

B	I	N	G	O
Tendon	Anatomical Position	Abduction	Fibrous joint	Rotation
Metatarsal	Coccyx	Supination	Pivot Joint	Anterior Tibialis
Ribcage	Sternocleidomastoid	FREE	Tibia	Bicep Brachii
Phalanges	Hyperextension	Clavicle	Latissimus Dorsi	Sartorius
Mandible	Rectus Abdominus	Soleus	Skull	Gluteus Maximus

B	I	N	G	O
Sternocleidomastoid	Hyperextension	Gastrocnemius	Patella	Latissimus Dorsi
Flexion	Bicep Femoris	Carpals	Pelvis Sternum	Metatarsal
Medial	Axial Skeleton	FREE	Calcaneus Sacrum mandible	Saddle Joint
Bicep Brachii	Lateral	Supination	Anterior Tibialis	Tibia
Sternum	Anterior	Phalanges	Rotation	Joints

B	I	N	G	O
Pelvis	Sternum	Latissimus Dorsi	Metatarsal	Coccyx
Fibula	Proximal	Transverse Plane	Saddle Joint	Ribcage
Protraction	Scapula	FREE	Bicep Femoris	Cervical Vertebrae
Radius	Rectus Abdominus	Pectoralis Major	Anterior	Humerus Ulna
Abduction	Medial	Clavicle	Tendon	Calcaneus