# CONTRACTIBLE PERIODIC ORBITS OF LAGRANGIAN SYSTEMS <br> MIGUEL PATERNAIN 

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#### Abstract

We consider a convex Lagrangian $L: T M \rightarrow \mathbb{R}$ quadratic at infinity with $L(x, 0)=0$ for every $x \in M$ and such that the 1 -form $\theta$ defined by $\theta_{x}(v)=L_{v}(x, 0) v$ is not closed. We show that for every number $a<0$, there is a contractible (nonconstant) periodic orbit with action $a$. We also obtain estimates of the period and energy of such periodic orbits.


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## 1. Introduction

Let $M$ be a closed connected smooth Riemannian manifold. Let

$$
L: T M \rightarrow \mathbb{R}
$$

be a smooth convex Lagrangian. This means that $L$ restricted to each $T_{x} M$ has positivedefinite Hessian. The Lagrangian $L$ is said to be quadratic at infinity if there exists $R>0$ such that for each $x \in M$ and $|v|_{x}>R$, the function $L(x, v)$ has the form

$$
L(x, v)=\frac{1}{2}|v|_{x}^{2}+\theta_{x}(v)-V(x),
$$

where $\theta$ is a smooth 1 -form on $M$ and $V: M \rightarrow \mathbb{R}$ is a smooth function. We shall also assume that $L(x, 0)=0$ for every $x \in M$ and that the 1 -form $\theta_{x}(v)=L_{v}(x, 0) v$ is not closed. Our assumptions are satisfied if $L(x, v)$ has the form $L(x, v)=\frac{1}{2}|v|_{x}^{2}+\theta_{x}(v)$ for a nonclosed 1 -form $\theta$. The Euler-Lagrange flow of this Lagrangian is called exact magnetic flow and it models the movement of a particle under the effect of a magnetic field (see [4, 11, 13, 14, 19]).

Let $\Lambda$ be the set of absolutely continuous contractible curves $x:[0,1] \rightarrow M$, $x(0)=x(1)$, such that $\dot{x}$ has finite $L^{2}$-norm. It is well known [7, 15] that $\Lambda$ has a Hilbert manifold structure compatible with the Riemannian metric on $M$.

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The free-time action $\mathcal{A}_{L}: \mathbb{R}^{+} \times \Lambda \rightarrow \mathbb{R}$ (where $\mathbb{R}^{+}$stands for the set of positive real numbers) is given by

$$
\mathcal{A}_{L}(b, x)=\int_{0}^{1} b L(x(t), \dot{x}(t) / b) d t
$$

If the Lagrangian is quadratic at infinity, arguments in [2, Proposition 3.1] show that $\mathcal{A}_{L}$ is a $C^{1,1}$ function (that is, a function with locally Lipschitz derivative).

Periodic orbits with energy larger than Mañés critical value were obtained in [7]. In previous articles [16, 17], we showed the existence of periodic orbits, not necessarily contractible, with large enough abbreviated action and large enough action. The aim of this note is to obtain nontrivial (that is, nonconstant) contractible periodic orbits for every negative value of the action. We also obtain estimates of the period and energy of such periodic orbits. We prove the following theorem.

Theorem 1.1. Let L be a convex Lagrangian quadratic at infinity such that $L(x, 0)=0$ for every $x \in M$ and such that the 1-form $\theta_{x}(v)=L_{v}(x, 0) v$ is not closed. Then there are $\gamma>0$ and $a_{1}<0$ such that for every $a<0$, the Lagrangian has a nontrivial contractible periodic orbit with action a so that its period $T$ and energy e satisfy

$$
\begin{gathered}
-\gamma^{-1} a \leq T, \quad e \leq \gamma \quad \text { for every } a<0 \\
T \leq-\gamma a, \quad-\gamma^{-1} a^{-1} \leq e \quad \text { for every } a<a_{1} .
\end{gathered}
$$

We remark that nonconstant periodic orbits with action $a$ are obtained for every $a<0$. The first line of estimates holds for every $a<0$ and the second line holds for every $a<a_{1}$. All estimates are satisfied if $a<a_{1}$.

