

B	I	N	G	O
antagonist	Cartilage	Flexion	Star jump	Phalanges
Extension	agonist	Scapula	Clavicle	Tendon
antagonistic muscle action	Cranium	FREE	Irregular	Knee
Talus	Long bone	Shoulder	Gastrocnemius	Rotation
Dorsi flexion	Storage	Femur	relieve stress	Fibula

B	I	N	G	O
antagonistic muscle action	relieve stress	Clavicle	Long bone	Extension
Star jump	Knee	Flexion	Rotation	Cranium
Irregular	Cartilage	FREE	Gastrocnemius	Shoulder
Fibula	antagonist	Femur	Talus	Dorsi flexion
Phalanges	Humerous	Tendon	Scapula	agonist

B	I	N	G	O
Talus	Gastrocnemius	antagonistic muscle action	Fibula	Star jump
Storage	Tendon	relieve stress	Long bone	Cranium
Shoulder	Clavicle	FREE	Irregular	Flexion
Humerous	Phalanges	Dorsi flexion	Cartilage	antagonist
agonist	Scapula	Knee	Rotation	Femur