$V_1 = 0$

$V_2 = 0$

$V_1'$
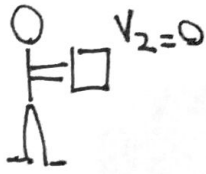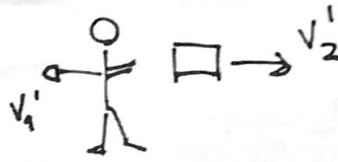
$V_2'$

Abans          Després

Persona: $m_1 = 60\,kg$   $V_1 = 0$   $V_1' = -0,5\,m/s$

capsa: $m_2 = 5\,kg$   $V_2 = 0$   $V_2' = ?$

En el procés de llançament s'ha de conservar la quantitat de moviment del sistema:

$$m_1 V_1' + m_2 V_2' = m_1 V_1 + m_2 V_2$$

$$60\,(-0,5) + 5 \cdot V_2' = 0$$

$$V_2' = -\frac{60 \cdot (-0,5)}{5} = \boxed{6\,m/s}$$

La capsa surt a $6\,m/s$.