$$f(x) = 3x^{2} - 10 \qquad x = 0 \text{ and } x = 3$$

$$\lim_{n \to \infty} \int_{x_{n-1}}^{x_{n-1}} f(ot(\frac{3}{n})i) \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-1}} \frac{x_{n-2}}{x_{n-2}} \frac{x_{n-2}}{x$$