

DAILY FITNESS PLANNER

DATE: _____

TODAY I AM: 😊 😄 😐 😞 😓

WATER INTAKE:



every
workout
counts

SLEEP (HOURS): _____

EXERCISE	TIME

BREAKFAST	LUNCH	DINNER	SNACK

NOTES:

Fitness Planner Tutorial

Huangqi Zhang



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web in chapter 2 we examined the stresses in thin walled cylinders subjected to internal pressure the assumption of thin walls allowed us to develop a simple analysis that ignored the variation of radial stress when the wall thickness becomes appreciable in proportion

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web a fluid container sealed by a piston is open c in this case an external axial force f_a is mandatory for equilibrium of the overall piston and cylinder assembly a bicycle pump is a common example if a_i is the internal circular area then a free body of either piston or cylinder end c must have $f_a p_i a_i$ and there is no need for axial wall stresses to

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