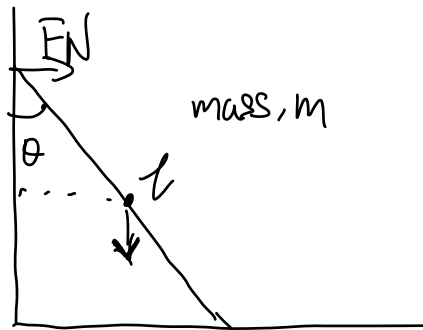


1) Thin rod sliding:



a) gravity makes it accelerate downward, there is a normal force from the wall pushing rod to the right

b) Constraint: $\dot{x}_{cm} = \frac{l}{2} \cos \theta \dot{\theta}$

$$x_{cm} - \frac{l}{2} \sin \theta = 0 \quad \dot{y}_{cm} = \frac{l}{2} \sin \theta \dot{\theta}$$

$$T = \frac{1}{2} m (\dot{x}_{cm}^2 + \dot{y}_{cm}^2) + \frac{1}{2} I \dot{\theta}^2 + \lambda (x_{cm} - \frac{l}{2} \sin \theta)$$

$$I = \int dm r^2 = \int_{-\frac{l}{2}}^{\frac{l}{2}} \frac{m}{l} r^2 dr = \frac{m}{l} \left(\frac{r^3}{3} \right)_{-\frac{l}{2}}^{\frac{l}{2}} = m l^2 \frac{1}{12}$$

$$T = \frac{1}{2} m \dot{x}_{cm}^2 + \frac{1}{2} m \left(\frac{l}{2} \right)^2 \sin^2 \theta \dot{\theta}^2 + \frac{1}{2} m l^2 \frac{1}{12} \dot{\theta}^2$$

$$V = mgy = +mg \frac{l}{2} \cos \theta$$

$$\begin{aligned} \mathcal{L} = & \frac{1}{2} m \dot{x}_{cm}^2 + \left(\frac{1}{8} m l^2 \sin^2 \theta + \frac{1}{24} m l^2 \right) \dot{\theta}^2 - \frac{mgl}{2} \cos \theta \\ & + \lambda (x_{cm} - \frac{l}{2} \sin \theta) = 0 \end{aligned}$$

$$x_{cm} = \frac{l}{2} \sin \theta$$

$$m\ddot{x}_{cm} = \lambda$$

$$\frac{2l}{2\dot{\theta}} = \left(\frac{1}{4} \sin^2 \theta + \frac{1}{12} \right) ml^2 \dot{\theta}$$

$$\frac{d}{dt} \left(\frac{2l}{2\dot{\theta}} \right) = \left(\frac{1}{4} \sin^2 \theta + \frac{1}{12} \right) ml^2 \ddot{\theta} + \frac{1}{2} \sin \theta \cos \theta ml^2 \dot{\theta}^2$$

$$\frac{2l}{2\dot{\theta}} = \frac{1}{4} ml^2 \sin \theta \cos \theta \dot{\theta}^2 + \frac{mgl}{2} \sin \theta - \lambda \frac{l}{2} \cos \theta$$

$$\left(\frac{1}{4} \sin^2 \theta + \frac{1}{12} \right) ml^2 \ddot{\theta} + \frac{1}{2} \sin \theta \cos \theta ml^2 \dot{\theta}^2 = \frac{1}{4} ml^2 \sin \theta \cos \theta \dot{\theta}^2 + \frac{mgl}{2} \sin \theta - \lambda \frac{l}{2} \cos \theta$$

$$\left(\frac{1}{4} \sin^2 \theta + \frac{1}{12} \right) ml^2 \ddot{\theta} = -\frac{1}{4} ml^2 \sin \theta \cos \theta \dot{\theta}^2 + \frac{mgl}{2} \sin \theta - \lambda \frac{l}{2} \cos \theta \quad (1)$$

$$m\ddot{x}_{cm} = \lambda \quad (2)$$

$$x_{cm} = \frac{l}{2} \sin \theta \quad (3)$$

$$\dot{x}_{cm} = \frac{l}{2} \cos \theta \dot{\theta}$$

$$m\ddot{x}_{cm} = m \frac{l}{2} [\cos \theta \ddot{\theta} - \sin \theta \dot{\theta}^2] = \lambda$$

