

# **JUMP ATTACK**



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ATHLETIC  
PERFORMANCE,  
JUMPING HIGHER,  
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LIKE THE PROS**

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GROVER**

**NEW YORK TIMES BESTSELLING AUTHOR OF WINNING**

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reaction force in a n lb f single acting force in b n lb maximum moment at the fixed end can be expressed as  $M_{max} = \frac{1}{6} w l^2$   
where  $M_{max}$  maximum moment in a nm nmm lb in l length of beam m mm in

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triangular line load bending moment  $m = \frac{1}{6} q l^2$  max bending moment  $m_{max} = \frac{1}{6} q l^2$  shear force at support  $v = \frac{1}{2} q l$  reaction forces  $r = \frac{1}{2} q l$

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