In [5], it is shown that a particular class of Lagrangians has an infinite set of periodic orbits satisfying similar bounds. In [17], we obtained periodic orbits with large enough prescribed action but those orbits are not necessarily contractible and satisfy different estimates.

We outline here the proof of Theorem 1.1. In Lemma 4.5, we show that for every $a<0$, the set $X_{a}$ of those $(b, x)$ such that $\mathcal{A}_{L}(b, x)=a$ is nonvoid. This is achieved by finding an upper bound of $\mathcal{A}_{L}(b, x)$ containing the integral of the 1 -form $\theta$. Since $\theta$ is not closed, we find a curve with negative action. By integrating many times along such a curve, we obtain arbitrarily large negative values of the action. On the other hand, under our assumptions, the value 0 is attained and hence the action takes every negative value (note that $\Lambda$ is connected). In Lemma 4.3, we show that every $a<0$ is a regular value of $\mathcal{A}_{L}$ and consequently $X_{a}$ is a $C^{1,1}$ manifold.

Consider the function $\mathcal{T}_{a}: X_{a} \rightarrow \mathbb{R}$ given by

$$
\mathcal{T}_{a}(b, x)=b
$$

In Proposition 2.3, we show that critical points of $\mathcal{T}_{a}$ correspond to periodic orbits of the Lagrangian. The existence of the desired periodic orbits follows by showing that for every $a<0$, the map $\mathcal{T}_{a}$ has a critical point. The periodic orbits obtained are nonconstant because if $(b, x) \in X_{a}$, then $b$ and the $L^{2}$-norm of $\dot{x}$ are bounded away from zero (see Lemma 4.4).

## 2. Contractible periodic orbits with prescribed action

The energy $E_{L}: T M \rightarrow \mathbb{R}$ is defined by

$$
E_{L}(x, v)=\frac{\partial L}{\partial v}(x, v) \cdot v-L(x, v)
$$

Since $L$ is autonomous, $E_{L}$ is a first integral of the Euler-Lagrange flow of $L$. Critical points of $\mathcal{A}_{L+k}$ correspond to periodic orbits with energy $k$.

Proposition 2.1. If $(b, x)$ is a critical point of $\mathcal{A}_{L+k}$, then $y:[0, b] \rightarrow M$ given by $y(s)=x(s / b)$ is a periodic solution of the Euler-Lagrange equation of $L$ with energy k. (See $[2,3,8,9]$.)

Note that periodic orbits with energy different from $k$ do not correspond to critical points of $\mathcal{A}_{L+k}$.

It is useful to define the average energy function $e: \mathbb{R}^{+} \times \Lambda \rightarrow \mathbb{R}$ by

$$
e(b, x)=\int_{0}^{1} E_{L}(x(t), \dot{x}(t) / b)=\frac{1}{b} \int_{0}^{b} E_{L}(y(s), \dot{y}(s)) d s .
$$

Remark 2.2. It is easy to see that

$$
\frac{\partial \mathcal{A}_{L}}{\partial b}(b, x)=-e(b, x) .
$$

Define $\mathcal{T}_{a}: X_{a} \rightarrow \mathbb{R}$ by

$$
\mathcal{T}_{a}(b, x)=b
$$

and note that $\mathcal{T}_{a}$ is the restriction to $X_{a}$ of the canonical projection $\Pi: \mathbb{R}^{+} \times \Lambda \rightarrow \mathbb{R}^{+}$. Then $\nabla \mathcal{T}_{a}(b, x)$ is the orthogonal projection of $\nabla \Pi=(1,0)$ onto $T_{(b, x)} X_{a}$. We can find the projection by writing

$$
\nabla \mathcal{T}_{a}=\left(v_{b}, v_{x}\right), \quad(1,0)=\alpha \frac{\nabla \mathcal{A}_{L}}{\left\|\nabla \mathcal{A}_{L}\right\|}+\left(v_{b}, v_{x}\right) .
$$

