

| <b>B</b> | <b>I</b>           | <b>N</b>    | <b>G</b>            | <b>O</b>           |
|----------|--------------------|-------------|---------------------|--------------------|
| carpals  | Achilles<br>tendon | Humerus     | Tibia               | Quadriceps         |
| Deltoid  | Vertebrae          | Ribs        | Biceps              | Ulna               |
| scapula  | Clavicle           | <b>FREE</b> | Maxilla             | Pelvis             |
| Triceps  | Phalanges          | Skull       | Latissimus<br>dorsi | Radius             |
| Cranium  | Trapezius          | Femur       | tarsals             | Gluteus<br>Maximus |

| <b>B</b>           | <b>I</b>           | <b>N</b>    | <b>G</b>            | <b>O</b>  |
|--------------------|--------------------|-------------|---------------------|-----------|
| scapula            | tarsals            | Biceps      | Phalanges           | Deltoid   |
| Tibia              | Pelvis             | Humerus     | Radius              | Clavicle  |
| Maxilla            | Achilles<br>tendon | <b>FREE</b> | Latissimus<br>dorsi | Skull     |
| Gluteus<br>Maximus | carpals            | Femur       | Triceps             | Cranium   |
| Quadriceps         | Mandible           | Ulna        | Ribs                | Vertebrae |

| B         | I                   | N           | G                  | O        |
|-----------|---------------------|-------------|--------------------|----------|
| Triceps   | Latissimus<br>dorsi | scapula     | Gluteus<br>Maximus | Tibia    |
| Trapezius | Ulna                | tarsals     | Phalanges          | Clavicle |
| Skull     | Biceps              | <b>FREE</b> | Maxilla            | Humerus  |
| Mandible  | Quadriceps          | Cranium     | Achilles<br>tendon | carpals  |
| Vertebrae | Ribs                | Pelvis      | Radius             | Femur    |