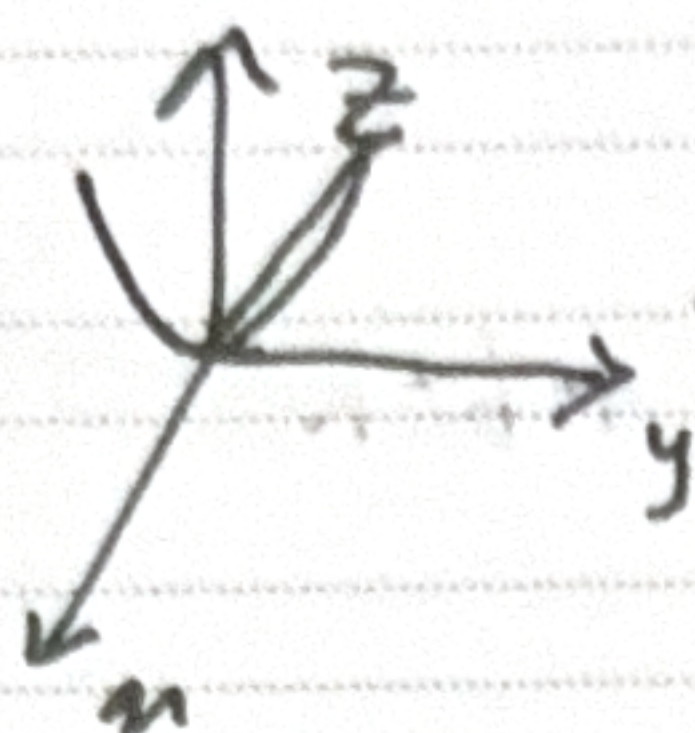


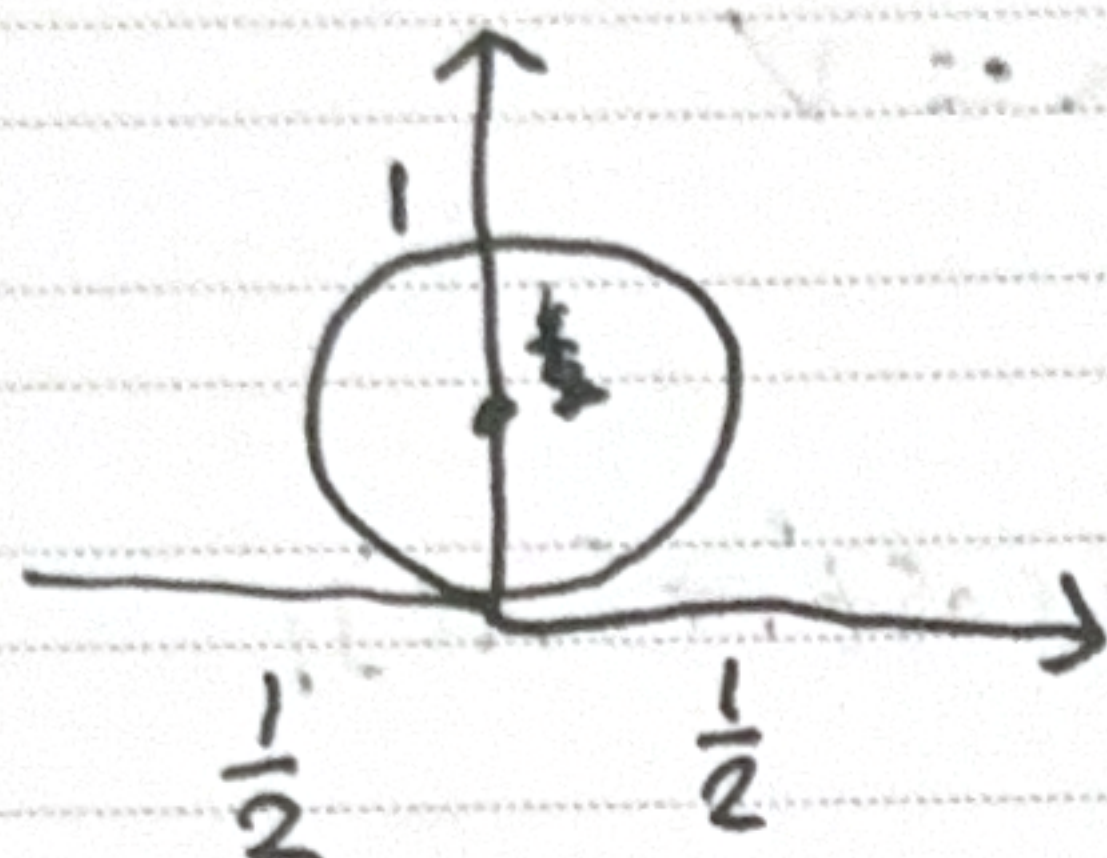
1.



$$x^2 + y^2 \leq z$$

$$r^2 \leq r \sin \theta$$

$$r \leq \sin \theta$$



$$\int_0^\pi \int_0^{\sin \theta} \int_0^{\sin \theta} r^2 \sin \theta \, dr \, d\theta \, dz$$

2.

$$x^2 + y^2 + z^2 = 4$$

$$z^2 = 4 - (x^2 + y^2)$$

$$\frac{1}{\pi} \int_0^{2\pi} \int_0^2 \int_0^{\sqrt{4-r^2}} z r \, dz \, dr \, d\theta$$

Inner: $\int_0^{\sqrt{4-r^2}} z r \, dz = \left[\frac{1}{2} z^2 r \right]_0^{\sqrt{4-r^2}} = \frac{1}{2} (4-r^2) r$

middle: $\int_0^2 (4-r^2) r \, dr = \left[2r^2 - \frac{1}{4} r^4 \right]_0^2 = 8 - 4 = 4$