

## TOURNAMENT ROUNDS

"shoulder"  
/**SHOHL** - der/

"Thigh"  
/**THI(y)**/

"Rotator cuff"  
/**ROH** - tay - der - KUHF/

"Quadriceps"  
/**KWAH** - druh - sehps/

"Forearm"  
/**FOR** - rahrm/

"Knee"  
/**NEEE**/

"Flexor muscle"  
/**FLEHK** - ser - MUH - suhl/

"Meniscus"  
/muh - **NIHS** - kihs/

"abdomen"  
/**AEB** - duh - mihn/

"Deltoid"  
/**DEHL** - toyd/

"Rectus abdominis"  
/**REHK** - dih - saeb - DAH - muh - nihs/

"Obliques"  
/oh - **BLEEEKS**/

"Hip"  
/**HIHP**/

"Patella"  
/puh - **TEH** - luh/

"Hip flexor"  
/**HIHP** - flehk - ser/

"Hamstrings"  
/**HAEM** - strihngz/

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