10 A mass m is fixed to a light spring and oscillates horizontally on a frictionless surface in simple harmonic motion with a period T and amplitude A.

What is the maximum force that the spring exerts on the mass?

A $\dfrac{4\pi^2 A}{T^2}$
 B $\dfrac{4m\pi^2 A}{T^2}$
 C $\dfrac{4m\pi^2}{T^2 A}$
 D $\dfrac{4m\pi^2}{T^2}$