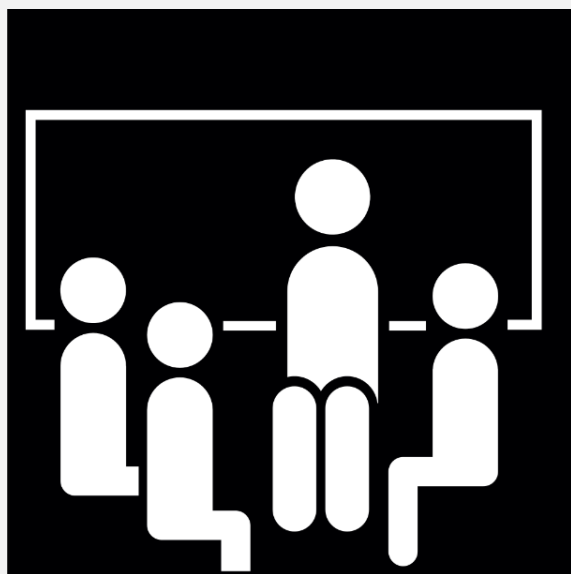




GENOMGÅNG



UPPVÄRMNING



AKTIVITET



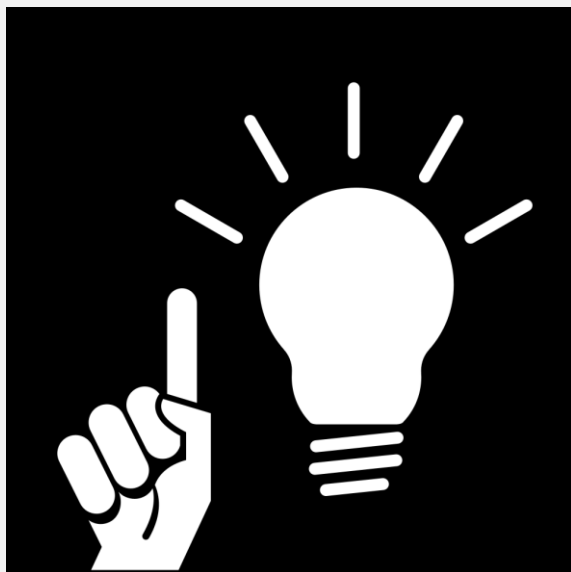
AKTIVITET



PLOCKA UNDAN



NEDVARVNING



REFLEKTION