

# STRETCHING

## DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

# Dynamic Stretching Guide

**Vern Gambetta, Gambetta Sports  
Training Systems, Incorporated**

## **Dynamic Stretching Guide:**

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~~yi jarak antara titik berat segmen terhadap titik 0 garis datum dari sumbu y catatan miringkan layar hp bagi pengguna~~

seluler jika persamaan tidak cukup atau tidak nampak titik 0 garis datum saya ambil dari bawah penampang balok  
iv titik berat dan momen inersia upi y a i - Apr 18 2023

titik berat dan momen inersia iv titik berat dan momen inersia 4 1 titik berat penampang momen pertama suatu luasan elemen terhadap suatu sumbu di dalam bidang luasan diberikan dengan produk luasan elemen dan jarak tegak lurus antara elemen dengan sumbu

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rumus momen inersia diatas dapat digunakan jika besarnya momen inersia i didalam suatu benda bermassa yg mempunyai titik putar didalam sumbunya  $i = m r^2$   $i = m_1 r_1^2 + m_2 r_2^2 + m_3 r_3^2 + \dots + m_n r_n^2$  diketahui i adalah momen inersia  $\text{kg m}^2$  m adalah massa  $\text{kg}$  r adalah jarak kr dari titik poros atau jari jari m

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jan 30 2023 secara matematis rumus momen inersia benda tegar dinyatakan sebagai berikut dengan  $m_1$  massa partikel ke 1  $m_2$  massa partikel ke 2  $m_3$  massa partikel ke 3  $m_n$  massa partikel ke n  $r_1$  jarak partikel ke 1 ke sumbu rotasi  $r_2$  jarak partikel ke 2 ke sumbu rotasi  $r_3$  jarak partikel ke 3 ke sumbu rotasi

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nov 24 2017 momen inersia polar yaitu momen inersia terhadap suatu titik perpotongan dua garis lurus atau sumbu dengan kata lain bahwa inersia polar adalah jumlah momen inersia linier terhadap sumbu x dan sumbu y

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jun 17 2022  $i = m r^2$  penjelasan m adalah massa partikel  $\text{kg}$  r merupakan jarak partikel ke sumbu putar m satuan momen inersia adalah  $\text{kg m}^2$  pada benda pejal besar momen inersia dapat dihitung sebagai distribusi massa benda dikalikan dengan jarak sumbu putar sedangkan untuk rumus momen inersia benda tegar adalah sebagai berikut

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nov 28 2017 jadi momen inersia yang terhubung oleh seutas tali berjarak 50 cm dengan berat 100 gram adalah  $0,05 \text{ kg m}^2$  baca juga contoh hukum newton 3 dan penjelasannya  $\Sigma m_n r_n^2$  rumus 2 rumus 2 digunakan jika terdapat beberapa benda atau partikel yang berotasi terhadap sumbu rotasi contoh soal rumus 2

titik pusat berat dan momen inersia massa staff - Apr 06 2022

besar momen inersia dihitung dengan rumus untuk benda berupa partikel tunggal titik massa  $i = m r^2$  untuk beberapa partikel titik massa  $i = \Sigma m r^2$

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aug 30 2016  $y = cy^2$  71 cm ada rumus umum mencari titik berat gabungan penampang berlaku juga untuk sumbu y hitung momen inersia ix gabungan dengan persamaan dimana adalah jarak titik berat masing masing penampang tunggal ke titik

berat penampang gabungan untuk kasus di atas sehingga untuk sumbu y dimana karena titik berat  
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momen inersia terhadap sumbu x y yang melalui titik berat penampang z adalah  $I_{xz}$  atau  $I_x$   $1/2 b h^3$  dan  $I_{yz}$  atau  $I_y$   $1/2 h b^3$   
 momen inersia terhadap sumbu x adalah  $I_x = \int x^2 dm$   $I_x = \int x^2 \rho dV$   $I_x = \rho \int x^2 dV$   
 momen inersia terhadap sumbu y adalah  $I_y = \int y^2 dm$   $I_y = \int y^2 \rho dV$   $I_y = \rho \int y^2 dV$   $I_y = \rho \int y^2 dV$   $I_y = \rho \int y^2 dV$

