

QUICK MORNING WORKOUT

no equipment required



20 jumping jacks



20 lunges



20 sec plank



20 pushups



20 mountain climbers

Do three sets - rest one minute in between each set

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web acting on a body when it is in static equilibrium students will calculate internal and external forces of a truss they will
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web a free body diagram isolates an object from its environment or system and symbolically examines all of the forces acting
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web why is it important to create free body diagrams a free body diagram isolates a structural element from its surroundings for the purpose of exposing the forces acting between objects fbds are useful in solving for the forces acting on objects 2 sketch a free body diagram of the person sitting in a car seat as shown below

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web in this activity you will calculate reaction and member forces for the truss system illustrated below it is essential to follow each step within the procedure to ensure proper calculations and free body diagrams calculate external reaction forces x and y reaction force at pin a and y reaction force at roller c