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# The gap theorems for some extremal submanifolds in a unit sphere

*Xi Guo and Lan Wu*

**Abstract.** Let  $M$  be an  $n$ -dimensional submanifold in the unit sphere  $S^{n+p}$ , we call  $M$  a  $k$ -extremal submanifold if it is a critical point of the functional  $\int_M \rho^{2k} dv$ . In this paper, we can study gap phenomenon for these submanifolds.

## 1 Introduction and theorems

Let  $x: M^n \hookrightarrow S^{n+p}(1)$  be an  $n$ -dimensional compact submanifold in a unit sphere, and let

- $e_1, \dots, e_n$  be a local orthonormal frame of tangent vector field on  $M$ ,
- $e_{n+1}, \dots, e_{n+p}$  be a local orthonormal frame of normal vector field on  $M$ ,
- $\omega_1, \dots, \omega_n, \omega_{n+1}, \dots, \omega_{n+p}$  be its dual coframe field.

Then the second fundamental form and the mean curvature vector of  $M$  are

$$A = \sum_{i,j,\alpha} h_{ij}^\alpha \omega_i \otimes \omega_j \otimes e_\alpha, \quad \mathbf{H} = \sum_{\alpha} H^\alpha e_\alpha = \frac{1}{n} \sum_{i,\alpha} h_{ii}^\alpha e_\alpha. \quad (1)$$

We can define trace-free linear maps  $\phi_\alpha: T_q M \rightarrow T_q M$  by

$$\langle \phi^\alpha X, Y \rangle = \langle A^\alpha X, Y \rangle - \langle X, Y \rangle \langle \mathbf{H}, e_\alpha \rangle,$$

where  $q \in M$ ,  $A^\alpha$  is the shape operator of  $e_\alpha$ ,

$$A^\alpha(e_i) = - \sum_j \langle \bar{\nabla}_{e_i} e_\alpha, e_j \rangle e_j = \sum_j h_{ij}^\alpha e_j,$$

and we define a bilinear map  $\phi: T_q M \times T_q M \rightarrow T_q M^\perp$  by

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$$\phi(X, Y) = \sum_{\alpha=n+1}^{n+p} \langle \phi^\alpha X, Y \rangle e_\alpha. \quad (2)$$

It's easy to check that  $|\phi|^2 = |A|^2 - nH^2$ , where  $H^2 = |\mathbf{H}|^2 = \sum_\alpha (H^\alpha)^2$ , and we denote  $\rho = |\phi|$ . For any fixed number  $k$  with  $k \geq 1$ , we can define the following functional

$$F_k(x) = \int_M \rho^{2k} dv. \quad (3)$$

When  $k = \frac{n}{2}$ , it is the Willmore functional. We say  $x: M \rightarrow S^{n+p}$  is a  $k$ -extremal submanifold if it is a critical point of the functional  $F_k(x)$ .

It seems very interesting to study the gap phenomenon for submanifolds, and there are some results about compact minimal submanifolds in  $S^{n+p}(1)$ , such as in [7]. For Willmore submanifolds, H. Li proved:

**Theorem 1.** [6] *Let  $M$  be an  $n$ -dimensional compact Willmore submanifold in  $S^{n+p}$ , then*

$$\int_M \left[ n - \left( 2 - \frac{1}{p} \right) \rho^2 \right] \rho^n dv \leq 0. \quad (4)$$

*In particular, if  $\rho^2 \leq \frac{n}{2-1/p}$ , then either  $\rho = 0$  and  $M$  is a totally umbilical submanifold, or  $\rho^2 = \frac{n}{2-1/p}$ . In the latter case, either  $p = 1$  and  $M$  is a Willmore torus  $W_{m, n-m} = S^m(\sqrt{\frac{n-m}{n}}) \times S^{n-m}(\sqrt{\frac{m}{n}})$ ; or  $n = 2$ ,  $p = 2$  and  $M$  is the Veronese surface.*

And for  $k$ -extremal submanifolds, Z. Guo and H. Li, the second author proved:

**Theorem 2.** [1], [9] *Let  $M$  be an  $n$ -dimensional compact  $k$ -extremal submanifold in  $S^{n+p}$ ,  $1 \leq k < \frac{n}{2}$ , then*

$$\int_M \left[ n - \left( 2 - \frac{1}{p} \right) \rho^2 \right] \rho^{2k} dv \leq 0. \quad (5)$$

*In particular, if  $\rho^2 \leq \frac{n}{2-1/p}$ , then either  $\rho = 0$  and  $M$  is a totally umbilical submanifold, or  $\rho^2 = \frac{n}{2-1/p}$ . In the latter case, either  $p = 1$ ,  $n = 2m$  and  $M$  is a Clifford torus  $C_{m, m} = S^m(\sqrt{\frac{1}{2}}) \times S^m(\sqrt{\frac{1}{2}})$ ; or  $n = 2$ ,  $p = 2$  and  $M$  is the Veronese surface.*

In 2011, H. Xu and D. Yang proved the following pinching theorem for submanifold which is a critical point of the functional  $F_1(x)$ .

