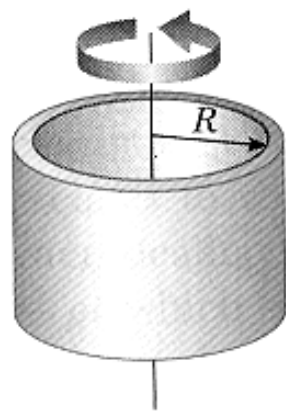
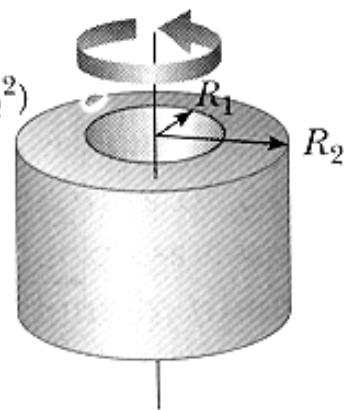


Hoop or cylindrical shell
 $I_{CM} = MR^2$



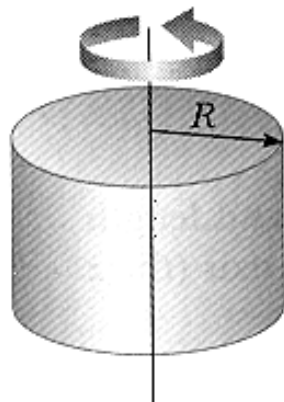
Hollow cylinder

$$I_{CM} = \frac{1}{2} M(R_1^2 + R_2^2)$$



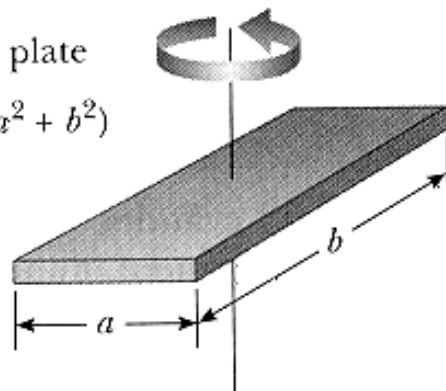
Solid cylinder or disk

$$I_{CM} = \frac{1}{2} MR^2$$



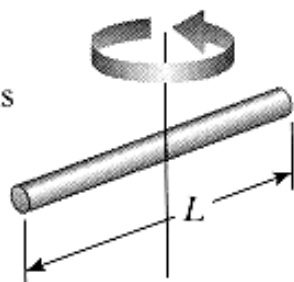
Rectangular plate

$$I_{CM} = \frac{1}{12} M(a^2 + b^2)$$



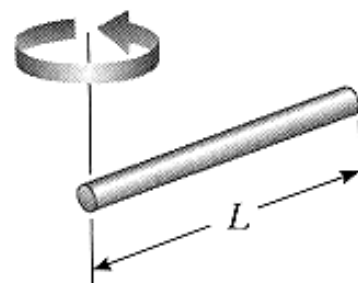
Long thin rod with rotation axis through center

$$I_{CM} = \frac{1}{12} ML^2$$



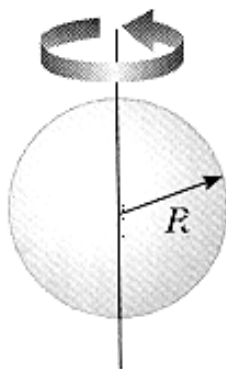
Long thin rod with rotation axis through end

$$I = \frac{1}{3} ML^2$$



Solid sphere

$$I_{CM} = \frac{2}{5} MR^2$$



Thin spherical shell

$$I_{CM} = \frac{2}{3} MR^2$$

