

B	I	N	G	O
triceps	biceps	adductor muscles	levator scapulae	smooth
over 600 muscles	gluteus maximus	trapezius	rectus femoris	brachialis
skeletal system	superior	FREE	vertebrae	cardiac
quadriceps	muscular system	tendons	muscular system	steroids
nutrition	skeletal	mentalis	maintains posture	phalanges

B	I	N	G	O
muscular system	ligaments	cardiac	deltoid	quadriceps
pectoralis	over 600 muscles	brachialis	tendons	smooth
move joints	muscular system	FREE	trapezius	vertebrae
biceps	phalanges	gluteus maximus	skeletal	water
soleus	skeletal system	rectus femoris	steroids	flexor carpi

B	I	N	G	O
skeletal	pectoralis	gluteus maximus	skeletal system	phalanges
biceps	move joints	adductor muscles	over 600 muscles	triceps
deltoid	weightlifting	FREE	water	gluteus medius
brachialis	smooth	quadriceps	hamstrings	vertebrae
flexor carpi	muscular system	levator scapulae	cardiac	maintains posture