

B	I	N	G	O
trapezius	brachialis	maintains posture	smooth	pectoralis
humerus	tendons	quadriceps	carpals	scapula
sternum	triceps	FREE	femur	muscular system
nutrition	soleus	over 600 muscles	muscular system	phalanges
move joints	gluteus maximus	ribs	vertebrae	ligaments

B	I	N	G	O
triceps	carpals	smooth	humerus	quadriceps
maintains posture	vertebrae	pectoralis	gluteus maximus	scapula
nutrition	femur	FREE	muscular system	brachialis
muscular system	ribs	trapezius	ligaments	soleus
over 600 muscles	phalanges	sternum	tendons	move joints

B	I	N	G	O
gluteus maximus	ribs	carpals	phalanges	femur
trapezius	nutrition	over 600 muscles	tendons	pectoralis
sternum	ligaments	FREE	soleus	muscular system
triceps	scapula	smooth	vertebrae	maintains posture
muscular system	brachialis	quadriceps	humerus	move joints