Thus es 2 points

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The property of the max is
$$0$$
 and 0 and

given a diagonal matrix the max of the l2 norm is the maximum value of its diagonal because we can set to 1 the component of the vector z that multiplies the biggest element in the matrix in our case the sigma1 and the others to 0 given that z has to have norm = 1. We want the square of this value so sigma 1 squared