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|--------------|--------------|----------------|--------------|-----------------|
| <b>THIGH</b> | <b>ELBOW</b> | <b>FOOT</b>    | <b>KNEES</b> | <b>SHOULDER</b> |
| <b>WRIST</b> | <b>CHEST</b> | <b>ANKLES</b>  | <b>HEAD</b>  | <b>NECK</b>     |
|              | <b>HIP</b>   | <b>FOREARM</b> | <b>SHIN</b>  | <b>BACK</b>     |