$\lambda = 0$ when fall off.

$$\ddot{\theta} = \frac{\sin \theta}{\cos \theta} \dot{\theta}^2$$

$$\left(\frac{1}{4}\sin^2\theta + \frac{1}{12}\right)ml^2\ddot{\theta} = -\frac{1}{4}ml^2\sin\theta\cos\theta\dot{\theta}^2 + \frac{mgl}{2}\sin\theta - \frac{ml^2}{4}(\cos^3\theta - \cos\theta\sin^2\theta)$$

$$\left(\frac{1}{4} + \frac{1}{12}\right)ml^2\ddot{\theta} = \frac{mgl}{2}\sin\theta$$

$$\left(\frac{4}{12}\right)ml^2\ddot{\theta} = \frac{mgl}{2}\sin\theta$$

$$\boxed{\ddot{\theta} = \frac{3}{2}\frac{g}{l}\sin\theta}$$

$$\frac{ml}{2}\left(\frac{3g}{2l}\sin\theta\cos\theta - \sin\theta\dot{\theta}^2\right) = \lambda$$

$$\frac{ml}{2}\sin\theta\left(\frac{3g}{2l}\cos\theta - \dot{\theta}^2\right) = \lambda$$

Initially, $\theta=0$, held upright.

$$E = \frac{mgl}{2}\cos\theta = \frac{mgl}{2}$$

$$E = \left(\frac{1}{8} + \frac{1}{24}\right)ml^2\dot{\theta}^2 + \frac{mgl}{2}\cos\theta = \frac{mgl}{2}$$

$$\frac{mgl}{2}(1 - \cos\theta) = \frac{1}{6}ml^2\dot{\theta}^2$$

$$\dot{\theta}^2 = 3g/l, \text{ (m)}$$

$$0 \quad \frac{3g}{2} (1 - \cos \theta)$$

$$\frac{mL}{2} \sin \theta \left(\frac{3}{2} \frac{g}{L} \cos \theta - \frac{3g}{L} (1 - \cos \theta) \right) = \lambda$$

$$\frac{mL}{2} \sin \theta \frac{3g}{L} \left(\frac{3}{2} \cos \theta - 1 \right) = \lambda$$

$$1 = \frac{3}{2} \cos \theta$$

$$\boxed{\theta = \cos^{-1} \left(\frac{2}{3} \right) \approx 48.2^\circ}$$

v_x is max because bar leaves wall when normal force, $\lambda = 0$.

Which means $m\ddot{x}_{cm} = 0$

So velocity, \dot{x}_{cm} , is at max.

$$\begin{aligned} c) \quad \dot{x}_{cm} &= \frac{L}{2} \cos \theta \dot{\theta} \\ &\stackrel{!}{=} \frac{L}{2} \cos \theta \sqrt{\frac{3g}{L} (1 - \cos \theta)} \end{aligned}$$

$$\text{for } \theta = \theta_c = \cos^{-1} \left(\frac{2}{3} \right)$$

$$\dot{x}_{cm} = \frac{L}{2} \left(\frac{2}{3} \right) \sqrt{\frac{3g}{L} \left(1 - \frac{2}{3} \right)}$$

$$\dot{x}_{cm} = \frac{1}{3} \sqrt{\frac{g}{l}}$$

d) What is the rock's com velocity when it hits the floor.

Find θ and $\dot{\theta}$ when it hits floor. $\theta = \frac{\pi}{2}$
final

$$\mathcal{L} = \frac{1}{2} m \dot{x}_{cm}^2 + \left(\frac{1}{8} m l^2 \sin^2 \theta + \frac{1}{24} m l^2 \right) \dot{\theta}^2 - \frac{m g l}{2} \cos \theta + \lambda \left(x_{cm} - \frac{l}{2} \sin \theta \right) = 0$$

$\lambda=0$ for rod off the wall.

$\dot{\theta} = 0$ when it hits the floor.

