

The was moment of inertia tensor \underline{I} in $\{B, G, \hat{e}_i\}$ about G (center of man is known $\begin{bmatrix} I \end{bmatrix}_{\mathcal{B}} = k \begin{bmatrix} 1 & 0 & 0 \\ 0 & 2 & 0 \\ 0 & 0 & 1 \end{bmatrix}$, \widehat{I} where $k = \frac{mR^2}{4}$. We have to compute $[T]_g!$

Essentially we have to use the change of ban's tormula.

 $\{B, G, \hat{e}_i\} \xrightarrow{\hat{E}} \{G, 0, \hat{E}_i\}$ Recall $R_{ij} = \hat{e}_j' \cdot \hat{e}_i$ which in this case is $R_{ij} = \hat{E}_j \cdot \hat{e}_i \qquad 2$

Disc
$$\hat{\mathbf{E}}_{2}$$
 $\hat{\mathbf{e}}_{1}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{1}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{4}$ $\hat{\mathbf{e}}_{5}$ $\hat{\mathbf{e}}_{1}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{4}$ $\hat{\mathbf{e}}_{5}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}}_{2}$ $\hat{\mathbf{e}}_{3}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}$ $\hat{\mathbf{e}_{3}}$ \hat

$$[I]_g = [R]_{\mathcal{B}}^T [I]_{\mathcal{B}}[R]_{\mathcal{B}}$$

$$i[I]_{g} = \begin{bmatrix} k(1+\sin\alpha) - k\sin\alpha \cos\alpha & 0 \\ -k\sin\alpha\cos\alpha & k(1+\cos\alpha) & 0 \\ 0 & 0 & k \end{bmatrix}$$