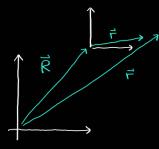
$$T = \frac{1}{2}MV^2 + \frac{1}{2}\vec{\Omega} \cdot \vec{1} \cdot \vec{\Omega}$$

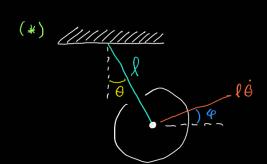
$$T_{ij} = \sum_{\alpha} m_{\alpha} \left(r_{\alpha}^{2} S_{ij} - X_{i}^{\alpha} X_{j}^{\alpha} \right) \longrightarrow \text{tensor de inercia cuyo origen esta}$$
en el centro de masas



centro de masa visto desde el centro de masa
$$\vec{r} = \vec{R} + \vec{r}'$$
 : $\vec{L}_{ij} = \vec{L}_{ij} + M(R^2 S_{ij} - R_i R_j)$

de donde rescatamos el teorema de ejes principales con i=j=1,

$$I_1' = I_1 + MR^2$$
(denote al eje principal 11



$$T = \frac{m}{2} (x^2 + y^2) + \frac{1}{2} I \dot{\ell}^2$$

$$\times = \ell \cos \theta$$

$$y = \ell \sin \theta$$

$$T = \frac{1}{2} m \ell^2 \dot{\theta}^2 + \frac{1}{2} I \dot{\phi}^2, \quad T = \frac{1}{2} I_1 \dot{\theta}^2 + \frac{1}{2} I \dot{\phi}^2$$

$$(*) \vec{M} = \sum_{\alpha} m_{\alpha} \vec{r}_{\alpha} \times \vec{v}_{\alpha} \quad con \quad \vec{v}_{\alpha} = \vec{\Omega} \times \vec{r}_{\alpha}, \text{ entonces}$$

$$\vec{M} = \sum_{\alpha} m_{\alpha} \vec{r}_{\alpha} \times (\vec{\Omega} \times \vec{r}_{\alpha})$$

$$= \sum_{\alpha} m_{\alpha} (\vec{r}_{\alpha}^{2} \vec{\Omega} - (\vec{r}_{\alpha} \cdot \vec{\Omega}) \vec{r})$$

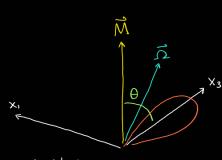
$$\vec{M}_{i} = \sum_{\alpha} m_{\alpha} (r_{\alpha}^{2} \Omega_{i} - \chi_{j}^{\alpha} \Omega_{j} \chi_{i}^{\alpha})$$

$$= \sum_{\alpha} m_{\alpha} \Omega_{i} (r_{\alpha}^{2} S_{ji} - \chi_{i}^{\alpha} \chi_{j}^{\alpha})$$

$$= \vec{L}_{ij} \Omega_{j}$$

$$\vec{M} = \vec{1} \cdot \vec{\Omega}.$$





$$\vec{M} = (M_1, 0, M_3)$$
 donde $M_1 = I_1 \Omega_1$

$$M_2 = I_2 \Omega_2 \Rightarrow \Omega_2 = 0$$

$$M_3 = I_3 \Omega_3$$

$$\vec{\nabla} = \vec{\Omega} \times \vec{0}$$

X2 sale del plano

$$\Omega_3 = \frac{M_3}{I_3} = \frac{M\cos\theta_3}{I_3}, \quad \Omega_2 = \frac{M_1}{I_1} = \frac{M\sin\theta_1}{I_1} \Rightarrow \Omega_{pr} = \frac{M}{I_1}$$

