7. [10 points] Maize and Blue Jewelry Company is trying to decide on a design for their signature aMaize-ing bracelet. There are two possible designs: type $W$ and type $J$. The company has done research and the two bracelet designs are equally pleasing to customers. The design for both rings starts with the function $C(x)=\cos \left(\frac{\pi}{2} x\right)$ where all units are in millimeters. Let $R$ be the region enclosed by the graph of $C(x)$ and the graph of $-C(x)$ for $-1 \leq x \leq 1$.
a. [5 points] The type $W$ bracelet is in the shape of the solid formed by rotating $R$ around the line $x=50$. Write an integral that gives the volume of the type $W$ bracelet. Include units.
b. [5 points] The type $J$ bracelet is in the shape of the solid formed by rotating $R$ around the line $y=-50$. Write an integral that gives the volume of the type $J$ bracelet. Include units.
