

B	I	N	G	O
carpals	Achilles tendon	Humerus	Tibia	Radius
Femur	Vertebrae	Skull	Biceps	Ulna
scapula	Clavicle	FREE	Pelvis	Phalanges
Triceps	Quadriceps	Soleus	Latissimus dorsi	Ribs
Deltoid	Trapezius	Gastrocnemius	tarsals	Gluteus Maximus

B	I	N	G	O
scapula	tarsals	Biceps	Quadriceps	Femur
Tibia	Phalanges	Humerus	Ribs	Clavicle
Pelvis	Achilles tendon	FREE	Latissimus dorsi	Soleus
Gluteus Maximus	carpals	Gastrocnemius	Triceps	Deltoid
Radius	Mandible	Ulna	Skull	Vertebrae

B	I	N	G	O
Triceps	Latissimus dorsi	scapula	Gluteus Maximus	Tibia
Trapezius	Ulna	tarsals	Quadriceps	Clavicle
Soleus	Biceps	FREE	Pelvis	Humerus
Mandible	Radius	Deltoid	Achilles tendon	carpals
Vertebrae	Skull	Phalanges	Ribs	Gastrocnemius