**Theorem 3.** [8] *Let  $M$  be an  $n$ -dimensional compact 1-extremal submanifold in  $S^{n+p}$ , then there exists an explicit positive constant  $A_n$  depending only on  $n$  such that if*

$$\left( \int_M \rho^n dv \right)^{\frac{2}{n}} < A_n, \quad (6)$$

$$A_n = \begin{cases} \min \left\{ \frac{n(n-2)^2}{4n(n-1)^2 + (n-2)^2}, \right. \\ \left. \frac{(n-2)^2(\frac{n}{2} - n)}{4(\frac{n}{2} - n)(n-1)^2 + (n-2)^2} \right\} C(n)^{-2} & (p=1); \\ \frac{2}{3} \min \left\{ \frac{n(n-2)^2}{4n(n-1)^2 + (n-2)^2}, \right. \\ \left. \frac{(n-2)^2(\frac{n}{2} - n)}{4(\frac{n}{2} - n)(n-1)^2 + (n-2)^2} \right\} C(n)^{-2} & (p \geq 2), \end{cases}$$

then  $M$  is a totally umbilical submanifold, where  $C(n)$  is a positive constant depending on  $n$  which satisfies:

$$\left( \int_M f^{\frac{n-1}{n}} dv \right)^{\frac{n}{n-1}} \leq C(n) \int_M (|\nabla f| + (1 + H^2)f) dv \quad (7)$$

holds for any  $f \in C^1(M)$ .

In this paper, we prove the following theorems for the  $k$ -extremal submanifold when  $1 \leq k < \frac{n}{2}$ :

**Theorem 4.** Let  $M$  be an  $n$ -dimensional compact  $k$ -extremal submanifold in  $S^{n+p}$  ( $n \geq 3$ ),  $1 \leq k < \frac{n}{2}$ , then there exists an explicit positive constant  $A_{n,k}$  depending only on  $n$  and  $k$  such that if

$$\left( \int_M \rho^n dv \right)^{\frac{2}{n}} < A_{n,k}, \quad (8)$$

where

$$A_{n,k} = \begin{cases} C(n)^{-2} \min \left\{ \frac{n(n-2)^2(2k-1)}{4n(n-1)^2k^2 + (2k-1)(n-2)^2}, \right. \\ \left. \frac{(2k-1)(n-2)^2(\frac{n^2}{2k} - n)}{4(\frac{n^2}{2k} - n)(n-1)^2k^2 + (2k-1)(n-2)^2} \right\} & (p=1); \\ \frac{2}{3} C(n)^{-2} \min \left\{ \frac{n(n-2)^2(2k-1)}{4n(n-1)^2k^2 + (2k-1)(n-2)^2}, \right. \\ \left. \frac{(2k-1)(n-2)^2(\frac{n^2}{2k} - n)}{4(\frac{n^2}{2k} - n)(n-1)^2k^2 + (2k-1)(n-2)^2} \right\} & (p \geq 2), \end{cases}$$

then  $M$  is a totally umbilical submanifold, where  $C(n)$  is the same constant as above.

**Theorem 5.** Let  $M$  be an  $n$ -dimensional ( $n \geq 3$ ) compact  $k$ -extremal submanifold with flat normal bundle in  $S^{n+p}$ ,  $1 \leq k < \frac{n}{2}$ . If  $\rho^2 \leq n$ , then either  $\rho = 0$  and  $M$  is a totally umbilical submanifold, or  $p = 1$ ,  $n = 2m$  and  $M$  is a Clifford torus  $C_{m,m} = S^m \left( \sqrt{\frac{1}{2}} \right) \times S^m \left( \sqrt{\frac{1}{2}} \right)$ .

**Remark 1.** If  $k = \frac{n}{2}$ , then  $A_{n,k} = 0$ , so our Theorem 4 is trivial when  $k = \frac{n}{2}$ . If  $k = 1$ ,  $A_{n,1} = A_n$ , our Theorem 4 reduces to Xu-Yang's Theorem 3.

