

$$I = \begin{bmatrix} \frac{1}{2} \pi R'O & -\frac{2}{2} R'O & 0 \\ -\frac{2}{3} R'O & \frac{5}{8} \pi R'O & 0 \\ 0 & 0 & \frac{6}{8} \pi R'O \end{bmatrix}$$

$$\vec{L} = \begin{bmatrix} \omega/\sqrt{2} \\ \omega/\sqrt{2} \\ 0 \end{bmatrix}$$

- (2) In the body frame, I is "attached" to to, with both precessing about ês at some rate sz. éz stays constant in this frame.
  - In the space frame, êz is no longer constant, but moves around a fixed I along w/ w at some rate sig. So, in both frames is not constant:
- 3) Euler's Equations refer to axes fixed in the body frame. The axes are awkward to work with. The Lagrangian is Set up to specify orientation of the body to a non-rotating frame, which is a lot easier to deal with.