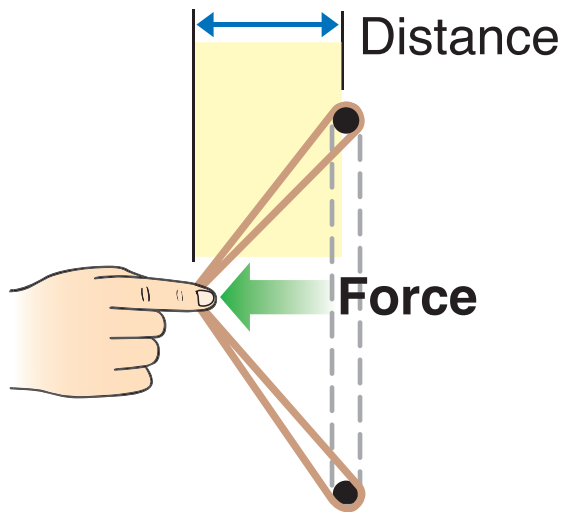


# Energy and Work

Work done stretching a rubber band increases its potential energy.



The rubber band can then do work on the plane, giving it kinetic energy.