## 2 Preliminaries and lemmas

We shall make use of the following convention on the range of indices:

$$1 \leq A, B, C \leq n+p, \quad 1 \leq i, j, k \leq n, \quad n+1 \leq \alpha, \beta, \gamma \leq n+p.$$

We choose a local orthonormal frame field  $\{e_1, \dots, e_n, e_{n+1}, \dots, e_{n+p}\}$  along  $M$ , with  $\{e_i\}_{i=1,2,\dots,n}$  tangent to  $M$  and  $\{e_\alpha\}_{\alpha=n+1,n+2,\dots,n+p}$  normal to  $M$ . Let  $\{\omega_A\}$  be the corresponding dual coframe, and  $\{\omega_{AB}\}$  be the connection 1-form on  $S^{n+p}$ . Restricted on  $M$ , the curvature tensor, the normal curvature tensor can be given by

$$d\omega_{ij} - \sum_k \omega_{ik} \wedge \omega_{kj} = -\frac{1}{2} \sum_{k,l} R_{ijkl} \omega_k \wedge \omega_l, \quad (9)$$

$$d\omega_{\alpha\beta} - \sum_\gamma \omega_{\alpha\gamma} \wedge \omega_{\gamma\beta} = -\frac{1}{2} \sum_{k,l} R_{\alpha\beta kl}^\perp \omega_k \wedge \omega_l. \quad (10)$$

and the mean curvature  $\mathbf{H} = \sum_\alpha H^\alpha e_\alpha$ , where  $H^\alpha = \frac{1}{n} \sum_i h_{ii}^\alpha$ .

The covariant derivative of the second fundamental form is given by

$$\sum_k h_{ij,k}^\alpha \omega_k = dh_{ij}^\alpha + \sum_k h_{ki}^\alpha \omega_{kj} + \sum_k h_{kj}^\alpha \omega_{ki} + \sum_\beta h_{ij}^\beta \omega_{\beta\alpha}, \quad (11)$$

$$\sum_l h_{ij,kl}^\alpha \omega_l = dh_{ij,k}^\alpha + \sum_l h_{lj,k}^\alpha \omega_{li} + \sum_l h_{ij,l}^\alpha \omega_{lk} + \sum_l h_{il,k}^\alpha \omega_{lj} + \sum_\beta h_{ij,k}^\beta \omega_{\beta\alpha}. \quad (12)$$

In [9], the second author calculated the Euler-Lagrangian equation of  $F_k(x)$ :

**Lemma 1.** [9] *If  $x: M \rightarrow R^{n+p}(c)$  be an  $n$ -dimensional submanifold in an  $(n+p)$ -dimensional space form  $R^{n+p}(c)$ . Then for  $k \geq 1$ ,  $M$  is an extremal submanifold of  $F_k(x)$  if and only if for  $n+1 \leq \alpha \leq n+p$ ,*

$$\begin{aligned} 0 = & -\Delta(\rho^{2k-2})H^\alpha + 2(n-1) \sum_i (\rho^{2k-2})_{,i} H_{,i}^\alpha \\ & + \sum_{i,j} (\rho^{2k-2})_{,ij} h_{ij}^\alpha + (n-1)\rho^{2k-2} \Delta^\perp H^\alpha \\ & + \rho^{2k-2} \left[ \sum_{i,j,k,\beta} h_{ij}^\alpha h_{jk}^\beta h_{ki}^\beta - \sum_{i,j,\beta} H^\beta h_{ij}^\alpha h_{ij}^\beta - \frac{n}{2k} \rho^2 H^\alpha \right]. \end{aligned} \quad (13)$$

Using the above lemma, we can get that:

**Lemma 2.** *If  $M$  is an extremal submanifold of  $F_k(x)$ , then*

$$\begin{aligned} \int_M \rho^{2k-2} \left( \Delta H^2 - 2 \sum_{i,j,\alpha} h_{ij}^\alpha H_{,ij}^\alpha \right) dv \\ = 2 \int_M \rho^{2k-2} |\nabla^\perp \mathbf{H}|^2 dv + 2 \int_M \rho^{2k-2} F dv, \end{aligned} \quad (14)$$

where  $\nabla^\perp$  is the normal connection on  $M$ , and

$$F := \sum_{i,j,k,\alpha,\beta} H^\alpha h_{ij}^\alpha h_{jk}^\beta h_{ji}^\beta - \sum_{j,k,\alpha,\beta} H^\alpha H^\beta h_{jk}^\alpha h_{jk}^\beta - \frac{n}{2k} \rho^2 H^2.$$

