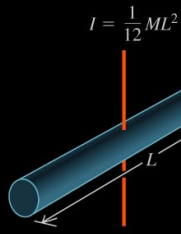
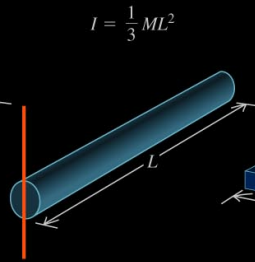


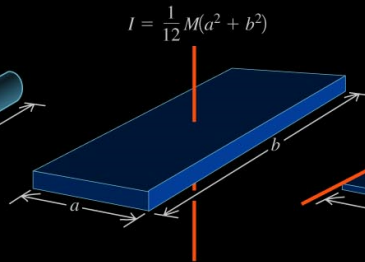
(a) Slender rod,
axis through center



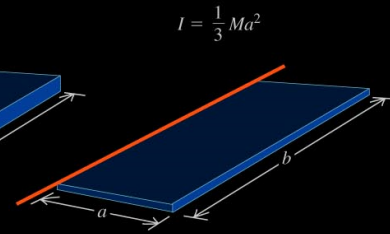
(b) Slender rod,
axis through one end



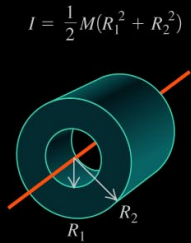
(c) Rectangular plate,
axis through center



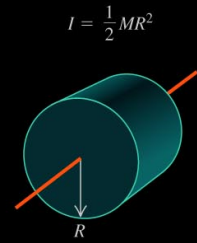
(d) Thin rectangular plate,
axis along edge



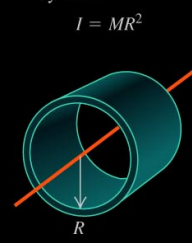
(e) Hollow cylinder



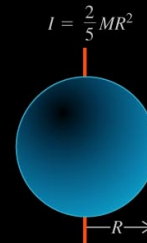
(f) Solid cylinder



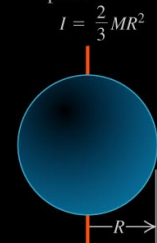
(g) Thin-walled hollow
cylinder



(h) Solid sphere



(i) Thin-walled hollow
sphere



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$$L = \vec{r} \times \vec{p} = mvr \sin \theta = mv\ell = I\omega \quad (16)$$

$$L_0 = L_1 \quad (\text{assuming no external torque}) \quad (17)$$