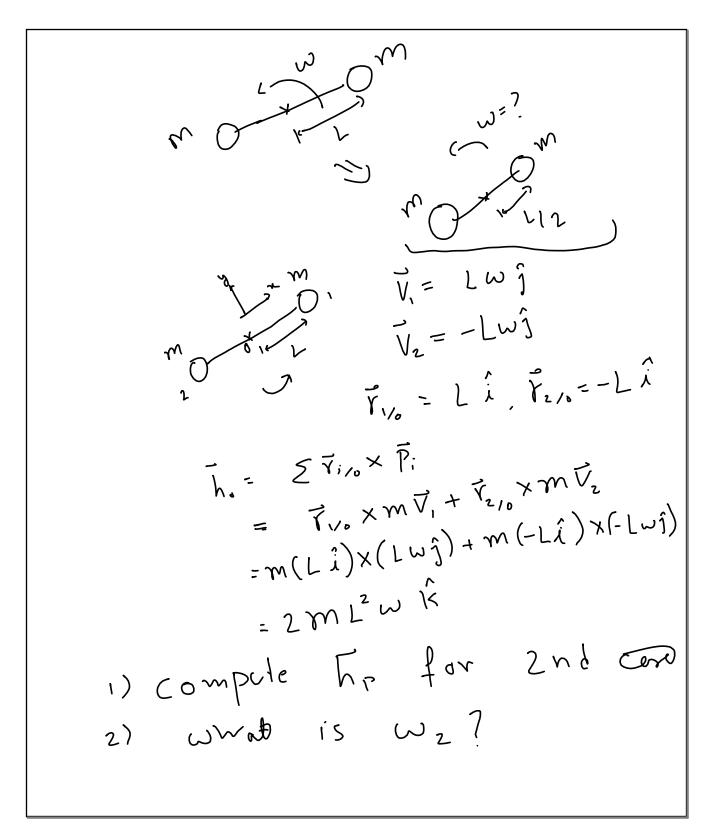
$$\frac{5.3}{V_0} = \frac{1}{M_0} \frac{1}{M_0}$$



$$\vec{h}_{o} = 2 \text{ m} L^{2} \omega \hat{k}$$

$$cose I
 , \quad cn 2$$

$$L_{i} L
 , \quad L_{z}^{-1/2}$$

$$\omega_{i} \omega_{i} \qquad \omega_{z} = ?$$

$$O As \text{ there is no friction}$$

$$M_{F} = 0$$

$$As int forces power through '0',$$

$$\overline{M}_{int} = 0$$

$$\overline{M} = 0 =) \quad h_{r} \text{ is contant}$$

$$2m L^{2} \omega_{i} = 2 m L^{2} \omega_{z}$$

$$2m L^{2} \omega = 2 m (\frac{L}{z})^{2} \omega_{z}$$

$$=) \qquad (\omega_{z} = 4 \omega)$$

