

Admittance is the inverse of *Impedance* (see that) i.e.,

$$\frac{1}{\text{Mass} + \text{Resistance} + \text{Stiffness}}$$

with the conventional dimension “seconds per kg” [s/kg] when the phase is zero. The term *Admittance* has for a good part been replaced by *Mobility*, which means the same thing, but the word is more intuitive.