

$$x^2 \leq 16$$

$$x^2 - 16 \leq 0$$

$$x^2 - 16 = 0$$

$$x^2 = 16 \quad / \sqrt{}$$

$$\sqrt{x^2} = \sqrt{16}$$

$$|x| = 4$$

$$x_1 = 4 \quad \vee \quad x_2 = -4$$

lwb

$$x^2 - 16 = 0$$

$$(x-4)(x+4) = 0$$

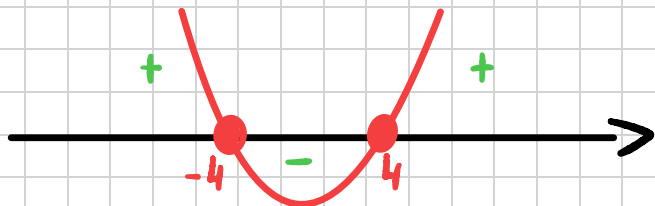
$$x-4=0$$

$\vee$

$$x+4=0$$

$$x_1 = 4$$

$$x_2 = -4$$



$$x \in [-4, 4]$$