



$h=?$

$h=0.1$ m

$h=0$ m

$k=2.5 \times 10^4$ N/m

$m=25$ kg

a) Find the maximum height of the boy's feet? He has a mass of 25-kg; the spring ($k= 2.5 \times 10^4$ N/m) is compressed 0.1m.

b) Find the velocity of the pogo stick's foot rest as it travels through the equilibrium position.