*Proof.* Multiplying the equation (13) by  $H^\alpha$  and integrating over  $M$  we obtain

$$\begin{aligned}
0 &= - \int_M \Delta(\rho^{2k-2})H^2 \, dv + 2(n-1) \int_M \sum_{i,\alpha} (\rho^{2k-2})_{,i} H_{,i}^\alpha H^\alpha \, dv \\
&\quad + \int_M \sum_{i,j,\alpha} (\rho^{2k-2})_{,ij} h_{ij}^\alpha H^\alpha \, dv + (n-1) \int_M \sum_{i,\alpha} \rho^{2k-2} H_{,ii}^\alpha H^\alpha \, dv \\
&\quad + \int_M \rho^{2k-2} F \, dv,
\end{aligned} \tag{15}$$

and integrating by parts, we can get

$$\int_M \sum_{i,\alpha} (\rho^{2k-2})_{,i} H_{,i}^\alpha H^\alpha \, dv = - \int_M \sum_i \rho_{,ii}^{2k-2} H^2 \, dv - \int_M \sum_{i,\alpha} \rho_{,i}^{2k-2} H_{,i}^\alpha H^\alpha \, dv,$$

so

$$2 \int_M \sum_{i,\alpha} (\rho^{2k-2})_{,i} H_{,i}^\alpha H^\alpha \, dv = - \int_M \Delta \rho^{2k-2} H^2 \, dv = - \int_M \rho^{2k-2} \Delta H^2 \, dv. \tag{16}$$

Thus we have the following calculations:

$$\begin{aligned}
\int_M \sum_{i,j,\alpha} (\rho^{2k-2})_{,ij} h_{ij}^\alpha H^\alpha \, dv &= - \int_M \sum_{i,j,\alpha} (\rho^{2k-2})_{,i} h_{ij,j}^\alpha H^\alpha \, dv - \int_M \sum_{i,j,\alpha} (\rho^{2k-2})_{,i} h_{ij}^\alpha H_{,j}^\alpha \, dv \\
&= -n \int_M \sum_{i,\alpha} (\rho^{2k-2})_{,i} H_{,i}^\alpha H^\alpha \, dv + \int_M \sum_{i,j,\alpha} \rho^{2k-2} h_{ij,i}^\alpha H_{,j}^\alpha \, dv \\
&\quad + \int_M \sum_{i,j,\alpha} \rho^{2k-2} h_{ij}^\alpha H_{,ji}^\alpha \, dv \\
&= \frac{n}{2} \int_M \rho^{2k-2} \Delta H^2 \, dv + n \int_M \rho^{2k-2} |\nabla^\perp \mathbf{H}|^2 \, dv \\
&\quad + \int_M \sum_{i,j,\alpha} \rho^{2k-2} h_{ij}^\alpha H_{,ij}^\alpha \, dv,
\end{aligned} \tag{17}$$

$$\int_M \sum_{i,\alpha} \rho^{2k-2} H_{,ii}^\alpha H^\alpha \, dv = \frac{1}{2} \int_M \rho^{2k-2} \Delta H^2 \, dv - \int_M \rho^{2k-2} |\nabla^\perp \mathbf{H}|^2 \, dv. \tag{18}$$

Then (15) becomes

$$\begin{aligned}
0 &= -\frac{1}{2} \int_M \rho^{2k-2} \Delta H^2 \, dv + \int_M \rho^{2k-2} |\nabla^\perp \mathbf{H}|^2 \, dv \\
&\quad + \int_M \sum_{i,j,\alpha} \rho^{2k-2} h_{ij}^\alpha H_{,ij}^\alpha \, dv + \int_M \rho^{2k-2} F \, dv,
\end{aligned} \tag{19}$$

so (14) holds.  $\square$

We also need the following inequalities:

**Lemma 3.** [8] *Let  $M$  be an  $n$ -dimensional ( $n \geq 3$ ) compact submanifold in the unit sphere  $S^{n+p}$ . Then for any  $f \in C^1(M)$ ,  $f \geq 0$ ,  $t > 0$ ,  $f$  satisfies the following inequality*

$$\int_M |\nabla f|^2 dv \geq c_1(n, t) \left( \int_M f^{\frac{2n}{n-2}} dv \right)^{\frac{n-2}{n}} - c_2(n, t) \int_M (1 + H^2) f^2 dv, \quad (20)$$

where  $c_1(n, t) = \frac{(n-2)^2}{4C(n)^2(1+t)(n-1)^2}$ ,  $c_2(n, t) = \frac{(n-2)^2}{4t(n-1)^2}$ .

