

| <b>B</b>           | <b>I</b>            | <b>N</b>           | <b>G</b>             | <b>O</b>          |
|--------------------|---------------------|--------------------|----------------------|-------------------|
| trapezius          | adductor<br>muscles | hamstrings         | skeletal<br>system   | phalanges         |
| gluteus<br>maximus | tendons             | rectus<br>femoris  | biceps               | superior          |
| triceps            | brachialis          | <b>FREE</b>        | maintains<br>posture | mentalis          |
| steroids           | pectoralis          | skeletal           | levator<br>scapulae  | quadriceps        |
| deltoid            | soleus              | gluteus<br>maximus | vertebrae            | gluteus<br>medius |

| <b>B</b>             | <b>I</b>            | <b>N</b>           | <b>G</b>            | <b>O</b>           |
|----------------------|---------------------|--------------------|---------------------|--------------------|
| triceps              | vertebrae           | biceps             | pectoralis          | gluteus<br>maximus |
| skeletal<br>system   | mentalis            | hamstrings         | quadriceps          | brachialis         |
| maintains<br>posture | adductor<br>muscles | <b>FREE</b>        | levator<br>scapulae | skeletal           |
| gluteus<br>medius    | trapezius           | gluteus<br>maximus | steroids            | deltoid            |
| phalanges            | ligaments           | superior           | rectus<br>femoris   | tendons            |

| <b>B</b>  | <b>I</b>            | <b>N</b>    | <b>G</b>             | <b>O</b>           |
|-----------|---------------------|-------------|----------------------|--------------------|
| steroids  | levator<br>scapulae | triceps     | gluteus<br>medius    | skeletal<br>system |
| soleus    | superior            | vertebrae   | pectoralis           | brachialis         |
| skeletal  | biceps              | <b>FREE</b> | maintains<br>posture | hamstrings         |
| ligaments | phalanges           | deltoid     | adductor<br>muscles  | trapezius          |
| tendons   | rectus<br>femoris   | mentalis    | quadriceps           | gluteus<br>maximus |