

Hooke's law.

$$F_{SPR} = -k \Delta x$$

F_{SPR} = FORCE IN THE SPRING

k = SPRING STIFFNESS (COEFFICIENT)

Δx = CHANGE IN LENGTH $\left[\frac{N}{m} \right]$

$-$ = SIGN TELLS YOU THAT
THE DIRECTION OF F_{SPR} IS ALWAYS
OPPOSITE TO Δx .

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