Before   After
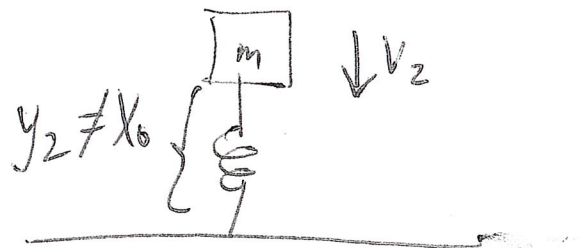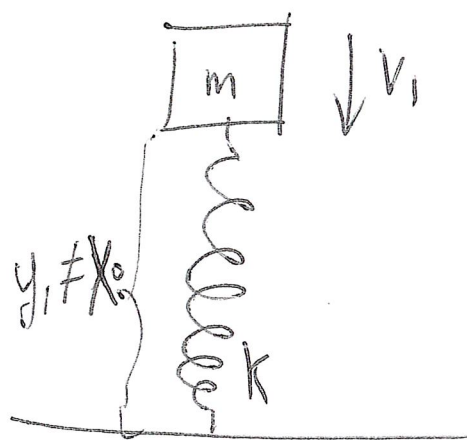

$y_1 \neq X_0$ $y_2 \neq X_0$

A block of mass m is arranged vertically
on a spring of spring constant k
and equilibrium length X_0.

Initially, it has a height y_1 and a
speed v_1. Sometime thereafter, it has a
height y_2 and a speed v_2.

Determine the work done on the ~~mass-spring~~
mass-spring-earth system in terms of all
the above variables, ~~plus~~ plus g.

Your equation should have 6 terms
(besides the term W). Answer on next page.