

## 18.5: Analysis

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1. Was the amount of energy you used to lift a particular dumbbell different than the energy used to lower that dumbbell? Explain.
2. Was the amount of mechanical work done to lift a particular dumbbell different than the work to lower that dumbbell? Explain.
3. Look at the list of measurements for your team while each person held a dumbbell overhead. In which case would there be the most work done on a toe if the dumbbell fell from overhead to the person's toe? Why?

### Contributors and Attributions

- Template:ContribCCPhySc101L

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