It follows that

$$
\begin{equation*}
\alpha=\frac{1}{\left\|\nabla \mathcal{A}_{L}\right\|} \frac{\partial \mathcal{A}_{L}}{\partial b}, \quad v_{b}=1-\alpha^{2}, \quad v_{x}=-\frac{1}{\left\|\nabla \mathcal{A}_{L}\right\|^{2}} \frac{\partial \mathcal{A}_{L}}{\partial b} \frac{\partial \mathcal{A}_{L}}{\partial x} . \tag{2.1}
\end{equation*}
$$

Note that $\nabla \mathcal{T}_{a}$ is locally Lipschitz.
Proposition 2.3. If $(b, x)$ is a critical point of $\mathcal{T}_{a}$, then $(b, x)$ corresponds to a periodic orbit.

Proof. Let $(b, x)$ be such that $\nabla \mathcal{T}_{a}(b, x)=0$. Then $v_{b}(b, x)=0$ and $v_{x}(b, x)=0$. Therefore, $\alpha \neq 0$ and hence

$$
\frac{\partial \mathcal{A}_{L}}{\partial x}(b, x)=0 .
$$

## 3. Minimax principle

Definition 3.1. Let $f: X \rightarrow \mathbb{R}$ be a $C^{1}$ map, where $X$ is an open set of a Hilbert manifold. We say that $f$ satisfies the Palais-Smale condition at level $c$ if every sequence $\left\{x_{n}\right\}$ with $f\left(x_{n}\right) \rightarrow c$ and $\left\|d_{x_{n}} f\right\| \rightarrow 0$ as $n \rightarrow \infty$ has a converging subsequence.

The following version of the minimax principle (Proposition 3.2 below) is a particular case of [7, Proposition 6.3] (which in turn is inspired by [12] (see also [18])). Let $X$ be an open set in a Hilbert manifold and $f: X \rightarrow \mathbb{R}$ be a $C^{1,1}$ map. Observe that if $X$ is not complete or the vector field $Y=-\nabla f$ is not globally Lipschitz, the gradient flow $\psi_{t}$ of $-f$ is a priori only a local flow. Given $p \in X$ and $t>0$, define

$$
\alpha(p):=\sup \left\{a>0 \mid s \mapsto \psi_{s}(p) \text { is defined for } s \in[0, a]\right\}
$$

We say that a function $\tau: X \rightarrow[0,+\infty)$ is an admissible time if $\tau$ is differentiable and $0 \leq \tau(x)<\alpha(x)$ for all $x \in X$. Given an admissible time $\tau$ and a subset $F \subset X$, define

$$
F_{\tau}:=\left\{\psi_{\tau(p)}(p) \mid p \in F\right\} .
$$

Let $\mathcal{F}$ be a family of subsets $F \subset X$. We say that $\mathcal{F}$ is forward invariant if $F_{\tau} \in \mathcal{F}$ for all $F \in \mathcal{F}$ and any admissible time $\tau$. Define

$$
c(f, \mathcal{F})=\inf _{F \in \mathcal{F}} \sup _{p \in F} f(p)
$$

Proposition 3.2. Let $f$ be a $C^{1,1}$ function satisfying the Palais-Smale condition at level $c(f, \mathcal{F})$. Assume also that $\mathcal{F}$ is forward invariant under the gradient flow of $-f$. Suppose that $c=c(f, \mathcal{F})$ is finite and that there is an $\varepsilon$ such that the gradient flow is relatively complete in the set $[c-\varepsilon \leq f \leq c+\varepsilon]$. Then $c(f, \mathcal{F})$ is a critical value of $f$.

