



## Concept:

Since there is no external torque exerted on the system consisting of the person, stool and the weights, the weights simply carry their angular momentum with them after they are released. Thus, there is no change in the angular velocity of the system components.

## Procedure:

1. Sit on the stool on the rotating platform while holding the weights.
2. Rotate yourself on the platform and extend your arms holding the weights.
3. Drop the weights and note that your angular velocity is unchanged.

## Equipment:

- Rotating Platform
- Stool
- (2) Soft Weights (~ 2kg)