

$$\begin{aligned} &7 \\ &7^2 = 49 \\ &4^2 + 9^2 = 97 \\ &9^2 + 7^2 = 130 \\ &1^2 + 3^2 + 0^2 = 10 \\ &1^2 + 0^2 = 1 \end{aligned}$$



$$\begin{aligned} &4 \\ &4^2 = 16 \\ &1^2 + 6^2 = 37 \\ &3^2 + 7^2 = 58 \\ &5^2 + 8^2 = 89 \\ &\vdots \end{aligned}$$

