

z definition:

$$\begin{aligned} M &= \int_0^{\frac{1}{\sqrt{2}}} \int_0^{\frac{1}{\sqrt{2}}-x} 2\sqrt{2}y \, dy \, dx = 2\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} \left[\frac{y^2}{2} \right]_0^{\frac{1}{\sqrt{2}}-x} dx = \\ &= \sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} \left(\frac{1}{\sqrt{2}} - x \right)^2 dx = \frac{1}{2} \int_0^{\frac{1}{\sqrt{2}}} \left[\frac{1}{2} - \frac{2}{\sqrt{2}}x + x^2 \right] dx = \frac{1}{2} \left[\frac{1}{2}x - \frac{1}{\sqrt{2}}x^2 + \frac{x^3}{3} \right]_0^{\frac{1}{\sqrt{2}}} = \\ &= \frac{\sqrt{2}}{3 \cdot 2 \cdot \sqrt{2}} = \frac{1}{3 \cdot 2} = \frac{1}{6} \end{aligned}$$

$$I_0 = \frac{1}{\frac{1}{6}} \int_0^{\frac{1}{\sqrt{2}}} \int_0^{\frac{1}{\sqrt{2}}-x} x \cdot y \cdot 2\sqrt{2} \, dy \, dx = 12\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} \int_0^{\frac{1}{\sqrt{2}}-x} x \cdot y \, dy \, dx =$$

$$= 12\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} x \left[\frac{y^2}{2} \right]_0^{\frac{1}{\sqrt{2}}-x} dx = 6\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} x \left(\frac{1}{\sqrt{2}} - x \right)^2 dx =$$

$$= 6\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} \frac{1}{2}x - \frac{2}{\sqrt{2}}x^2 + x^3 \, dx = 3\sqrt{2} \left[\frac{x^2}{2} - \frac{2\sqrt{2}}{3}x^3 + \frac{2x^4}{4} \right]_0^{\frac{1}{\sqrt{2}}} =$$

$$= 3\sqrt{2} \left[\frac{1}{4} - \frac{1}{3} + \frac{1}{8} \right] = 3\sqrt{2} \cdot \frac{12-16+6}{48} = 3\sqrt{2} \cdot \frac{2}{48} = \frac{\sqrt{2}}{8}$$

$$I_0 = \frac{1}{\frac{1}{6}} \int_0^{\frac{1}{\sqrt{2}}} \int_0^{\frac{1}{\sqrt{2}}-x} 2\sqrt{2}y^2 \, dy \, dx = \frac{12\sqrt{2}}{3} \int_0^{\frac{1}{\sqrt{2}}} \left[\frac{y^3}{3} \right]_0^{\frac{1}{\sqrt{2}}-x} dx =$$

$$= 4\sqrt{2} \int_0^{\frac{1}{\sqrt{2}}} \left[\frac{1}{2\sqrt{2}} - \frac{3}{2}x + \frac{3}{\sqrt{2}}x^2 - x^3 \right] dx = 4\sqrt{2} \left[\frac{\sqrt{2}}{4}x - \frac{3}{2}x^2 + \frac{3\sqrt{2}}{3}x^3 - \frac{x^4}{4} \right]_0^{\frac{1}{\sqrt{2}}} =$$