FORCE + MOTION

NAME:	DATE:

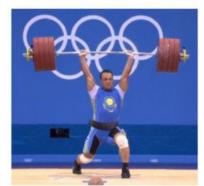
FORCES IN THE MAN



When the man elevates the barbell up till shoulders:

PULL

PUSH

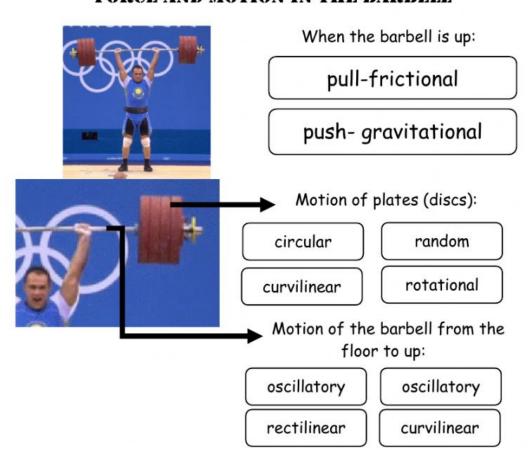


When the man elevates the barbell up above shoulders:

PULL

PUSH

FORCE AND MOTION IN THE BARBELL



What is the effect of the force?