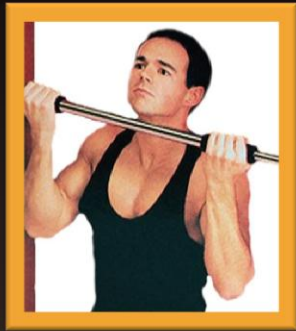


Warm Up



When doing a *chin-up*, Ben Pumpiniron lifts his 68.0-kg body a distance of 0.25 meters in 2 seconds. What is the power delivered by the student's biceps?



After doing his *chin-up*, Ben Pumpiniron decides to challenge his friend, Will N. Andable. Will lifts the 100-pound barbell over his head 10 times in one minute; Ben lifts the 100-pound barbell over his head 10 times in 10 seconds. Which student does the most work? Which student delivers the most power? Explain your answers.