

B	I	N	G	O
scapula	Biceps	Latissimus dorsi	carpals	Skull
Gastrocnemius	pectorals	Triceps	Clavicle	Vertebrae
patella	Deltoid	FREE	Trapezius	Quadriceps
Radius	metacarpals	Ribs	Ulna	metatarsals
Phalanges	Pelvis	Tibia	Femur	Fibula

B	I	N	G	O
Trapezius	Skull	Deltoid	patella	Femur
carpals	Quadriceps	Radius	pectorals	Clavicle
sternum	Tibia	FREE	Gastrocnemius	Latissimus dorsi
Ulna	Vertebrae	Triceps	metacarpals	Fibula
Biceps	scapula	tarsals	Humerus	Pelvis

B	I	N	G	O
Trapezius	Gastrocnemius	Ulna	Humerus	Clavicle
Biceps	tarsals	sternum	Fibula	pectorals
Gluteus Maximus	metacarpals	FREE	Ribs	Vertebrae
Tibia	Radius	Quadriceps	Deltoid	metatarsals
Femur	patella	Skull	Latissimus dorsi	Triceps