

B	I	N	G	O
tibialis	adductor	abductor	extrinsic	quad
major	deltoid	tensor	platys	depressor
pronator	supinator	FREE	carpi	orbicularis
internus	lateralis	rectus	levator	popliteus
scapulari s	inguinal	gracilis	medialis	flexor

B	I	N	G	O
carpi	costalis	orbicularis	major	levator
anterior	supinator	quad	internus	lateralis
tensor	adductor	FREE	tibialis	medialis
latissimus	depressor	flexor	popliteus	trapezius
pronator	platys	scapulari s	deltoid	abductor

B	I	N	G	O
levator	deltoid	orbicularis	teres	carpi
vastus	trapezius	depressor	anterior	quad
platys	extrinsic	FREE	adductor	tibialis
major	pronator	lateralis	internus	gracilis
popliteus	scapulari s	latissimus	abductor	costalis