



$$\begin{aligned}
 AB &= a & AH &= \frac{a}{2} \\
 BH &= \frac{\sqrt{3}}{2} a & GA &= \frac{1}{\sqrt{3}} a \\
 GH &= \frac{1}{2\sqrt{3}} a
 \end{aligned}$$

$$A^{(T)} = \frac{\sqrt{3}}{4} a^2 \quad A^{(C)} = \pi \frac{a^2}{12} \quad A^{(L)} = A^{(T)} - A^{(C)} = \frac{3\sqrt{3} - \pi}{12} a^2$$

$$m^{(T)} = \frac{A^{(T)}}{A^{(L)}} m = \frac{3\sqrt{3}}{3\sqrt{3} - \pi} m \quad m^{(C)} = \frac{A^{(C)}}{A^{(L)}} m = \frac{\pi}{3\sqrt{3} - \pi} m$$

$$I_{H,ij}^{(T)} = m^{(T)} \text{diag} \left(\frac{a^2}{8}, \frac{a^2}{24}, \frac{a^2}{6} \right)$$

$$I_{G,ij}^{(T)} = I_{H,ij}^{(T)} - m^{(T)} \text{diag} \left(\frac{a^2}{12}, 0, \frac{a^2}{12} \right) = m^{(T)} \left(\frac{a^2}{24}, \frac{a^2}{24}, \frac{a^2}{12} \right)$$

$$I_{G,ij}^{(C)} = m^{(C)} \text{diag} \left(\frac{a^2}{48}, \frac{a^2}{48}, \frac{a^2}{24} \right)$$

$$\begin{aligned}
 I_{G,ij}^{(L)} &= I_{G,ij}^{(T)} - I_{G,ij}^{(C)} = \frac{ma^2}{3\sqrt{3} - \pi} \left[\text{diag} \left(\frac{\sqrt{3}}{8}, \frac{\sqrt{3}}{8}, \frac{\sqrt{3}}{4} \right) - \text{diag} \left(\frac{\pi}{48}, \frac{\pi}{48}, \frac{\pi}{24} \right) \right] = \\
 &= \frac{6\sqrt{3} - \pi}{48(3\sqrt{3} - \pi)} ma^2 \text{diag} (1, 1, 2)
 \end{aligned}$$

$$2) T = \frac{1}{2} m v_G^2 + \frac{1}{2} I_{33}^{(L)} \omega^2 = \frac{1}{2} m \dot{s}^2 + \frac{1}{2} I \dot{\vartheta}^2 \quad I = \frac{6\sqrt{3} - \pi}{3\sqrt{3} - \pi} \frac{ma^2}{24}$$

$$V = \frac{1}{2} k (G - 0)^2 + mgy_G - \vec{F} \cdot \vec{x}_A = \frac{1}{2} ks^2 - mgs - \frac{aF}{\sqrt{3}} \sin \vartheta$$

$$L = T - V = \frac{1}{2} m \dot{s}^2 + \frac{1}{2} I \dot{\vartheta}^2 - \frac{1}{2} ks^2 + mgs + \frac{aF}{\sqrt{3}} \sin \vartheta$$

$$\frac{d}{dt} \frac{\partial L}{\partial \dot{s}} - \frac{\partial L}{\partial s} = 0 \quad m\ddot{s} + ks - mg = 0$$

$$\frac{d}{dt} \frac{\partial L}{\partial \dot{\vartheta}} - \frac{\partial L}{\partial \vartheta} = 0 \quad I\ddot{\vartheta} - \frac{aF}{\sqrt{3}} \cos \vartheta = 0$$

$$3) \frac{\partial V}{\partial s} = ks - mg \quad \frac{\partial V}{\partial \vartheta} = -\frac{aF}{\sqrt{3}} \cos \vartheta$$

$$\text{equilibria: } 1) s = \frac{mg}{k} \quad \vartheta = \frac{\pi}{2} \quad 2) s = \frac{mg}{k} \quad \vartheta = -\frac{\pi}{2}$$

$$\frac{\partial^2 V}{\partial s^2} = k \quad \frac{\partial^2 V}{\partial \vartheta^2} = \frac{aF}{\sqrt{3}} \sin \vartheta \quad \frac{\partial^2 V}{\partial s \partial \vartheta} = 0$$

in 1) $V_{ss} > 0, V_{\vartheta\vartheta} > 0$ equilibria stabil

in 2) $V_{ss} > 0, V_{\vartheta\vartheta} < 0$ equilibria instabil

$$4) \vec{F}_0 + k(G - 0) = 0 \quad \Rightarrow \quad \vec{F} = ms \vec{e}_z$$