$$7$$

$$7^2 = 49$$

$$4^2 + 9^2 = 97$$

$$9^2 + 7^2 = 130$$

$$1^2 + 3^2 + 0^2 = 10$$

$$1^2 + 0^2 = 1$$

$$4$$

$$4^2 = 16$$

$$1^2 + 6^2 = 37$$

$$3^2 + 7^2 = 58$$

$$5^2 + 8^2 = 89$$

$$\vdots$$