSNE MED UDVIKLINGSHANDICAP