**Lemma 4.** [4] *Let  $B^1, B^2, \dots, B^m$  be symmetric  $(n \times n)$ -matrices, Set  $S_{\alpha\beta} = \text{tr}(B^\alpha B^\beta)$ ,  $S_\alpha = S_{\alpha\alpha}$ ,  $S = \sum_\alpha S_\alpha$ , then*

$$\sum_{\alpha, \beta} |B^\alpha B^\beta - B^\beta B^\alpha|^2 + \sum_{\alpha, \beta} S_{\alpha\beta}^2 \leq \frac{3}{2} \left( \sum_\alpha S_\alpha \right)^2, \quad (21)$$

where  $|B|^2 = \text{tr } B^t B$ .

### 3 Proof of the theorems

We also need a Simons' type formula, which can be found in [6]:

**Lemma 5.** *If  $x: M \rightarrow S^{n+m}$  be an  $n$ -dimensional submanifold, then*

$$\begin{aligned} \frac{1}{2} \Delta \rho^2 &= |\nabla A|^2 - n^2 |\nabla^\perp \mathbf{H}|^2 + \sum_{i, j, k, \alpha} (h_{ij}^\alpha h_{kk, i, j}^\alpha) \\ &\quad + n \sum_{\alpha, \beta, i, j, k} H^\beta \phi_{ij}^\beta \phi_{jk}^\alpha \phi_{ki}^\alpha + n \rho^2 + n^2 H^2 \rho^2 \\ &\quad - \sum_{\alpha, \beta} \sigma_{\alpha\beta}^2 - \sum_{\alpha, \beta, i, j} (R_{\alpha\beta ij}^\perp)^2 - \frac{1}{2} \Delta(nH^2), \end{aligned} \quad (22)$$

where  $\phi$  is the trace-free tensor which defined above,  $\sigma_{\alpha\beta} = \sum_{i, j} \phi_{ij}^\alpha \phi_{ij}^\beta$ .

From

$$0 = \int_M \Delta \rho^{2k} dv = 2 \int_M \Delta \rho^2 \rho^{2k-2} dv + 2 \int_M \langle \nabla \rho^2, \nabla \rho^{2k-2} \rangle dv, \quad (23)$$

and (22), we get that

$$\begin{aligned} \frac{1}{2} \int_M \Delta \rho^2 \rho^{2k-2} dv &= \int_M |\nabla A|^2 \rho^{2k-2} dv + n \int_M \left( \sum_{\alpha, i, j} h_{ij}^\alpha H_{, ij}^\alpha - \frac{1}{2} \Delta H^2 \right) \rho^{2k-2} dv \\ &\quad + \int_M E \rho^{2k-2} dv, \end{aligned} \quad (24)$$

where

$$E := n \sum_{\alpha, \beta, i, j, k} H^\beta \phi_{ij}^\beta \phi_{jk}^\alpha \phi_{ki}^\alpha + n \rho^2 + n^2 H^2 \rho^2 - \sum_{\alpha, \beta} \sigma_{\alpha\beta}^2 - \sum_{\alpha, \beta, i, j} (R_{\alpha\beta ij}^\perp)^2.$$

Using (14) and (23),

$$0 = \int_M (|\nabla A|^2 - n|\nabla^\perp \mathbf{H}|^2) \rho^{2k-2} dv + \int_M (E - nF) \rho^{2k-2} dv + (2k-2) \int_M |\nabla \rho|^2 \rho^{2k-2} dv, \quad (25)$$

from Lemma 2.1 in [8] we know that

$$|\nabla A|^2 - n|\nabla^\perp \mathbf{H}|^2 = \sum_{\alpha, i, j, k} (\phi_{ij, k}^\alpha)^2 \geq |\nabla \rho|^2. \quad (26)$$