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jun 26 2009 adalah momen inersia terhadap sumbu x tertentu adalah momen inersia terhadap sumbu netral garis berat  
 adalah luas bangun penampang adalah jarak dari titik berat ke sumbu momen inersia yang dicari catatan untuk tinjauan  
 sumbu y tinggal ditukar aja kok x jadi y y jadi x

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july 30 2021 6 minutes read artikel fisika kelas 11 ini membahas tentang konsep momen inersia serta contoh penerapannya  
 di kehidupan sehari hari coba perhatikan mainan di atas deh benda benda yang akan diluncurkan pada lintasan

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membuat titik berat pita menentukan momen terhadap sumbu x  $I_x$  dan sumbu y  $I_y$  selanjutnya menghitung titik berat  
 tersebut dengan integral 4 untuk menghitung momen inersia langkahnya dimulai dengan membuat pita sejajar dengan garis l  
 sumbu x dan titik berat pita kemudian dibentuk hasil kali luas

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sep 7 2023  $x = 100$   $8 \times 2 = 104$  mm  $10 \times 4$  cm sementara untuk sumbu y karena masing masing elemen siku  $100 \times 100 \times 10$  posisi  
 titik berat  $c_y$  nya berjarak sama dari sumbu dasar maka titik berat gabungannya juga akan sama  $y = 2 \times 71$  cm ada rumus  
 umum mencari titik berat gabungan penampang berlaku juga untuk sumbu y

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145 contoh soal dan pembahasan1 sebuah partikel bermassa  $0.5$  gram melakukan gerak melingkar dengan kecepata sudut  
 tetap  $2$  rad s  $1$  jika jari jari lintasan partikel  $10$  cm maka momentum sudut partikel itu adalah pembahasan momentum sudut  
 partikel  $1.05 \times 10^{-5}$  kg m<sup>2</sup> s<sup>-1</sup>  $1 \times 10^{-5}$  kg m<sup>2</sup> s<sup>-2</sup>

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aug 26 2017 sedangkan bola pejal berjari jari  $5$  cm dan massa  $4$  kg jika kedua benda tadi berotasi dengan poros melalui  
 pusatnya maka tentukan perbandingan momen inersia silinder dan bola jawab m s  $2$  kg r s  $8$  cm  $8 \times 10^{-2}$  m m b  $4$  kg r b  $5$  cm  $5 \times 10^{-2}$  m  
 momen inersia silinder pejal adalah  $I = \frac{1}{2} m r^2$   $I = \frac{1}{2} \times 2 \times 8^2 = 64$   $10^{-4}$  kg m<sup>2</sup>

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besarnya momen inersia suatu benda bergantung terhadap beberapa faktor yaitu massa benda atau partikel geometri benda

bentuk letak sumbu putar benda jarak ke sumbu putar benda lengan momen rumus momen inersia besarnya momen inersia i suatu benda bermassa yang memiliki titik putar pada sumbu yang diketahui dirumuskan sebagai berikut

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menentukan titik berat penampang berhubung momen inersia yang diinginkan akan dipergunakan dalam perhitungan lenturan maka momen inersia ini haruslah diperhitungkan terhadap sumbu yang melalui titik berat penampang keterangan luas  $a \text{ mm}^2$  jarak titik berat thd garis bawah  $y \text{ mm}$   $a \times y \text{ mm}^3$  luas total  $40 \times 60 \text{ 2400}$   $30 \text{ 2400} \times 30 \text{ 72000}$

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dec 1 2009 sekedar pengingat saja untuk persegi momen inersia nya adalah dan lokasi titik beratnya ada pada seperdua lebar dan seperdua tinggi persegi sementara untuk segitiga siku siku momen inersia dan lokasi titik beratnya ada

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