data = 
$$\{\{-4, -2\}, \{-2, 25\}, \{0, 34\}, \{2, 42\}, \{4, 56\}\}$$
  
 $\{\{-4, -2\}, \{-2, 25\}, \{0, 34\}, \{2, 42\}, \{4, 56\}\}$ 

LinearModelFit[data, {1, x}, x]

FittedModel 31.+6.65x

## %2["ParameterTable"]

	Estimate	Standard Error	t-Statistic	P-Value
1	31.	2.72152	11.3907	0.00145177
х	6.65	0.962202	6.91123	0.00620875

data2 = 
$$\{\{-4, 3\}, \{-2, -16\}, \{0, 6\}, \{2, 9\}, \{4, -8\}\}$$
  
 $\{\{-4, 3\}, \{-2, -16\}, \{0, 6\}, \{2, 9\}, \{4, -8\}\}$ 

xs = data2[[All, 1]];

lhs1 = Total@Map[a \* N@Cos[10 \* #] ^2 + b \* N@Sin[10 \* #] \* Cos[10 \* #] &, xs];
rhs1 = Total@Map[#[[2]] \* N@Cos[10 \* #[[1]]] &, data2];
lhs2 = Total@Map[b \* N@Sin[10 \* #] ^2 + a \* N@Sin[10 \* #] \* Cos[10 \* #] &, xs];
rhs2 = Total@Map[#[[2]] \* N@Sin[10 \* #[[1]]] &, data2];
Solve[{rhs1 == lhs1, rhs2 == lhs2}, {a, b}]

 $\{ \{ a \rightarrow 2.91456, b \rightarrow 5.26672 \} \}$ 

 $Show[Plot[mod[x], \{x, -4, 4\}, PlotRange \rightarrow All], ListPlot[Style[data2, Red]]]$ 