## 4. Proof of Theorem 1.1

Recall that we are assuming that our Lagrangian $L$ is convex, quadratic at infinity and such that $L(x, 0)=0$ for all $x$. Let $\theta_{x}$ be the 1-form $\theta_{x}(v)=L_{v}(x, 0) v$, where $L_{v}$ is the derivative along the fibre. Recall that we are assuming that $\theta$ is not closed. Set $\Theta(x)=\int_{x} \theta$ and define

$$
\sigma(L)=\sup _{\|\dot{x}\| \neq 0} \frac{|\Theta(x)|}{\|\dot{x}\|_{L^{2}}^{2}}
$$

Lemma 4.1. $0<\sigma(L)<+\infty$.
Proof. Let $\ell(x)$ be the length of $x$ and note that $\ell(x) \leq\|\dot{x}\|$.
By [7, Lemma 5.1, page 369], there is a $\sigma_{0}>0$ such that $|\Theta(x)| \leq \sigma_{0} \ell(x)^{2}$ for every $x \in \Lambda$ and therefore $\sigma(L)<\infty$.

We claim that there is an $x \in \Lambda$ so that $\Theta(x) \neq 0$. Assume by contradiction that $\Theta(x)=0$ for every $x \in \Lambda$. Consider $U \subset M$, a contractible open set. We have in particular that $\Theta(x)=\int_{x} \theta=0$ for every $x$ contained in $U$. Therefore, $\left.\theta\right|_{U}$ is exact and hence $\left.d \theta\right|_{U}=0$. Since $U$ is arbitrary, we conclude that $\theta$ is closed, contradicting the hypothesis of Theorem 1.1. This proves the claim, which implies that $\sigma>0$.

Lemma 4.2. Set $\theta_{x}(v)=L_{v}(x, 0) v$ and let, as before, $\Theta(x)=\int_{x} \theta$. If $L$ is convex, quadratic at infinity and such that $L(x, 0)=0$ for every $x \in M$, there are positive constants $A, A_{1}, B, B_{1}$ such that

$$
\begin{align*}
\frac{A}{2 b}\|\dot{x}\|_{L^{2}}^{2}+\Theta(x) & \leq \mathcal{A}_{L}(b, x) \leq \frac{A_{1}}{2 b}\|\dot{x}\|_{L^{2}}^{2}+\Theta(x),  \tag{4.1}\\
\frac{A}{2 b^{2}}\|\dot{x}\|_{L^{2}}^{2} & \leq e(b, x) \leq \frac{A_{1}}{2 b^{2}}\|\dot{x}\|_{L^{2}}^{2}  \tag{4.2}\\
A \frac{\|\dot{x}\|_{L^{2}}^{2}}{2 b}-B b & \leq \mathcal{A}_{L}(b, x) \leq A_{1} \frac{\|\dot{x}\|_{L^{2}}^{2}}{2 b}+B_{1} b . \tag{4.3}
\end{align*}
$$

Proof. Let $a, a_{1}$ be positive numbers according to [7, Lemma 3.1] such that

$$
\begin{align*}
\frac{a}{2}|v|_{x}^{2}+\theta_{x}(v) & \leq L(x, v) \leq \frac{a_{1}}{2}|v|_{x}^{2}+\theta_{x}(v),  \tag{4.4}\\
\frac{a}{2}|v|_{x}^{2} & \leq E_{L}(x, v) \leq \frac{a_{1}}{2}|v|_{x}^{2} . \tag{4.5}
\end{align*}
$$

On the other hand, since $L$ is quadratic at infinity, there are positive numbers $\bar{a}, B, \bar{a}_{1}, B_{1}$ such that

$$
\begin{equation*}
\frac{\bar{a}}{2}|v|^{2}-B \leq L(x, v) \leq \frac{\bar{a}_{1}}{2}|v|^{2}+B_{1} . \tag{4.6}
\end{equation*}
$$

Take $A$ and $A_{1}$ such that $0<A<a, 0<A<\bar{a}$ and $0<a_{1}<A_{1}, 0<\bar{a}_{1}<A_{1}$. The lemma follows from this choice on taking account of (4.4)-(4.6).

