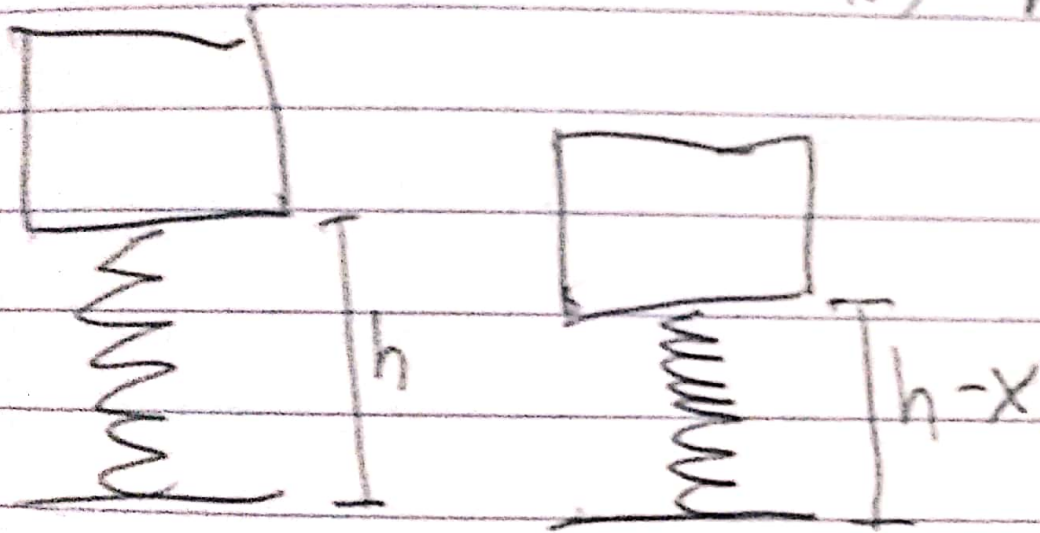


20-P-WF-BK-014

a.)  $mgx = \frac{1}{2} kx^2$



gravitational to  
elastic

$$x = \frac{2mg}{k}$$

b.) when the block comes to rest,  $mg = kx$   
 $x = \frac{mg}{k}$