Notes from meeting with Stanford:

Regarding hand springs:

It seems like it would be better to just one set of forces and torques to eliminate redundancy and be more realistic to the spring nature of the bar. However, this could also end up being less realistic since one hand could be pushing on the bar and the other could just be resting on it.

You could apply the spring forces from point where the bar would attach to the ceiling. This is likely more realistic. You can get the point on the ceiling by projecting the center point between the two bar markers onto where the ceiling would be.

We don’t really know where the zero point is for the springs. Maybe we should optimize the spring attachment location in addition to the spring constants.