B	I	N	G	O
supination	abduction	flexion	pronation	medial
distal	superior	pivot	adduction	sagittal
supination	anterior	**FREE**	hinge	inferior
saddle	lateral	posterior	frontal	opposition
ball and socket	proximal	dorsiflexion	transverse	external rotation

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B	I	N	G	O
supination	transverse	adduction	lateral	distal
pronation	inferior	flexion	opposition	anterior
hinge	abduction	**FREE**	frontal	posterior
external rotation	supination	dorsiflexion	saddle	ball and socket
medial	gliding	sagittal	pivot	superior

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B	I	N	G	O
saddle	frontal	supination	external rotation	pronation
proximal	sagittal	transverse	lateral	anterior
posterior	adduction	**FREE**	hinge	flexion
gliding	medial	ball and socket	abduction	supination
superior	pivot	inferior	opposition	dorsiflexion

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