From (4.2) and (4.3),

$$
\begin{equation*}
\frac{A}{A_{1}}\left(\frac{\mathcal{A}_{L}(b, x)}{b}-B_{1}\right) \leq e(b, x) \leq \frac{A_{1}}{A}\left(\frac{\mathcal{A}_{L}(b, x)}{b}+B\right) \tag{4.7}
\end{equation*}
$$

Let $X_{a}$ be the set of those $(b, x) \in \mathbb{R}^{+} \times \Lambda$ such that $\mathcal{A}_{L}(b, x)=a$.
Lemma 4.3. Suppose that $a<0$. Then $X_{a}$ does not contain critical points of $\mathcal{A}_{L}$.
Proof. Assume that the lemma is false. Then there is $(b, x)$ such that

$$
\frac{\partial \mathcal{A}_{L}}{\partial x}(b, x)=0 \quad \text { and } \quad \frac{\partial \mathcal{A}_{L}}{\partial b}(b, x)=0
$$

By Remark 2.2, $e(b, x)=0$ and hence, by (4.2), $\|\dot{x}\|_{L^{2}}=0$. By (4.1),

$$
0=\frac{A}{2 b}\|\dot{x}\|_{L^{2}}^{2}+\Theta(x) \leq \mathcal{A}_{L}(b, x)=a<0
$$

which is a contradiction.
Note that Lemma 4.3 implies that $X_{a}$ is a $C^{1,1}$ manifold for every $a<0$ and hence we can apply the minimax principle to the function $\mathcal{T}_{a}: X_{a} \rightarrow \mathbb{R}$. If $(b, x)$ is a critical point of $\mathcal{T}_{a}$, it satisfies $\partial \mathcal{A}_{L} / \partial x(b, x)=0$ on account of Proposition 2.3 (and therefore it corresponds to a periodic orbit). However, such a point $(b, x)$ cannot satisfy $\partial \mathcal{A}_{L} / \partial b(b, x)=0$ at the same time.

Lemma 4.4. Suppose that $(b, x) \in X_{a}$ and $a<0$. Then:

$$
\begin{align*}
& b \geq(A / 2 \sigma)  \tag{1}\\
& \|\dot{x}\|_{L^{2}}^{2} \geq-a / \sigma .
\end{align*}
$$

Proof. By (4.1) and Lemma 4.1,

$$
\frac{A}{2 b}\|\dot{x}\|_{L^{2}}^{2}-\sigma\|\dot{x}\|_{L^{2}}^{2} \leq \frac{A}{2 b}\|\dot{x}\|_{L^{2}}^{2}+\Theta(x) \leq \mathcal{A}_{L}(b, x)=a<0
$$

and this gives the first item. To prove the second item, note that

$$
-a \leq\left(\sigma-\frac{A}{2 b}\right)\|\dot{x}\|_{L^{2}}^{2} \leq \sigma\|\dot{x}\|_{L^{2}}^{2} .
$$

Recall that $\mathcal{T}_{a}: X_{a} \rightarrow \mathbb{R}$ is defined by $\mathcal{T}_{a}(b, x)=b$. Let $\mathcal{F}_{a}$ be the family of sets $F=\{(b, x)\}$ such that $\mathcal{A}_{L}(b, x)=a$.

Lemma 4.5. $\mathcal{F}_{a}$ is nonvoid for every $a<0$ and there are $\gamma>0$ and $a_{1}<0$ such that

$$
\begin{array}{r}
-\gamma^{-1} a \leq c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right) \quad \text { for every } a<0, \\
c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right) \leq-\gamma a \quad \text { for every } a<a_{1} .
\end{array}
$$

Proof. First we show that $\mathcal{A}_{L}$ takes arbitrarily large negative values. To see this, note that for nonconstant $x$,

$$
\mathcal{A}_{L}(b, x) \leq \frac{A_{1}\|\dot{x}\|_{L^{2}}^{2}}{2 b}+\Theta(x)=\|\dot{x}\|_{L^{2}}^{2}\left(\frac{A_{1}}{2 b}+\frac{\Theta(x)}{\|\dot{x}\|_{L^{2}}^{2}}\right) .
$$

By Lemma 4.1, $\sigma>0$ and hence there is an $x_{1} \in \Lambda$ such that $\Theta\left(x_{1}\right) \neq 0$. (Recall that to show that $\sigma>0$, we used the assumption that $\theta$ is not closed.) If $\Theta\left(x_{1}\right)<0$, set $x_{0}=x_{1}$ and, if $\Theta\left(x_{1}\right)>0$, set $x_{0}(t)=x_{1}(1-t)$ for $t \in[0,1]$. This shows that there is an $x_{0} \in \Lambda$ such that $\Theta\left(x_{0}\right)<0$.

