

Wunschgewicht: _____ kg

[illegible]

+ 10 kg + 9 kg + 8 kg + 7 kg + 6 kg	+ 5 kg + 4 kg + 3 kg	+ 2 kg + 1 kg 0 - 1 kg - 2 kg - 3 kg - 4 kg - 5 kg	- 6 kg - 7 kg - 8 kg - 9 kg - 10 kg
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[illegible]