The rigid cylindrical body of uniform density and negligible thickness loses gravitational potential energy.

Bite the bullet.

Subject a smooth spherical body to a constant acceleration from rest down an inclined plane.

The tables have turned.

Apply tension to a number of light inextensible strings.

Get the ball rolling.

Rotate a uniform flexible lamina through 180 degrees.

The penny drops.

Decelerate to rest, lose gravitational potential energy, then rotate.

What you lose on the swings, you gain on the roundabouts.

Rapidly decelerate to rest a particle of negligible size moving on a parabolic trajectory.

Turn over a new leaf.

The rough horizontal lamina have been rotated.

Stop, drop and roll.

Momentum is preserved through a combination of pendular and circular motion.

Pull some strings.

The penny drops. Get the ball rolling. Pull some strings. Turn over a new leaf. Stop, drop and roll. Bite the bullet. The tables have turned.

What you lose on the swings, you gain on the roundabouts.