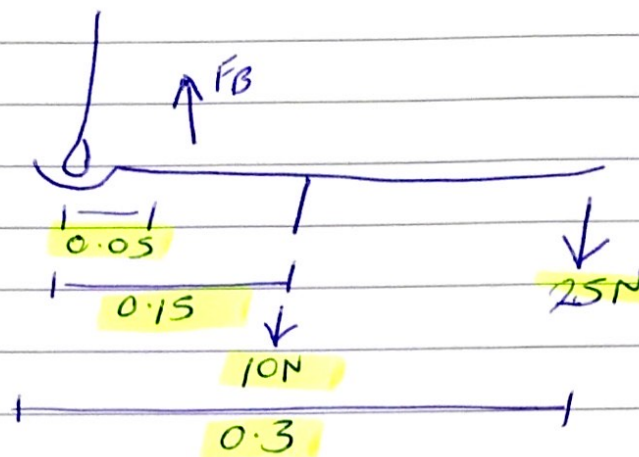


FBD ELBOW

Flexion



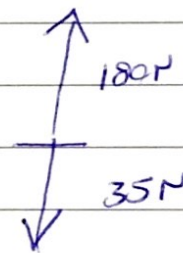
$$F_B \times 0.05 = 0.15 \times 10 + 0.3 \times 25$$

$$F_B \times 0.05 = 1.5 + 7.5$$

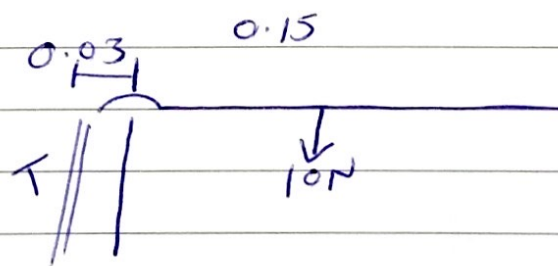
$$F_B = \frac{9}{0.05} = 180\text{N}$$

$$JRF + 25 + 10 = 180$$

$$JRF = 180 - 35 = 145\text{N}$$



Extension



$$F_T \times 0.03 = 0.15 \times 10$$

$$F_T = \frac{0.15 \times 10}{0.03} = 50\text{N}$$