

$$1. \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} (\int_0^2 (\int_0^{r^3} r dz) dr) d\theta$$

$$\blacksquare \int_0^{r^3} r dz$$

$$r z \Big|_0^{r^3} =$$

$$r^4$$

$$\blacksquare \int_0^2 r^4 dr =$$

$$\frac{r^5}{5} \Big|_0^2 =$$

$$\frac{32}{5}$$

$$\blacksquare \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \frac{32}{5} d\theta =$$

$$\frac{32}{5} \theta \Big|_{-\frac{\pi}{2}}^{\frac{\pi}{2}} =$$

$$\frac{32}{5} \pi$$

$$2. \int_0^2 (\int_0^{2\pi} (\int_0^r r dz) d\theta) dr$$

$$\blacksquare \int_0^r r dz =$$

$$r^2$$

$$\blacksquare \int_0^{2\pi} r^2 d\theta =$$

$$2\pi r^2$$

$$\blacksquare \int_0^2 2\pi r^2 dr =$$

$$2\pi \frac{r^3}{3} \Big|_0^2 =$$

$$2\pi \frac{8}{3}$$