Need initial energy after rod off the wall. or isn't $\frac{mgL}{2}$

$$\dot{x}_{\text{cm, int}} = \frac{L}{3} \sqrt{\frac{g}{L}} = \text{constant} = v_{x, \text{end.}}$$

$$\dot{\theta} = \sqrt{\frac{3g}{L}(1 - \cos 2\theta)} \Big|_{\theta = \cos^{-1}(\frac{2}{3})}$$

$$\dot{\theta}_{init} = \sqrt{5h}$$

$$\dot{\gamma}_{cm} = \frac{l}{2} \sin \theta \dot{\theta}$$

[illegible]

$$= \frac{5}{2} \sqrt{\frac{g}{l}} \sin(\cos^{-1}(\frac{2}{3}))$$

$$= \frac{5}{2} \sqrt{\frac{g}{l}} \sqrt{1 - (\frac{2}{3})^2}$$

$$= \frac{5}{2} \sqrt{\frac{g}{l}} \sqrt{\frac{5}{9}}$$

$$E = \frac{1}{2} m \dot{x}_{cm}^2 + \left(\frac{1}{8} m l^2 \sin^2 \theta + \frac{1}{24} m l^2 \right) \dot{\theta}^2 + \frac{m g l}{2} \cos \theta$$

$$= \frac{1}{2} m \left(\frac{1^2}{9} \frac{g}{l} \right) + \left(\frac{1}{8} m l^2 (1 - \cos^2 \theta) + \frac{1}{24} m l^2 \right) \frac{g}{l}$$

$$+ \frac{m g l}{2} \frac{2}{3}$$

$$= \frac{1}{18} m g l + \left(\frac{1}{8} m l^2 \left(1 - \frac{4}{9} \right) + \frac{1}{24} m l^2 \right) \frac{g}{l} + \frac{m g l}{3}$$

$$= \left(\frac{1}{18} + \frac{5}{72} + \frac{1}{24} + \frac{1}{3} \right) m g l$$

$$= \left(\frac{1}{18} + \frac{5}{72} + \frac{3}{72} + \frac{24}{72} \right) m g l$$

$$\frac{m g l}{2} = \frac{1}{18} m g l + \frac{32}{72} m g l$$

energy of $\frac{1}{2} m \dot{y}_{cm}^2 + \frac{1}{2} I \dot{\theta}^2$

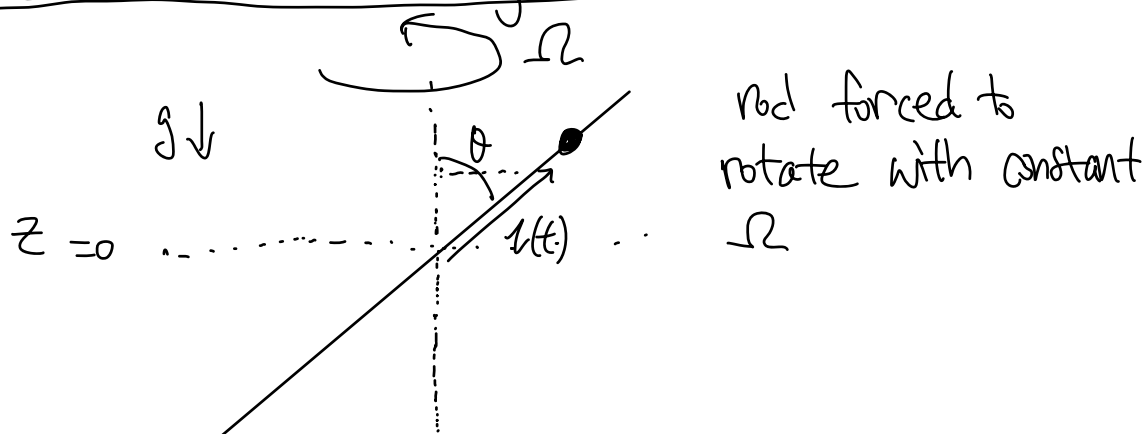
when rod reaches floor, $\dot{\theta} = 0$, $\theta = \frac{\pi}{2}$

$$\frac{1}{2} m \dot{\gamma}_{cm}^2 = \frac{4}{9} m g l$$

$$\dot{\gamma}_{cm} = \sqrt{\frac{8}{9}} g l$$

$$(V_x, V_y) = \left(\frac{1}{3} \sqrt{g l}, \frac{2\sqrt{2}}{3} \sqrt{g l} \right)$$

