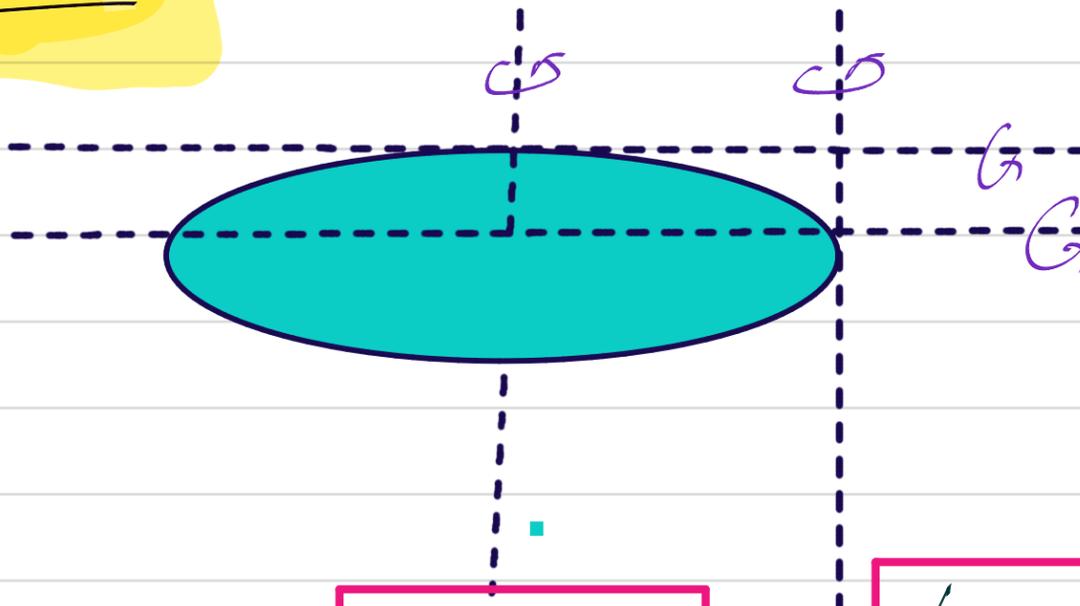


Disc



$$I_d = \frac{5}{4} MR^2$$

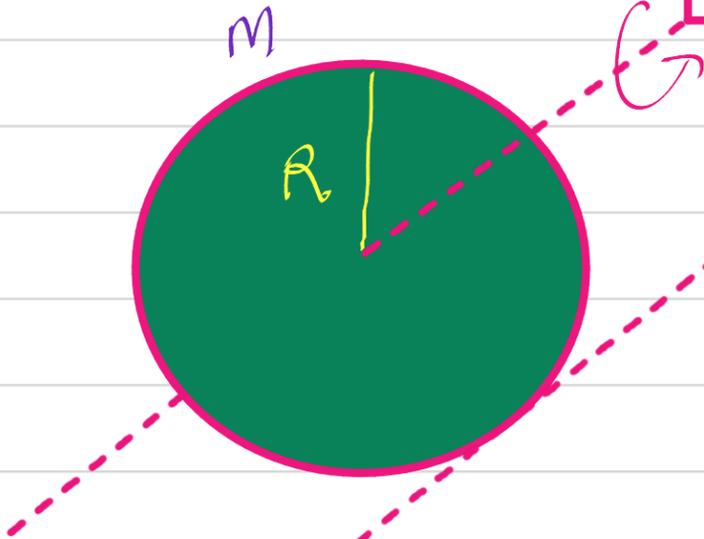
$$I_{cm} = \frac{MR^2}{4}$$

$$I_{cm} = \frac{MR^2}{2}$$

$$I' = \frac{3}{2} MR^2$$

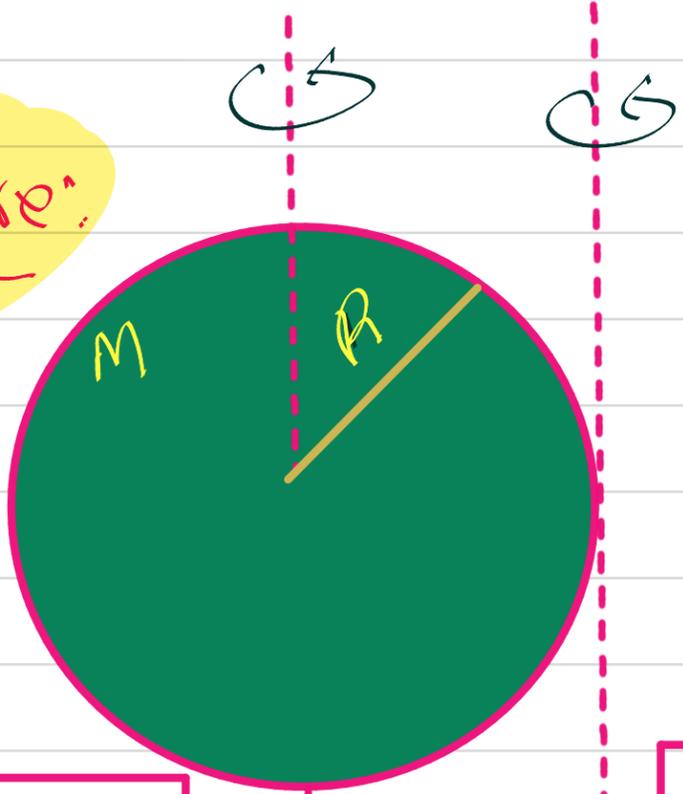
Solid sphere:

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



$$I' = \frac{7}{5} MR^2$$

Hollow sphere:



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

$$I_d = \frac{5}{3} MR^2$$