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A/37
$$I_{\chi} \approx \frac{1}{3}(30)(300)^{3} + 0 = 270(10)^{6} mm^{4}$$
 $I_{\chi} \approx \frac{1}{3}(30)(400)^{3} + 0 = 640(10)^{6} mm^{4}$
 $J_{\chi} = I_{\chi} + I_{\chi} = 910(10)^{6} mm^{4}$

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