2) Bead on a rotating wire:



a) Find Lagrangian and EoM:

$$\begin{aligned} x &= l(t) \sin \theta \cos \phi & \dot{x} &= \dot{l} \sin \theta \cos \phi - l \sin \theta \sin \phi \dot{\phi} \\ y &= l(t) \sin \theta \sin \phi & \dot{y} &= \dot{l} \sin \theta \sin \phi + l \sin \theta \cos \phi \dot{\phi} \\ z &= l(t) \cos \theta & \dot{z} &= \dot{l} \cos \theta \end{aligned}$$

$$L = \frac{1}{2} m (\dot{x}^2 + \dot{y}^2 + \dot{z}^2) - m g z$$

$$l, \quad \dot{l}, \quad \dot{\phi}^2, \quad \dot{\phi}^2, \quad \dot{\phi}^2$$

$$= \frac{1}{2} m \left([l \sin \theta \cos \phi - l \sin \theta \sin \phi \dot{\phi}] + [l \sin \theta \sin \phi + l \sin \theta \cos \phi \dot{\phi}] + \dot{l}^2 \cos^2 \theta \right) - mgl \cos \theta$$

$$= \frac{1}{2} m (\dot{l}^2 + l^2 \sin^2 \theta \dot{\phi}^2) - mgl \cos \theta \quad (1)$$

$$\frac{\partial \mathcal{L}}{\partial \dot{\phi}} = P_{\phi} = ml^2 \sin^2 \theta \dot{\phi} = \text{constant}$$

$$\dot{\phi} = \Omega$$

$$R = P_{\phi} \dot{\phi} - \mathcal{L}$$

$$= \frac{P_{\phi}^2}{ml^2 \sin^2 \theta} - \frac{1}{2} m \dot{l}^2 - \frac{1}{2} ml^2 \sin^2 \theta \left[\frac{P_{\phi}}{ml^2 \sin^2 \theta} \right]^2 + mgl \cos \theta$$

$$= -\frac{1}{2} m \dot{l}^2 + \frac{P_{\phi}^2}{2ml^2 \sin^2 \theta} + mgl \cos \theta$$

$$\mathcal{L}_{\text{eff}} = -R$$

$$= \frac{1}{2} m \dot{l}^2 - V_{\text{eff}}(l)$$

$$= \frac{1}{2} m \dot{l}^2 - \left(\frac{P_{\phi}^2}{2ml^2 \sin^2 \theta} + mgl \cos \theta \right)$$

$$\frac{\partial \mathcal{L}}{\partial l} = m \ddot{l}$$

$$\frac{\partial}{\partial \dot{\phi}} = -\frac{\partial}{\partial \dot{\phi}} \left(\frac{L\dot{\phi}^2}{2mL^2 \sin^2 \theta} + mgl \cos \theta \right)$$

$$= - \left(\frac{-L\dot{\phi}^2}{mL^2 \sin^2 \theta} + mgl \cos \theta \right)$$

$$\boxed{m\ddot{\phi} = \frac{L\dot{\phi}^2}{mL^2 \sin^2 \theta} - mgl \cos \theta}$$

b) For equilibrium: $m\ddot{\phi} = 0$

$$\frac{L\dot{\phi}^2}{mL^2 \sin^2 \theta} = mgl \cos \theta$$

$$\dot{\phi}^2 = (mL^2 \sin^2 \theta \Omega)^2$$

$$\frac{(mL^2 \sin^2 \theta \Omega)^2}{mL^2 \sin^2 \theta} = mgl \cos \theta$$

$$\frac{m^2 L^4 \sin^4 \theta \Omega^2}{mL^2 \sin^2 \theta} = mgl \cos \theta$$

$$\boxed{L = \frac{gl \cos \theta}{\sin^2 \theta \Omega^2}}$$

l_0 is where $F = m\ddot{a} = 0$, or no acceleration in \hat{l}

c) assume $l(t) = l_0 + \eta(t)$

$$V_{\text{eff}}(l) = \frac{P\phi^2}{2ml^2 \sin^2 \theta} + mgl \cos \theta$$

$$V_{\text{eff}}(l_0 + \eta) = V_{\text{eff}}(l_0) + \frac{\partial V_{\text{eff}}}{\partial l} \eta$$

