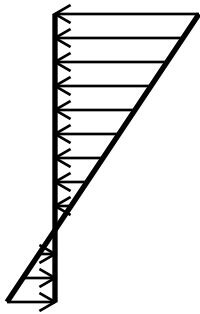


COMBINED =

BENDNG +

COMPRESSION

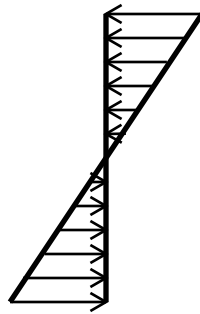
$$f_1 = -1500$$



$$f_2 = 500$$

=

$$f_{b-top} = (f_1 - f_2) / 2 \\ = (-1500 - 500) / 2 = -1000$$



$$f_{b-bot} = (f_2 - f_1) / 2 = 1000$$

+

$$f_a = f_1 - f_{b-top} = -1500 - (-1000) = -500$$



$$f_a = f_2 - f_{b-bot} = 500 - 1000 = -500$$