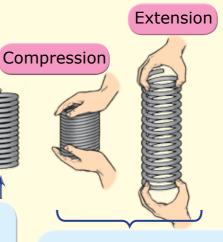
Elastic Potential Energy

Elastic potential energy is the work done to compress or stretch on elastic material with acceleration x in a balanced position.

- Original shape of the spring
- No force applied



- Force applied
- Spring experiences compression or extension