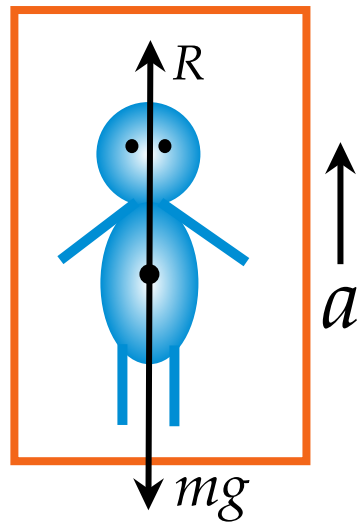


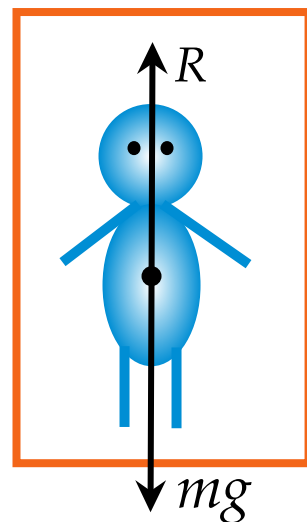
$$R = mg + ma$$

Moving up



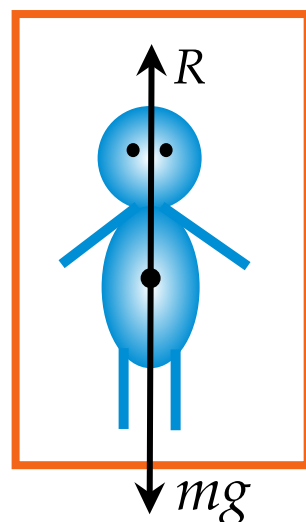
$$R = mg$$

Constant velocity

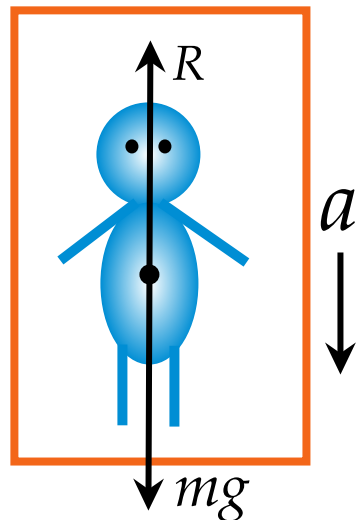


$$R = mg - ma$$

$-a$

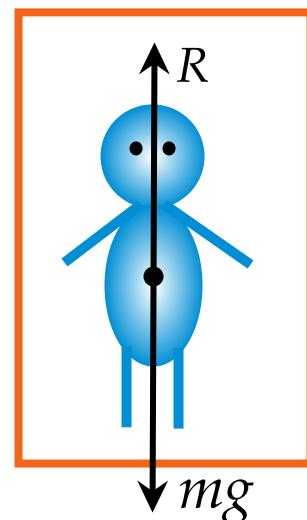


Moving down



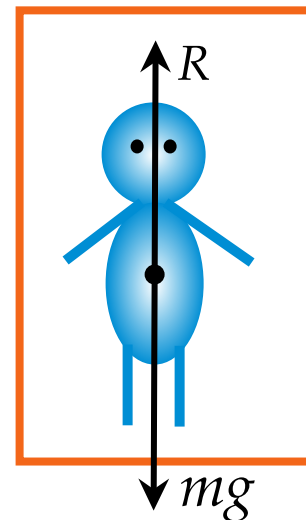
$$R = mg - ma$$

Constant velocity



$$R = mg$$

$-a$



$$R = mg + ma$$