

Mobility 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 *Mobility* has for a good part been replacing the term *Admittance*, which appears less intuitive, but means the same.