By a direct computation, we have that

$$E - nF = n\rho^2 + \frac{n^2}{2k} \rho^2 H^2 - n \sum_{\alpha, \beta, i, j} H^\alpha H^\beta \phi_{ij}^\alpha \phi_{ij}^\beta - \sum_{\alpha, \beta} \sigma_{\alpha\beta}^2 - \sum_{\alpha, \beta, i, j} (R_{\alpha\beta ij}^\perp)^2, \quad (27)$$

for

$$\sum_{\alpha, \beta, i, j} H^\alpha H^\beta \phi_{ij}^\alpha \phi_{ij}^\beta = \sum_{i, j} \left( \sum_{\alpha} H^\alpha \phi_{ij}^\alpha \right)^2 \leq \left( \sum_{i, j} \left( \sum_{\alpha} \phi_{ij}^\alpha \right)^2 \right) \left( \left( \sum_{\alpha} H^\alpha \right)^2 \right) = \rho^2 H^2, \quad (28)$$

then

$$0 \geq \frac{2k-1}{k^2} \int_M |\nabla \rho^k|^2 dv + \int_M \left[ n\rho^2 + \left( \frac{n^2}{2k} - n \right) H^2 \rho^2 - \sum_{\alpha, \beta} \sigma_{\alpha\beta}^2 - \sum_{\alpha, \beta, i, j} (R_{\alpha\beta ij}^\perp)^2 \right] \rho^{2k-2} dv. \quad (29)$$

*Proof.* (Theorem 4) From Lemma 4,

$$E - nF \geq n\rho^2 + \left( \frac{n^2}{2k} - n \right) \rho^2 H^2 - \eta \rho^4, \quad (30)$$

where  $\eta = \min(\frac{3}{2}, 2 - \frac{1}{p})$ .

From (25), (26) and (30), we know that the following inequality holds,

$$\frac{2k-1}{k^2} \int_M |\nabla \rho^k|^2 dv + \int_M \left[ n + \left( \frac{n^2}{2k} - n \right) H^2 - \eta \rho^2 \right] \rho^{2k} dv \leq 0, \quad (31)$$

and with Lemma 3 and (31), we can get:

$$0 \geq \frac{2k-1}{k^2} c_1(n, t) \left( \int_M \rho^{\frac{2n-2}{n-2}k} dv \right)^{\frac{n-2}{n}} + \left( n - \frac{2k-1}{k^2} c_2(n, t) \right) \left( \int_M \rho^{2k} dv \right) + \left( \frac{n^2}{2k} - n - \frac{2k-1}{k^2} c_2(n, t) \right) \left( \int_M H^2 \rho^{2k} dv \right) - \eta \int_M \rho^{2k+2} dv. \quad (32)$$



Using the Hölder's inequality, we have

$$\begin{aligned} 0 &\geq \left[ \frac{2k-1}{k^2} c_1(n, t) - \eta \left( \int_M \rho^n \, dv \right)^{\frac{2}{n}} \right] \left( \int_M \rho^{\frac{2n}{n-2} k} \, dv \right)^{\frac{n-2}{n}} \\ &\quad + \left( n - \frac{2k-1}{k^2} c_2(n, t) \right) \left( \int_M \rho^{2k} \, dv \right) \\ &\quad + \left[ \frac{n^2}{2k} - n - \frac{2k-1}{k^2} c_2(n, t) \right] \left( \int_M H^2 \rho^{2k} \, dv \right), \end{aligned}$$

let  $t = \frac{(n-2)^2(2k-1)}{4(n-1)^2 k^2} \max\left(\frac{2k}{n^2-2kn}, \frac{1}{n}\right)$ , then Theorem 4 follows.  $\square$

*Proof.* (Theorem 5) If  $M$  has normal flat bundle, then (29) become

$$\begin{aligned} 0 &\geq \frac{2k-1}{k^2} \int_M |\nabla \rho^k|^2 \, dv \\ &\quad + \int_M \left[ n\rho^2 + \left( \frac{n^2}{2k} - n \right) H^2 \rho^2 - \sum_{\alpha, \beta} \sigma_{\alpha\beta}^2 \right] \rho^{2k-2} \, dv \\ &\geq \int_M \left[ n\rho^2 + \left( \frac{n^2}{2k} - n \right) H^2 \rho^2 - \rho^4 \right] \rho^{2k-2} \, dv \\ &\geq \int_M (n - \rho^2) \rho^{2k} \, dv. \end{aligned} \tag{33}$$

So if  $\rho \leq n$ , then either  $\rho = 0$  and  $M$  is a totally umbilical submanifold, or  $\rho^2 = n$ , for  $k < \frac{n}{2}$ , from (33), we know that  $H = 0$ , with the Theorem 3 in [3], we know that  $M$  lies in a  $(n+1)$ -dimensional unit sphere, so the Theorem 5 follows from the Theorem 2.  $\square$

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