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This exercise can be printed and used by teachers and students. It is recommended that you view the website (www.technologystudent.com) before attempting the design sheet.

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## QUESTIONS - ENERGY STORAGE - MECHANICAL SYSTEMS SPRINGS

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1. With the aid of a sketch, explain how a wind-up watch works

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2. Below is a proposed commercial system that using springs to store energy, that can be used later. Complete the diagram. Then explain how it is intended to work.

