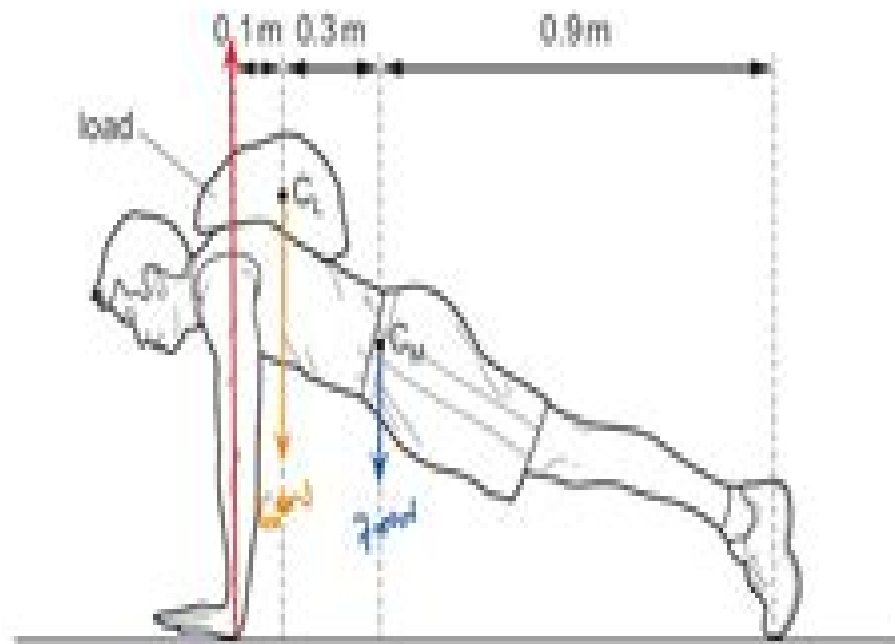


An athlete with mass 70 kg trains by performing press-ups with a load on his back. The diagram shows the perpendicular distances involved.

The centre of mass of the athlete is C_A and the centre of mass of the load he is carrying is C_L .



$$W = m \times g$$

$$= 6 \times 10$$

$$W = 60 \text{ N}$$

$$W = m \times g$$

$$= 70 \times 10$$

The mass of the load is 6.0 kg.

What is the upward force exerted by his two arms?

A 54 N

B 76 N

C 540 N

D 760 N

Questions On Equilibrium Of Forces For Grade 10

Lei Huang



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