

$$\begin{aligned}
& \int_0^1 \int_{x^2}^x \int_{x-y}^{x+y} 21(x+y+z) \, dz \, dy \, dx \\
&= \int_0^1 \int_{x^2}^x \left[21xz + 21yz + 21\frac{z^2}{2} \right]_{x-y}^{x+y} dy \, dx \\
&= \int_0^1 \int_{x^2}^x \cancel{21x^2} + \cancel{21xy} + \cancel{21xy} + \cancel{21y^2} + 21\frac{x^2 + 2xy + y^2}{2} - \cancel{21x^2} + \cancel{21xy} - \cancel{21xy} + \cancel{21y^2} - 21\frac{x^2 - 2xy + y^2}{2} dy \, dx \\
&= \int_0^1 \int_{x^2}^x 84xy + 42y^2 \, dy \, dx \\
&= \int_0^1 \left[42xy^2 + 14y^3 \right]_{x^2}^x dx \\
&= \int_0^1 42x^3 + 14x^3 - 42x^5 - 14x^6 \, dx = \int_0^1 56x^3 - 42x^5 - 14x^6 \, dx \\
&= \left[14x^4 - 7x^6 - 2x^7 \right]_0^1 = 14 - 7 - 2 = 5
\end{aligned}$$