Take $b_{0}$ so that $\mathcal{A}_{L}\left(b_{0}, x_{0}\right)<0$ and set

$$
a_{0}=\mathcal{A}_{L}\left(b_{0}, x_{0}\right)
$$

For $n=1,2, \ldots$, let $w^{n}:[0, n] \rightarrow M$ be the map defined by $w^{n}(t)=x_{0}(t-i)$ for $t \in[i, i+1]$, where $i$ is any integer such that $0 \leq i<n$. Let $x_{0}^{n} \in \Lambda$ be defined by $x_{0}^{n}(t)=w^{n}(t n)$. Then

$$
\begin{equation*}
\mathcal{A}_{L}\left(n b_{0}, x_{0}^{n}\right)=n a_{0}, \tag{4.8}
\end{equation*}
$$

which shows that $\mathcal{A}_{L}$ takes arbitrarily large negative values. On the other hand, since $\mathcal{A}_{L}$ takes the value 0 , it takes every negative value since $\mathcal{A}_{L}$ is continuous and $\Lambda$ is connected. This shows that $X_{a}$ is nonvoid for every $a<0$.

If $(b, x) \in X_{a}$, then, by (4.3),

$$
-B b \leq A \frac{\|\dot{x}\|_{L^{2}}^{2}}{2 b}-B b \leq \mathcal{A}_{L}(b, x)=a .
$$

Therefore,

$$
-\frac{1}{B} a \leq b
$$

and hence

$$
-\frac{1}{B} a \leq c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right)
$$

For the other inequality, let $a<a_{0}$ and keep it fixed for the rest of the proof. Take a positive integer $n$ such that

$$
(n+1) a_{0} \leq a<n a_{0} .
$$

Let $\Gamma:[0,1] \rightarrow \mathbb{R}^{+} \times \Lambda$ be a continuous map given by

$$
\Gamma(s)=\left(\beta_{s}, z_{s}\right)
$$

such that $\beta_{s}=(n+s) b_{0}, z_{0}=x_{0}^{n}$ and $z_{1}=x_{0}^{n+1}$. By (4.8) and the continuity of $\mathcal{A}_{L}$, there is an $s_{1} \in[0,1]$ such that

$$
\mathcal{A}_{L}\left(\Gamma\left(s_{1}\right)\right)=a .
$$

Then

$$
\mathcal{T}_{a}\left(\Gamma\left(s_{1}\right)\right)=\beta_{s_{1}}
$$

and consequently

$$
c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right) \leq \beta_{s_{1}}
$$

Therefore,

$$
c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right) \leq(n+1) b_{0}=\frac{b_{0}}{-a_{0}}\left(-n a_{0}-a_{0}\right)<\frac{b_{0}}{-a_{0}}\left(-a-a_{0}\right)
$$

We choose $a_{1}<0$ and $\gamma_{1}>0$ so that

$$
\frac{b_{0}}{-a_{0}}\left(-a-a_{0}\right)<-\gamma_{1} a \quad \text { for } a<a_{1}
$$

Finally, let $\gamma>B$ and $\gamma>\gamma_{1}$.
Lemmas 4.6 and 4.7 below appear also in [17] and we include them here for the sake of completeness.

