1 | circular base with squares

$$\int_{-a}^{a} \left(2\sqrt{a^2 - x^2}\right)^2 dx = 8 \int_{0}^{a} a^2 - x^2 dx$$

2 | circular base with isocelese right triangle with hypotonuse on the base

$$\int_{-a}^{a} \frac{\sqrt{a^2 - x^2}^2}{4} dx = \frac{1}{2} \int_{0}^{a} a^2 - x^2 dx$$