$$\frac{1}{2} KX^{2} = \frac{1}{2} mv^{2}$$

$$\sqrt{KX^{2}} = V_{0}$$

$$\sqrt{V_{0}} = V_{$$

1,93:

when spring is compressed X,

HR boll Will trassel a certain

Alstrare due to k and m being wastant Rhoda Z. Z = VKXZ ZZY

> 1.93X= 2.42 , she needs to compress it this much to 1 anch the box