26.

$\rightarrow 2.8\ m/s$

$\Delta x = 0.11m$

$V_f = 0$

F_T is ΣF

$\Sigma F = ma$

$= (8.67)(35.6)$

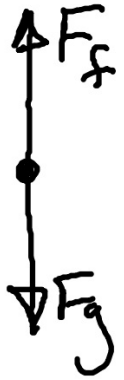
$= 309N$

$V_f^2 = V_o^2 + 2a(\Delta x)$

$0 = (2.8)^2 + 2a(0.11)$

$a = 35.6\ m/s^2$

29. $F_f = ?$ $F_g = 712\,N$ $m = 72.65\,kg$



$$\Sigma F_y = ma_y$$

$$F_f - F_g = ma_y$$

$$F_f - 712 = 72.65(-3)$$

$$F_f = 494\,N$$

$F_f = 494$ ↑ on man

↓ on pole