300 and 3

$$C_{1} \| x \|_{2} \leq \| x \|_{1} \leq C_{1} \| x \|_{2}$$
 $x = (x_{1}, ..., x_{m})$ 
 $\left(\frac{x}{2} \| x \|_{1}^{2} > \frac{x}{2} \| x \|_{1}^{2} = x^{2} + y^{2} + 2x y, x, y > 0\right)$ 
 $x = (x_{1}, ..., x_{m})$ 
 $x = (x_{1}, ..., x_{1}, ..., x_{1}, ..., x_{m})$ 
 $x = (x_{1}, ..., x_{1}, ..., x_{1}, ..., x_{1}, ..., x_{1}, ..., x_{1}, x_{1}, ..., x_{1}, x_{1}, ..., x_{1}, x_{1}, ..., x_{1}, x_{1$ 

Thurse :
$$X = \begin{pmatrix} 1 \\ 2 \end{pmatrix} \in \mathbb{R}^m \qquad A = \begin{pmatrix} 1 & 1 & 1 \\ 0 & \cdots & 0 \end{pmatrix}$$

$$m \times n$$

$$||X||_{2} = \sqrt{1 + \frac{1}{1}} = \sqrt{m} \cdot 1 = ||X||_{\infty}$$

$$||A||_{\infty} = \sup_{y \neq 0} \frac{||Ay||_{\infty}}{||Y||_{\infty}} = n$$

$$||A||_{2} = \sup_{y \neq 0} \frac{||Ay||_{2}}{||Y||_{2}} = \sqrt{n}$$

300 anne 5
$$\|A\|_F^2 = tr A^T A = tr AA^T$$

$$\|UA\|_F^2 = tr A^T U^T U A = tr A^T A = \|A\|_F^2$$

$$\|AU\|_F^2 = tr A U U^T A = tr AA^T = \|A\|_F^2$$