1. Let $u=r^2+10r$, then u'=2r+10. Let $v=7r^2+2$, then v'=14r. Quotient rule: $y'=\frac{u'v-uv'}{v^2}$, so

$$y' = \frac{(2r+10) \times (7r^2+2) - (r^2+10r) \times 14r}{(7r^2+2)^2}$$
$$= \frac{14r^3 + 4r + 70r^2 + 20 - (14r^3 + 140r^2)}{(7r^2+2)^2}$$
$$= \frac{14r^3 + 4r + 70r^2 + 20 - 14r^3 - 140r^2}{(7r^2+2)^2}$$

Hence
$$y' = \frac{-70r^2 + 4r + 20}{(7r^2 + 2)^2}$$
.

2. Let $u = -10h^2 + 10$, then u' = -20h. Let $v = h^2 + 7h$, then v' = 2h + 7. Quotient rule: $y' = \frac{u'v - uv'}{v^2}$, so

$$y' = \frac{-20h \times (h^2 + 7h) - (-10h^2 + 10) \times (2h + 7)}{(h^2 + 7h)^2}$$
$$= \frac{-20h^3 - 140h^2 - (-20h^3 - 70h^2 + 20h + 70)}{(h^2 + 7h)^2}$$
$$= \frac{-20h^3 - 140h^2 + 20h^3 + 70h^2 - 20h - 70}{(h^2 + 7h)^2}$$

Hence
$$y' = \frac{-70h^2 - 20h - 70}{(h^2 + 7h)^2}$$
.

3. Let $u = -4x^2 + 4x$, then u' = -8x + 4. Let $v = 4x^2 + 10x$, then v' = 8x + 10. Quotient rule: $y' = \frac{u'v - uv'}{v^2}$, so

$$y' = \frac{(-8x+4) \times (4x^2 + 10x) - (-4x^2 + 4x) \times (8x+10)}{(4x^2 + 10x)^2}$$

$$= \frac{-32x^3 - 80x^2 + 16x^2 + 40x - (-32x^3 - 40x^2 + 32x^2 + 40x)}{(4x^2 + 10x)^2}$$

$$= \frac{-32x^3 - 80x^2 + 16x^2 + 40x + 32x^3 + 40x^2 - 32x^2 - 40x}{(4x^2 + 10x)^2}$$

Hence
$$y' = \frac{-56x^2}{(4x^2 + 10x)^2}$$
.