B	I	N	G	O
supination	abduction	flexion	pronation	medial
distal	superior	pivot	adduction	sagittal
supination	anterior	hinge	inferior	saddle
lateral	posterior	frontal	opposition	ball and socket
proximal	dorsiflexion	transverse	external rotation	gliding

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B	I	N	G	O
supination	anterior	sagittal	adduction	ball and socket
external rotation	saddle	hinge	medial	posterior
distal	flexion	pivot	opposition	supination
lateral	dorsiflexion	superior	frontal	pronation
proximal	transverse	gliding	abduction	inferior

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B	I	N	G	O
saddle	opposition	dorsiflexion	external rotation	frontal
ball and socket	gliding	distal	hinge	supination
lateral	proximal	pivot	anterior	superior
supination	posterior	transverse	adduction	abduction
inferior	sagittal	pronation	flexion	medial

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