

SUNDHEDSHJULET

High fives når
du går hjem



Drik et glas vand



Knæløft med albue



8

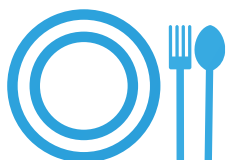
Sidesving



15

9

Mellemmåltid



14

Mellemmåltid

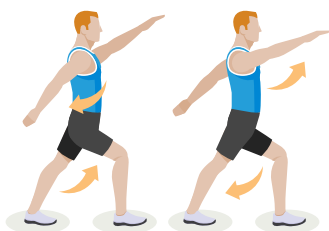


10

13

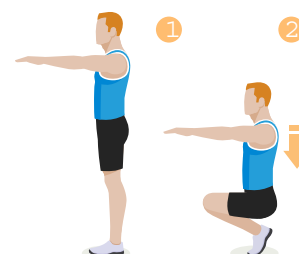
11

Skihop

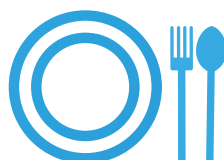


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Løfteteknik
Bøj i knæ



Frokost



Fejesving

