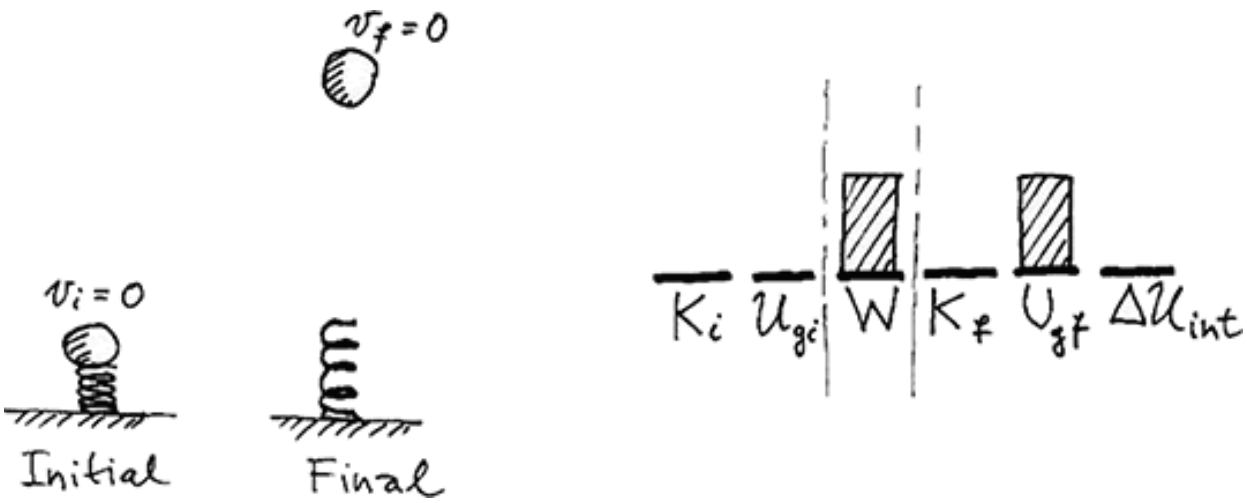
# Energy – Work Bar Jeopardy problem




Analysis:

1. System : Rock + Earth
2. External forces? String from compressed to rest (compression l).
3. Initial and final states
4. Reference point of the Gravitational potential energy (compressed spring).

Equation:

$$\frac{1}{2}kl^2 = mgy$$

Discussion:

What is the maximum height to which a compressed spring could launch a rock on it?

What happens if we "reverted" the problem? Is that useful?