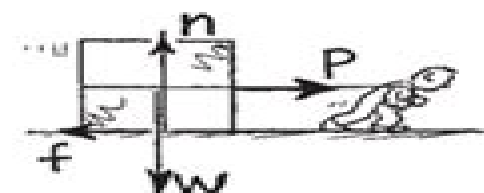
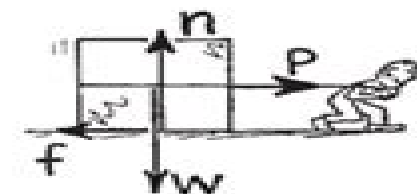
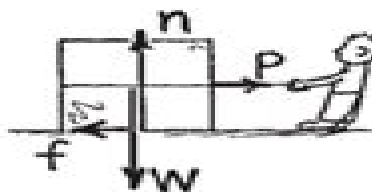
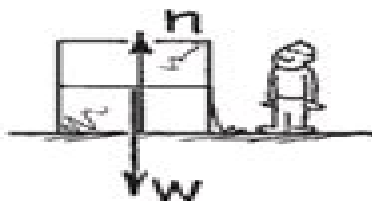


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6-1

Friction



1. A crate filled with delicious junk food rests on a horizontal floor. Only gravity and the support force of the floor act on it, as shown by the vectors for weight W and normal force n .

- a. The net force on the crate is (zero) (greater than zero).
- b. Evidence for this is no acceleration.

2. A slight pull P is exerted on the crate, not enough to move it.

- a. The force of friction f acting on the crate is (less than) (equal to) (greater than) P .
- b. The net force on the crate is (zero) (greater than zero).

3. Pull P is increased until the crate begins to move. It is pulled so that it moves with constant velocity across the floor.

- a. Friction f is (less than) (equal to) (greater than) P .
- b. Constant velocity means acceleration is (zero) (greater than zero).
- c. The net force on the crate is (less than) (equal to) (greater than) zero.

4. Pull P is further increased and is now greater than friction f .

- a. The net force on the crate is (less than) (equal to) (greater than) zero.
- b. The net force acts toward the right, so acceleration acts toward the (left) (right).

5. If the pulling force P is 150 N and the crate doesn't move, what is the magnitude of f ? 150 N

6. If the pulling force P is 200 N and the crate doesn't move, what is the magnitude of f ? 200 N

7. If the force of sliding friction is 250 N, what force is necessary to keep the crate sliding at constant velocity? 250 N

8. If the mass of the crate is 50 kg and sliding friction is 250 N, what is the acceleration of the crate when the pulling force is 250 N? 0 m/s² 300 N? 1 m/s² 500 N? 5 m/s²

CONCEPTUAL PHYSICS

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web welcome to the athlean x factor meal plan you ll find this to be an easy nutrition plan to follow and that is key to your success whether you re doing ax 1 ax 2 or one of our other programs the built in simplicity of the x factor meal plan means you ll be able to stick with this method of eating because it s built for the long term

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web each program is designed to get you looking moving and feeling like an athlete if you want to look like an athlete you have to train like an athlete this step by step 90 day training and nutrition plan combines strength and conditioning to help you build a ripped lean athletic body