

Let a, b, c be positive real numbers such that $a^2 + b^2 + c^2 + (a + b + c)^2 \leq 4$. Prove that

$$\frac{ab+1}{(a+b)^2} + \frac{bc+1}{(b+c)^2} + \frac{ca+1}{(c+a)^2} \geq 3.$$

$$a^2 + b^2 + c^2 + a^2 + b^2 + c^2 + 2(ab + bc + ca) \leq 4$$

$$a^2 + b^2 + c^2 + ab + bc + ca \leq 2$$

$$\sum_{cyc} \frac{ab+1}{(a+b)^2} \geq 3$$

$$\sum_{cyc} \frac{ab+1}{(a+b)^2} \leq \sum_{cyc} \frac{2ab+2}{(a+b)^2}$$

$$\sum_{cyc} \frac{2ab+2}{(a+b)^2} \geq \sum_{cyc} \frac{2ab+a^2+b^2+c^2+ab+bc+ca}{(a+b)^2}$$

$$\geq \sum_{cyc} \frac{(a+b)^2 + (c+a)(c+b)}{(a+b)^2} \geq \sum_{cyc} \left(1 + \frac{(c+a)(c+b)}{(a+b)^2}\right) \geq 6$$

$$1 + \frac{(c+a)(c+b)}{(a+b)^2} + 1 + \frac{(a+b)(a+c)}{(b+c)^2} + 1 + \frac{(b+c)(b+a)}{(c+a)^2} \geq 3 + 3$$

$$\geq 6$$

$$\sum_{cyc} \frac{2ab+2}{(a+b)^2} \geq 6$$

$$\sum_{cyc} \frac{ab+1}{(a+b)^2} \geq 3$$

□