

Lecture 16, Pre-flights

You are sitting on a freely rotating bar-stool with your arms stretched out and a heavy glass mug in each hand. Your friend gives you a twist and you start rotating around a vertical axis through the center of the stool. You can assume that the bearing the stool turns on is frictionless, and that there is no net external torque present once you have started spinning.

You now pull your arms and hands (and mugs) close to your body.

