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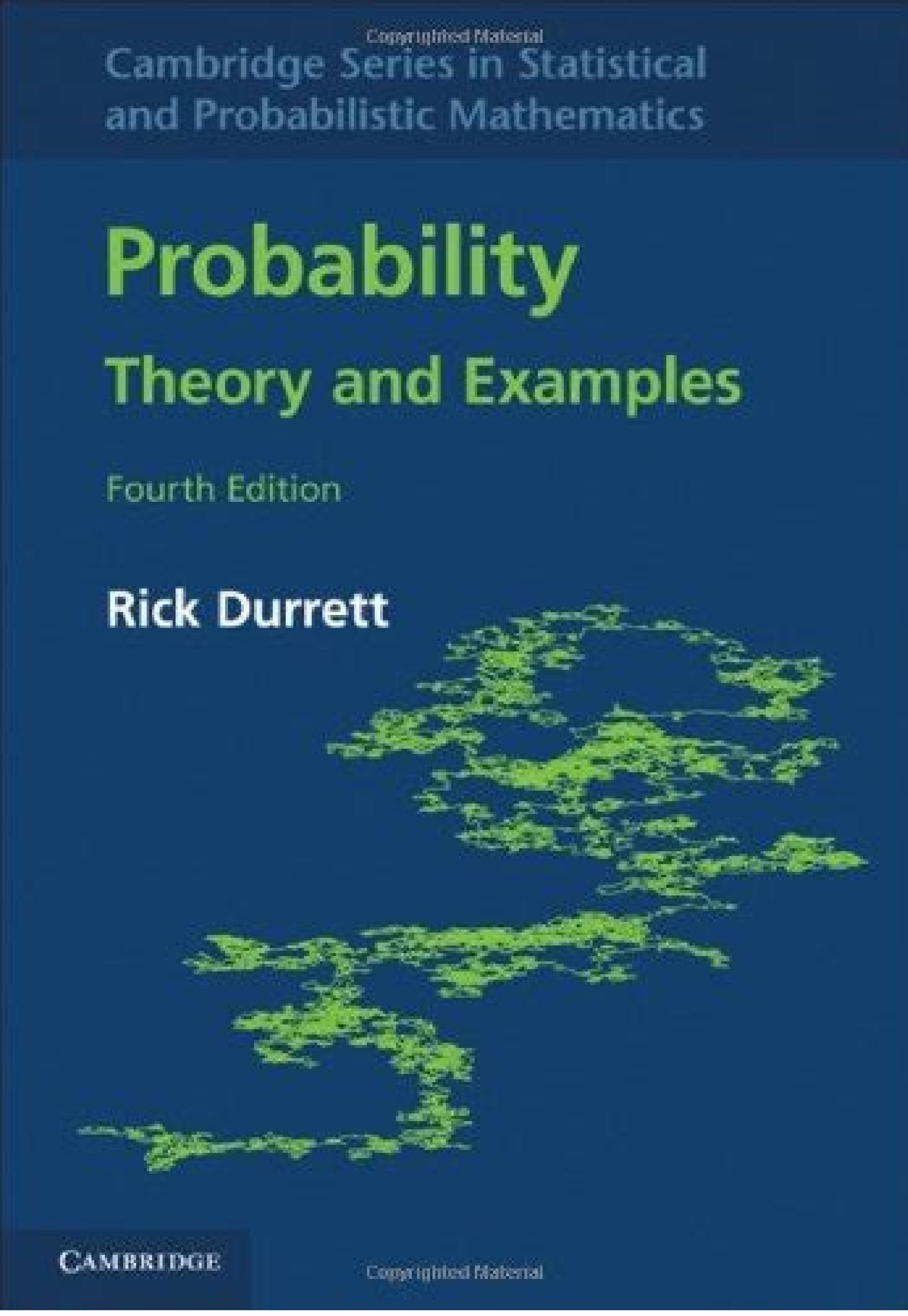
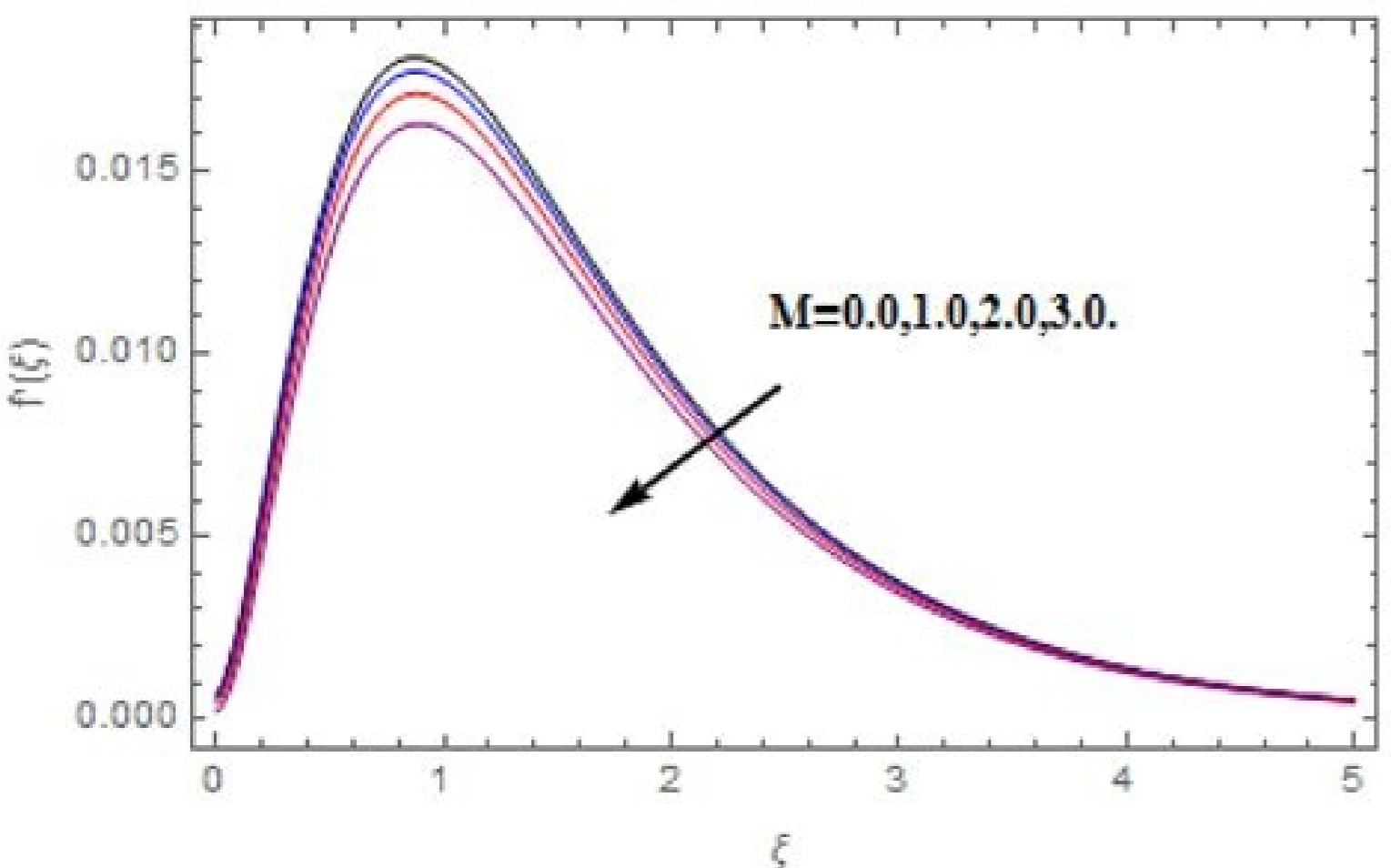


Table 3.1. Radii of Gyration of Some Homogeneous Bodies

Sphere of radius R	$R_g^2 = \frac{3}{5} R^2$
Spherical shell with radii $R_1 > R_2$	$R_g^2 = \frac{3}{5} \frac{R_1^2 - R_2^2}{R_1^2 - R_2^2}$
Ellipse with semiaxes a and b	$R_g^2 = \frac{a^2 + b^2}{4}$
Ellipsoid with semiaxes $a, b,$ and c	$R_g^2 = \frac{a^2 + b^2 + c^2}{5}$
Prism with edges $A, B,$ and C	$R_g^2 = \frac{A^2 + B^2 + C^2}{12}$
Elliptical cylinder with <u>semiaxes</u> a and b and height h	$R_g^2 = \frac{a^2 + b^2}{4} + \frac{h^2}{12}$
Hollow circular cylinder with radii $R_1 > R_2$ and height h	$R_g^2 = \frac{R_1^2 + R_2^2}{2} + \frac{h^2}{12}$

Handwritten note: semiaxis is a radius

