

# FORCE + MOTION

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

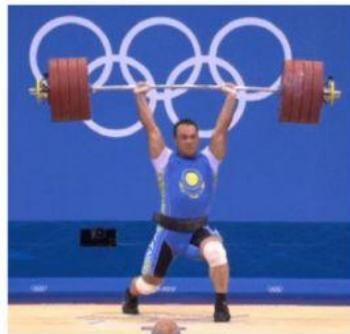
## FORCES IN THE MAN



When the man elevates the barbell up till shoulders:

PULL

PUSH



When the man elevates the barbell up above shoulders:

PULL

PUSH

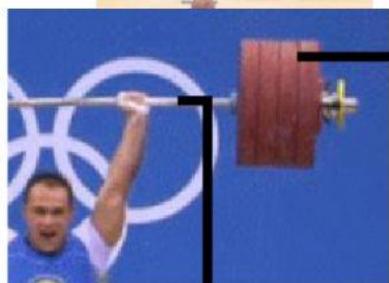
## FORCE AND MOTION IN THE BARBELL



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?

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