

Exercise 8-31

Grav. P.E. gained = $U = mgy$

75.0% of this grav. P.E. comes from elastic P.E.

$$\begin{aligned}\therefore \text{Elastic P.E.} &= 0.750 mgy \\ &= 0.750 (2.15 \times 10^{-7}) (9.80) (0.0670) \\ &= 1.06 \times 10^{-7} \text{ J}\end{aligned}$$