Lemma 4.6. The flow of $-\nabla \mathcal{T}_{a}$ is relatively complete in $0<c_{1} \leq \mathcal{T}_{a} \leq c_{2}$.
Proof. Arguing by contradiction, let $s \rightarrow \Gamma(s)=(b(s), x(s))$ be a flow semi-trajectory defined in the maximal interval $[0, \bar{s})$ and contained in $c_{1} \leq \mathcal{T}_{a} \leq c_{2}$. Let $t_{n} \in[0, \bar{s})$ be a sequence converging to $\bar{s}$. By the same argument as in [7, Lemma 6.9], the sequence $\Gamma\left(t_{n}\right)$ is a Cauchy sequence, implying that $b\left(t_{n}\right)$ converges to $b_{0} \in[0, \infty)$. Since $b\left(t_{n}\right) \geq c_{1}>0$, we know that $b_{0}>0$ and hence the sequence $\Gamma\left(t_{n}\right)$ converges in $X_{a}$, which allows the flow semi-trajectory to be extended.

Lemma 4.7. $\mathcal{T}_{a}$ satisfies the Palais-Smale condition at level $c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right)$.

Proof. Let $\left\{\left(b_{n}, x_{n}\right)\right\}$ be a sequence in $X_{a}$ such that $\mathcal{T}_{a}\left(b_{n}, x_{n}\right) \rightarrow c\left(\mathcal{T}_{a}, \mathcal{F}_{a}\right)$ and such that $\left\|\nabla \mathcal{T}_{a}\left(b_{n}, x_{n}\right)\right\| \rightarrow 0$. By Lemma $4.5, b_{n}$ is bounded and bounded away from zero. Then $\left\|\nabla A_{L}\left(b_{n}, x_{n}\right)\right\|$ is bounded away from zero since otherwise the arguments of [7, Proposition 3.12] (see also [6, 10]) show that $\left\{\left(b_{n}, x_{n}\right)\right\}$ has a subsequence converging to a critical point of $\mathcal{A}_{L}$, which is impossible because $a$ is a regular value of $\mathcal{A}_{L}$. Since $\mathcal{A}_{L}\left(b_{n}, x_{n}\right)=a$ and $b_{n}$ is bounded and bounded away from zero, we conclude by (4.3) that $\left\|\dot{x}_{n}\right\|_{L^{2}}$ is bounded and this implies, by (4.2), that $e\left(b_{n}, x_{n}\right)=-\partial \mathcal{A}_{L} / \partial b\left(b_{n}, x_{n}\right)$ is bounded.

Let $v_{b}, v_{x}, \alpha$ be as in (2.1). Then $v_{b}\left(b_{n}, x_{n}\right)$ converges to 0 and thus $\alpha\left(b_{n}, x_{n}\right)$ is bounded and bounded away from zero. This implies that $\left\|\nabla A_{L}\left(b_{n}, x_{n}\right)\right\|$ is bounded and $\partial \mathcal{A}_{L} / \partial b\left(b_{n}, x_{n}\right)$ is bounded away from zero.

On the other hand, since $\left\|v_{x}\left(b_{n}, x_{n}\right)\right\|$ also converges to 0 ,

$$
\left\|\frac{\partial \mathcal{A}_{L}}{\partial x}\left(b_{n}, x_{n}\right)\right\| \rightarrow 0 .
$$

Hence, by the argument of [7, Proposition 3.12], the sequence $\left\{\left(b_{n}, x_{n}\right)\right\}$ has a convergent subsequence in $X_{a}$. In fact [7, Proposition 3.12] assumes that $\left\|d_{b_{n}, x_{n}} \mathcal{A}_{L}\right\|$ converges to zero but it is enough to have $\left\|\partial \mathcal{A}_{L} / \partial x\left(b_{n}, x_{n}\right)\right\| \rightarrow 0$ as is shown in [1, Lemma 5.3].
Proof of Theorem 1.1. Lemmas 4.3, 4.5-4.7 allow us to apply Proposition 3.2, completing the proof. The orbits obtained are nontrivial because of Lemma 4.4. The estimates for the period follow from Lemma 4.5. The upper bound of the energy is obtained from the estimates for the period and (4.7) (possibly after taking a bigger $\gamma$ ). The lower bound of the energy is obtained from the estimates for the period and Lemma 4.4.

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