$$m\ddot{l} = -\frac{\partial}{\partial l} \left(V_{\text{eff}}(l=l_0) + \frac{\partial V_{\text{eff}}}{\partial l} \bigg|_{l=l_0} \eta \right)$$

$$\ddot{l} = \ddot{\eta}$$

$$m\ddot{\eta} = -\cancel{\frac{\partial}{\partial l} V_{\text{eff}} \bigg|_{l=l_0}} - \frac{\partial^2}{\partial l^2} V_{\text{eff}} \bigg|_{l=l_0} \eta$$

$$\frac{\partial}{\partial l} V_{\text{eff}} = \frac{-P\phi^2}{ml^3 \sin^2 \theta} + mg \cos \theta$$

$$\frac{\partial^2}{\partial l^2} V_{\text{eff}} = \frac{P\phi^2}{3ml^4 \sin^2 \theta} = \frac{P\phi^2}{3m \sin^2 \theta} \frac{1}{l^4} > 0$$

↑
Here we see $\frac{\partial^2}{\partial l^2} V_{\text{eff}} > 0$

is always positive so
it is stable around equilibrium

$$m\ddot{\eta} = \frac{-P_0^2}{3m\sin^2\theta} \frac{1}{l_0^4} \eta$$

$$\ddot{\eta} + \underbrace{\frac{P_0^2}{3m^2\sin^2\theta} \frac{1}{l_0^4}}_{\omega^2} \eta = 0$$

$$\eta = A \cos(\omega t + \phi)$$

$$\text{If } \dot{\eta} = \dot{\eta}(t=0) = 0 = -A\omega \sin(\phi)$$

then let $\phi = 0$.

$$\eta = A \cos \omega t$$

$$\text{With } \eta(t=0) = \eta_0 = A$$

$$\eta(t) = \eta_0 \cos \omega t$$

for $\omega = \frac{1}{l_3} \frac{p_\phi}{m \sin \theta l_0^2}$

d) $\tau = \vec{r} \times \vec{F} = \frac{d}{dt} L$

Where τ torque

$$W = \tau \theta$$

Consider a general solution $u(t)$,

i) Find external torque so $\dot{\phi} = \Omega$

$$L = \frac{1}{2} m (\dot{r}^2 + r^2 \sin^2 \theta \dot{\phi}^2) - m g \cos \theta u(t) + \lambda (\phi - \Omega t)$$

$$\frac{\partial L}{\partial \phi} = m r^2 \sin^2 \theta \dot{\phi} \quad \frac{\partial L}{\partial \phi} = \lambda$$

$$m \sin^2 \theta [r^2 \ddot{\phi} + 2 r \dot{r} \dot{\phi}] = \lambda \quad (1)$$

$$\frac{\partial \mathcal{L}}{\partial \dot{\phi}} = m \dot{\ell}$$

$$\frac{\partial \mathcal{L}}{\partial \ell} = m \ell \sin^2 \theta \dot{\phi}^2 - m g \cos \theta$$

$$m \ddot{\ell} = m \ell \sin^2 \theta \dot{\phi}^2 - m g \cos \theta \quad (2)$$

$$\phi = \Omega t \quad (3)$$

$$\dot{\phi} = \Omega$$

$$\ddot{\phi} = 0$$

$$m \sin^2 \theta [2 \dot{\ell} \Omega] = \lambda = \tau$$

$$m \ddot{\ell} = m \ell \sin^2 \theta \Omega^2 - m g \cos \theta$$

$$\sqrt{\frac{\ddot{\ell} + g \cos \theta}{m \sin^2 \theta}} = \Omega$$

$$\tau = \lambda = 2m \sin^2 \theta \ell \sqrt{\frac{\ddot{\ell} + g \cos \theta}{m \sin^2 \theta}}$$

