Flastic Potential Energy Potential Energy 1. Gravitational Potatial Energy: Vg = mgh 2. Elastic Polential Energy: Ve = 1kix2 * U: the work of all external forces and spring forces. U1-2 = AT + AV = (T2-T1) + (V2-V1) $T_1 + V_1 + U_{1-2} = T_2 + V_2$

