

1. Phalanges (use this twice) 10. Rib Cage 19. Humerus
2. Metatarsals 11. Ulna
3. Metacarpals 12. Radius
4. Carpals 13. Fibula
5. Tarsals 14. Femur
6. Tibia 15. Pelvis
7. Cranium 16. Patella
8. Sternum 17. Vert3brae
9. Clavicle 18. Scapula



**Back**

**Front**

1. Quadricep 8. Hamstring
2. Gastrocnemius 9. Gluteus Maximus
3. Trapezius 10. Latissimus Dorsi
4. Pectoral 11. Deltoid
5. Bicep
6. Triceps
7. Abdominals