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Initial Max. deformation

The maximum force $F = kx$ occurs when x is a maximum with $\dot{x} = 0$.

$$U_1 + \Delta T = mgs - \frac{1}{2}kx^2 = 0, \quad x = \frac{2mg}{k}$$

$$\text{So } F = kx = 2mg$$

$$3/129 \quad T_A + V_{A-0} = T_C : 0 + 2mgR = \frac{1}{2}mv_C^2, \quad v_C^2 = 4gR$$

$$(a) \quad \Sigma F_n = ma_n : N_B = m \frac{4gR}{R} = 4mg$$

$$(b) \quad T_A + V_{A-C} = T_C : 0 + 3mgR = \frac{1}{2}mv_C^2, \quad v_C^2 = 6gR$$

$$\Sigma F_n = ma_n : N_C - mg = m \frac{6gR}{R}$$

$$N_C = 7mg$$

(c) Coll. stopping point E:

$$T_A + V_{A-E} = T_E$$

$$0 + 2mgR - mg\left(\frac{1}{2}R\right) - \mu_k \frac{15}{2}mg = 0$$

$$s = \frac{4R}{1 + \mu_k 15}$$

(Note: Normal force on incline is)

$$N = mg \cos 30^\circ = \frac{\sqrt{3}}{2}mg$$

3/130 Let s = distance down incline before reversal of direction.

$$U_1 + \Delta T = 100(2)(10 + s - s) - 200(10 + s - s)\frac{5}{13} = 1046 \text{ ft}\cdot\text{lb}$$

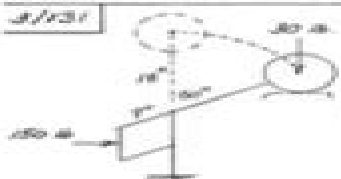
$$\Delta T = \frac{1}{2} \frac{350}{32.2} [v^2 - (17)^2] = 4.66v^2 - 377 \text{ ft}\cdot\text{lb}$$

$$U_1 + \Delta T : 1046 = 4.66v^2 - 377$$

$$v = 17.45 \text{ ft/sec}$$

The initial kinetic energy is positive regardless of the velocity direction.

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$$U_1 + \Delta T$$

$$150\left(\frac{1}{2}g \sin 60^\circ\right) - 30\frac{2}{13}G = 0$$

$$= \frac{1}{2} \frac{150}{32.2} (v^2 - 0)$$

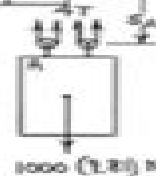
$$v^2 = 160.8, \quad v = 12.68 \text{ m/sec}$$

$$3/132 \quad U_1 + \Delta T : mg(0.8 - 1.8 \cos 60^\circ)$$

$$= \frac{1}{2}m(12^2 - 9^2)$$

$$R(1)(0.20) = \frac{1}{2}(12^2 - 9^2), \quad 12^2 = 12.92, \quad 12 = 3.59 \text{ m/s}$$

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$$+\uparrow \Sigma F = 0 : 9810 - 4T = 0, \quad T = 2450 \text{ N}$$

Length of cable $L = 4s_0 + \text{constants}$

$$L = 4v_0 = 4(3) = 12 \text{ m/s}$$

$$P_{\text{out}} = -T\dot{L} = -2450(12) = 29400 \text{ watts}$$

$$\text{or } P_{\text{out}} = 29.4 \text{ kW}$$

$$C = \frac{P_{\text{out}}}{P_{\text{in}}}, \quad P_{\text{in}} = \frac{P_{\text{out}}}{C} = \frac{29.4}{0.8}$$

$$P_{\text{in}} = 36.8 \text{ kW}$$

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$$U_1 + \Delta T (\text{system})$$

$$\text{First interval: } 30(9.81)(1.2) - [30(9.81)(0.5 + 1.224)] \frac{1}{2} = \frac{1}{2} 30 v^2 + \frac{1}{2} 30 (10)^2$$

$$v^2 = 6.076 \text{ m/s}^2, \quad v = 2.447 \text{ m/s}$$

$$\text{Second interval: } 15(9.81)(2) - [30(9.81)(0.5 + 1.224)] \frac{1}{2} = 0 - \frac{1}{2} 15 (2.447)^2$$

$$- \frac{1}{2} 30 \left(\frac{5.894}{2}\right)^2$$

$$y = 2.18 \text{ m}, \quad s = \frac{1}{2}(1.2 + 2.18) = 1.69 \text{ m}$$

$$3/135 \quad U_1 + \Delta T : -\int_0^0 (3x^2 + 60x) dx = \frac{1}{2} \frac{400}{32.2} (0 - v^2) 12$$

$$x^2 + 20x^2 \Big|_0^0 = \frac{500}{32.2} v^2, \quad v \text{ in ft/sec.}$$

$$v^2 = \frac{32.2}{500} (60 + 480) = 60.82 (100 \text{ m/s})^2, \quad v = 240 \text{ ft/sec}$$

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$$\Theta = \tan^{-1} \frac{6}{100} = 3.43^\circ$$

$$U_1 + \Delta T : U_f + mgh = \frac{1}{2} m (v_1^2 + v_2^2)$$

$$U_f = -1400(9.81)(200 \sin 3.43^\circ)$$

$$+ \frac{1}{2} 1400 \left[\left(\frac{20}{5.28}\right)^2 - \left(\frac{100}{5.28}\right)^2 \right]$$

$$= -683000 \text{ J} \quad \text{or} \quad -683 \text{ kJ}$$

$$\text{Energy lost } Q = 683 \text{ kJ}$$

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The power output of the drivetrain is

$$P_{\text{out}} = Fv = 540 \left(\frac{30}{3.6}\right) = 14400 \text{ W}$$

The power input to the drivetrain:

$$P_{\text{in}} = \frac{P_{\text{out}}}{\epsilon} = \frac{14400}{0.70} = 20571 \text{ W}$$

$$\text{So the motor output } P = 20.6 \text{ kW}$$

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R. C. Hibbeler



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web steps 1 4 step 1 most athletes will take their first step with the same leg they takeoff with steps 1 3 in the first two to three steps you have to accelerate this is called the drive phase building speed is critical to height as you approach the bar your movement should be deliberate dynamic and graceful

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web sample schedule page 5 introduction my workout system and chart may seem easy and that is fine by me if you think that the funny thing is in all my years of high jumping i routinely beat guys that were stronger when training for the high jump think about the motion of jumping you start with long bounding strides a powerful

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and on wednesday and saturday i only train in the morning it s pretty complex

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