

B	I	N	G	O
Thoracic	Abdominals	206	Clavicle	Quadriceps
Humerus	Cardiac	Tarsals	Patella	Agonist
Phalange	Spongy bone	FREE	Tibia	Appendicular
Mandible	Fibula	Biceps	Gluteus maximus	Sacrum
Hamstring	Pelvis	Hinge joint	Scapula	Cranium

B	I	N	G	O
Spongy bone	Fibula	Compact bone	Ligament	Gluteus maximus
Coccyx	Atrophy	Axial	Lumbar	Hypertrophy
Hinge joint	Antagonist	FREE	Radius	Appendicular
Gastrocnemius	Tarsals	Agonist	Tibia	Sternum
Mandible	Quadriceps	Cardiac	Clavicle	Pectoralis

B	I	N	G	O
Triceps	Radius	Phalange	Patella	Sacrum
Atrophy	Ball and socket joint	Pectoralis	Hypertrophy	Cardiac
Pelvis	Ligament	FREE	Abdominals	Fibula
206	Humerus	Lumbar	Thoracic	Vertebrae
Ulna	Carpals	Antagonist	Cervical	Agonist