(i) How torque is determined by inertial force (centripetal force)

$$F_{\text{cent}} = m \frac{v^2}{r} = m \frac{v^2}{l \sin \theta}$$

$$\vec{v} = \dot{l}(t) \sin \theta$$

$$F_{\text{cen}} = m \frac{\dot{l}(t)^2 \sin^2 \theta}{l \sin \theta} = \frac{m \dot{l}(t)^2 \sin \theta}{l} \quad ?$$

3) A driven set of oscillators:

a) $\Rightarrow \text{spring-mass system} \rightarrow$ at $t=0$, $F(t) = F_0 e^{-\alpha t}$ is applied.

$$L = \frac{1}{2} m \dot{x}^2 - \frac{1}{2} k x^2 + F(t)x$$

..

$$m\ddot{x} = -kx + F(t)$$

$$m\ddot{x} + kx = F_0 e^{-\alpha t}$$

know Green Function is solution when

$$m\ddot{x} + kx = \delta(t - t_0)$$

at $t > t_0 = 0$

$$m\ddot{x} + kx = 0$$

$$G = A \cos \omega_0 t + \phi \quad \text{for } \omega_0 = \sqrt{\frac{k}{m}}$$

Continuity condition requires

$$G(t=t_0) = 0$$

$$\text{so } G(t, t_0) = A \sin(\omega_0(t - t_0))$$

Also have

$$\int_{t_0-\epsilon}^{t_0+\epsilon} m\ddot{x} + kx \, dt = 1$$

$$m \left. \frac{dG}{dt} \right|_{t_0} = 1$$

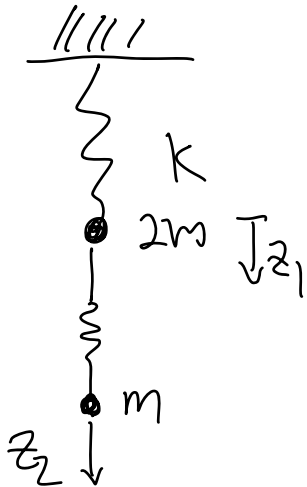
$$\text{so } m\omega_0 A \cos(\omega_0(t_0 - t_0)) = 1$$

$$A = \frac{1}{m\omega_0}$$

$$G(t, t_0) = \frac{1}{m\omega_0} \sin(\omega_0(t - t_0))$$

$$X(t) = \int_{-\infty}^{\infty} dt_0 F_0 e^{-\alpha t_0} \frac{1}{m\omega_0} \sin(\omega_0(t - t_0))$$

$$= \frac{F_0}{m\omega_0} \int_0^{\infty} dt_0 e^{-\alpha t_0} \sin(\omega_0(t - t_0))$$



$$L = \frac{1}{2} 2m \dot{z}_1^2 + \frac{1}{2} m \dot{z}_2^2 - \frac{1}{2} k z_1^2 - \frac{1}{2} k (z_2 - z_1)^2$$

$$L = m \dot{z}_1^2 + \frac{1}{2} m \dot{z}_2^2 - k z_1^2 - \frac{1}{2} k z_2^2 + k z_2 z_1$$

$$\frac{\partial L}{\partial \dot{z}_1} = 2m \dot{z}_1$$

$$\frac{\partial \mathcal{L}}{\partial z_1} = -2kz_1 + kz_2$$

$$\frac{\partial \mathcal{L}}{\partial \dot{z}_2} = m\dot{z}_2$$

$$\frac{\partial \mathcal{L}}{\partial z_2} = -kz_2 + kz_1$$

$$\begin{pmatrix} 2 & 1 \end{pmatrix} \begin{pmatrix} \ddot{z}_1 \\ \ddot{z}_2 \end{pmatrix} = \begin{pmatrix} -2\omega_0^2 & \omega_0^2 \\ \omega_0^2 & -\omega_0^2 \end{pmatrix} \begin{pmatrix} z_1 \\ z_2 \end{pmatrix}$$

$$\begin{vmatrix} -2\omega^2 + 2\omega_0^2 & -\omega_0^2 \\ -\omega_0^2 & -\omega^2 + \omega_0^2 \end{vmatrix} = 0$$

