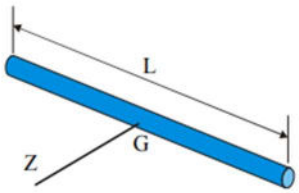
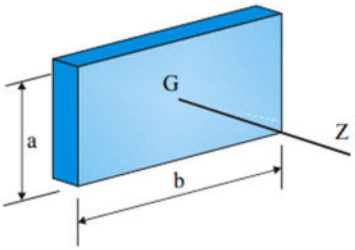
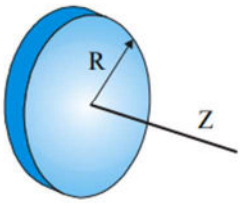
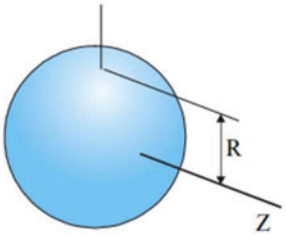
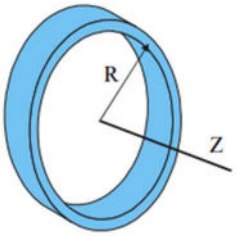
MOMENTOS DE INERCIA

Varilla delgada		$I_Z = \frac{1}{12} m L^2$
Placa rectangular delgada o Prisma rectangular		$I_Z = \frac{1}{12} m\left(a^2 + b^2\right)$
Disco delgado o Cilindro circular		$I_Z = \frac{1}{2} m R^2$
Esfera		$I_Z = \frac{2}{5} m R^2$
Aro		$I_Z = m R^2$