



# FORCE + MOTION

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## FORCES IN THE MAN



When the man elevates the barbell  
up till shoulders:

PULL

PUSH



When the man elevates the barbell  
up above shoulders:

PULL

PUSH

## FORCE AND MOTION IN THE BARBELL



When the barbell is up:

pull-frictional

push- gravitational



Motion of plates (discs):

circular

random

curvilinear

rotational

Motion of the barbell from the  
floor to up:

oscillatory

oscillatory

rectilinear

curvilinear

What is the effect of the force?