$$(-2\omega^2 + 2\omega_0^2)(-\omega^2 + \omega_0^2) - \omega_0^4 = 0$$

$$2\omega^4 - 4\omega^2\omega_0^2 + 2\omega_0^4 - \omega_0^4 = 0$$

$$2\omega^4 - 4\omega^2\omega_0^2 + \omega_0^4 = 0$$

$$\omega_{\pm}^2 = \frac{4\omega_0^2 \pm \sqrt{16\omega_0^4 - 8\omega_0^4}}{4}$$

$$= \omega_0^2 \pm \frac{1}{\sqrt{2}} \omega_0^2$$

$$- \quad - \quad - \quad R \quad \omega$$

$$\omega_t^2 = \omega_0^2 \left(1 + \frac{1}{\sqrt{2}}\right)$$

$$\begin{pmatrix} -2\omega_t^2 + 2\omega_0^2 & -\omega_0^2 \\ -\omega_0^2 & -\omega_t^2 + \omega_0^2 \end{pmatrix} \begin{pmatrix} E_1^+ \\ E_2^+ \end{pmatrix}$$

$$= \begin{pmatrix} -\frac{2}{\sqrt{2}}\omega_0^2 & -\omega_0^2 \\ -\omega_0^2 & -\frac{1}{\sqrt{2}}\omega_0^2 \end{pmatrix} \begin{pmatrix} E_1^+ \\ E_2^+ \end{pmatrix} = 0$$

$$-\frac{2}{\sqrt{2}}E_1^+ - E_2^+ = 0$$

$$\text{let } E_1^+ = 1, \quad E_2^+ = -\frac{2}{\sqrt{2}}$$

$$\vec{Q}^+ = Q^+ \begin{pmatrix} 1 \\ -\frac{2}{\sqrt{2}} \end{pmatrix} \cos(\omega_t t + \phi_t)$$

$$\omega^2 = \omega_c^2 = \omega_0^2 \left(1 - \frac{1}{\sqrt{2}}\right)$$

$$\begin{pmatrix} -2\omega^2 + 2\omega_0^2 & -\omega_0^2 \\ -\omega_0^2 & -\omega^2 + \omega_0^2 \end{pmatrix} \begin{pmatrix} \bar{E}_1 \\ \bar{E}_2 \end{pmatrix} \\ = \begin{pmatrix} \frac{2}{\sqrt{2}} & -1 \\ -1 & \frac{1}{\sqrt{2}} \end{pmatrix} \begin{pmatrix} \bar{E}_1 \\ \bar{E}_2 \end{pmatrix}$$

$$\text{let } \bar{E}_1 = 1 \quad \bar{E}_2 = \frac{2}{\sqrt{2}}$$

$$\vec{Q}^- = \bar{Q}^- \begin{pmatrix} 1 \\ \frac{2}{\sqrt{2}} \end{pmatrix} \cos \omega_- t + \phi_-$$

$$\text{c) } \mathcal{L} = \frac{1}{2} 2m \dot{z}_1^2 + \frac{1}{2} m \dot{z}_2^2 - \frac{1}{2} k z_1^2 \\ - \frac{1}{2} k (z_2 - z_1)^2 + F(t) z_2$$

$$z_1 = Q^+ + Q^-$$

$$z_2 = \frac{2}{\sqrt{2}} (Q^- - Q^+)$$

$$\begin{aligned}
 L &= m(\dot{Q}^+ + \dot{Q}^-)^2 + \frac{1}{2} \frac{2}{2} m(\dot{Q}^- - \dot{Q}^+)^2 - \frac{1}{2} k(Q^+ + Q^-)^2 \\
 &\quad - \frac{1}{2} k\left(\frac{3}{2}(Q^- - Q^+) - (Q^+ + Q^-)\right)^2 \\
 &= m\dot{Q}^{+2} + m\dot{Q}^{-2}
 \end{aligned}$$

$$\ddot{Q}^+ + \omega_+^2 Q^+ = -\frac{2}{L} F(t) Q^+$$

$$\ddot{Q}^- + \omega_-^2 Q^- = \frac{2}{L} F(t) Q^-$$