

B	I	N	G	O
vertebrae	adductor muscles	ligaments	soleus	quadriceps
gluteus maximus	triceps	skeletal	biceps	smooth
trapezius	water	FREE	brachialis	nutrition
deltoid	over 600 muscles	superior	pectoralis	tendons
move joints	rectus femoris	maintains posture	csrdiac	skeletal system

B	I	N	G	O
water	superior	smooth	skeletal system	tendons
brachialis	deltoid	quadriceps	gluteus maximus	rectus femoris
biceps	muscular system	FREE	adductor muscles	pectoralis
vertebrae	cardiac	weightlifting	soleus	skeletal
ligaments	nutrition	over 600 muscles	move joints	triceps

B	I	N	G	O
gluteus maximus	tendons	over 600 muscles	soleus	adductor muscles
water	smooth	ligaments	deltoid	rectus femoris
nutrition	muscular system	FREE	brachialis	biceps
cardiac	trapezius	quadriceps	maintains posture	skeletal system
triceps	vertebrae	pectoralis	move joints	hamstrings