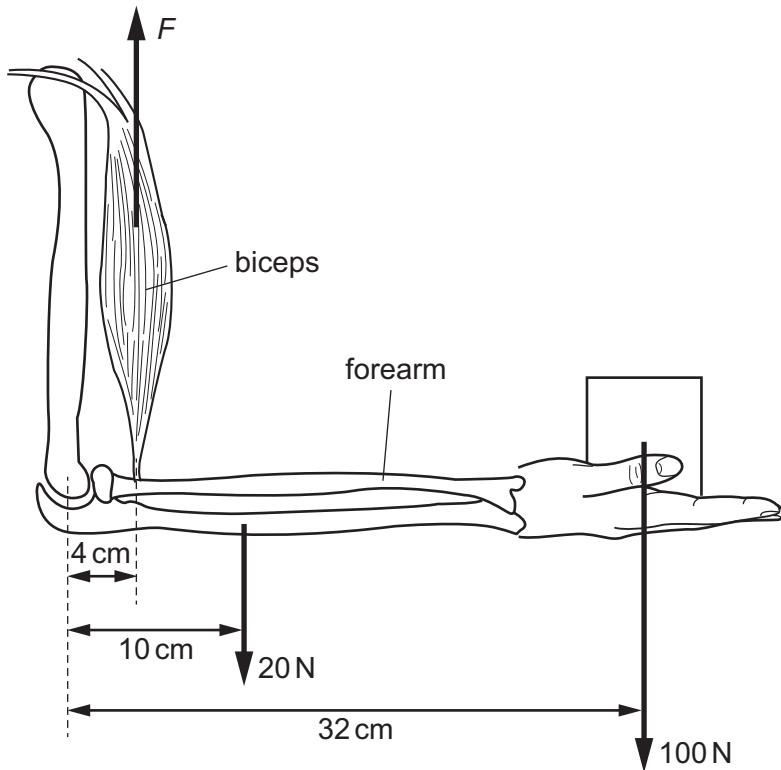


- 12 A man holds a 100 N load stationary in his hand. The combined weight of the forearm and hand is 20 N. The forearm is held horizontal, as shown.



What is the vertical force  $F$  needed in the biceps?

- A 750 N      B 800 N      C 850 N      D 900 N

Space for working