Assignment 3: Biomechanics

**Goal of the assignment**

* To be able to draw a free body diagram and calculate muscle forces
* To get insight into the load that can be carried

**Assignment**

A subject is carrying a load of 10 kg with one hand (see picture).

Make a free body diagram of the arm in the given situation.

Use this diagram to calculate the force of the shoulder muscles

Estimate the weight that can be carried all day in this situation.

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