

B	I	N	G	O
1	1	1	1	1
1	1	1	1	1
1	1	FREE	1	1
1	1	1	1	1
1	1	1	Biceps Curl: Elbow Flexion	1

B I N G O				
1	Biceps Curl: Elbow Flexion	1	1	1
1	1	1	1	1
1	1	FREE	1	1
1	1	1	1	1
1	1	1	1	1

B	I	N	G	O
1	1	1	1	1
1	1	Biceps Curl: Elbow Flexion	1	1
1	1	FREE	1	1
1	1	1	1	1
1	1	1	1	1