\( L = 10 \, \text{H}, \, C = 4 \, \text{F}, \, R = 4 \, \Omega, \, v_{\text{in}} = 5 \, \text{V}, \, f = 1 \, \text{Hz}, \, w = 25\%, \, v_{\text{in}}/(1 - w) = 6.6667 \, \text{V}
\)

\( \text{Average}(v_{\text{out}}) = 6.7113 \, \text{V}, \, \text{Average}(i_{\text{out}}) = 1.6778 \, \text{A}, \, \text{Average}(i_{\text{in}}) = 2.2303 \, \text{A}
\)

\( \text{Average}(P_{\text{out}}) = 11.2602 \, \text{W}, \, \text{Average}(P_{\text{in}}) = 11.1516 \, \text{W}
\)