

1 | Raw Measurement (about 10 beads)

- 10 dumbbell combo, 0.311 grams
- 11 beads, compressed, 27 mm
- 10 rods + 11 beads, extended, 34 mm

2 | Calculations

- 1 bead + rod combo: 0.0311 grams = 3.11×10^{-5} kilograms
- 1 bead: diameter 2.45 cm = radius 1.225 cm = 0.1225 m
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