

B	I	N	G	O
Storage	Agonist	Extension	Protection	Irregular
Clavicle	Star jump	Long bone	Antagonist	Shoulder
Talus	Antagonistic muscle action	FREE	Flexion	Gastrocnemius
Scapula	Humerous	Phalanges	Femur	Knee
Cartilage	Rotation	Cranium	Tendon	Dorsi flexion

B	I	N	G	O
Talus	Tendon	Antagonist	Humerous	Clavicle
Protection	Gastrocnemius	Extension	Knee	Antagonistic muscle action
Flexion	Agonist	FREE	Femur	Phalanges
Dorsi flexion	Storage	Cranium	Scapula	Cartilage
Irregular	Fibula	Shoulder	Long bone	Star jump

B	I	N	G	O
Scapula	Femur	Talus	Dorsi flexion	Protection
Rotation	Shoulder	Tendon	Humerous	Antagonistic muscle action
Phalanges	Antagonist	FREE	Flexion	Extension
Fibula	Irregular	Cartilage	Agonist	Storage
Star jump	Long bone	Gastrocnemius	Knee	Cranium