

B	I	N	G	O
Ulna	Abdominals	Femur	Radius	Meta-Tarsals
Deltoid	Triceps	Pectoralis major	Biceps	Quadriceps
Thoracic Vertebrae	skull	FREE	Carpals	Lumbar Vertebrae
Mandible	Tarsals	Meta carpals	Humerus	Patella
Gluteus Maximus	Cervical Vertebrae	Phalanges	tibia	External Obliques

B	I	N	G	O
skull	Biceps	Radius	Deltoid	Pectoralis major
Femur	tibia	Meta-Tarsals	Cervical Vertebrae	Quadriceps
Mandible	Carpals	FREE	Lumbar Vertebrae	Abdominals
Humerus	Phalanges	Ulna	External Obliques	Tarsals
Meta carpals	Patella	Thoracic Vertebrae	Triceps	Glueus Maximus

B	I	N	G	O
Cervical Vertebrae	Phalanges	Biceps	Patella	Carpals
Ulna	Mandible	Meta carpals	Triceps	Meta-Tarsals
Thoracic Vertebrae	External Obliques	FREE	Tarsals	Humerus
skull	Quadriceps	Radius	tibia	Femur
Lumbar Vertebrae	Abdominals	Pectoralis major	Deltoid	Glueus Maximus