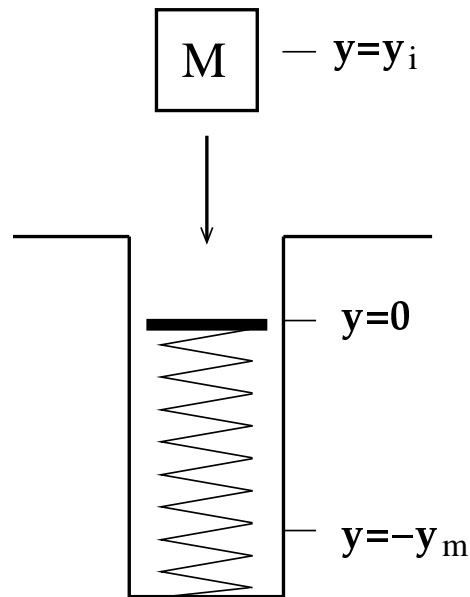


Ex : The maximum compression of a massless spring with $k=1720$ N/m is 0.185 m when a 2.00 kg block is dropped onto it.

a). How high above the uncompressed spring was the block released?

b). What was its speed just as it touched the spring?

Note: This problem can be solved either using work/energy considerations or conservation of energy.



$$\frac{1}{2}ky_m^2 + Mg(y_i + y_m) = 0$$