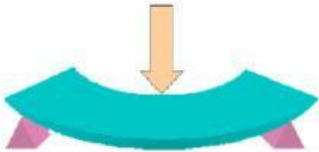
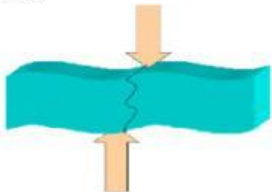


Activity 2_Relate & complete in your owns words

Flexion	Stretching
Torsion	Crushing
Shear	Bending of parts
Compression	Twist
Traction	Cutting

Types of effort	Description	Examples
Compression 		
Traction 		
Torsion 		
Flexion 		
Shear 	Cutting	Cutting bread with a knife.