1. Using the definition of the definite integral, calculate \( \int_0^c dx \) (where \( c \) is a constant).

2. Use this to find \( F_1(h) \), where \( F_1(h) = \int_0^h c \, dx \) (where \( c \) is a constant).

3. Use the definition of the definite integral to calculate \( \int_a^b c \, dx \) (\( c \) is still a constant).

4. Express the answer to (3) in terms of \( F_1 \).
5. Using the definition of the definite integral, calculate \( \int_0^b x \, dx \).

6. Use this to find \( F_2(h) \), where \( F_2(h) = \int_0^h x \, dx \).

7. Use the definition of the definite integral to calculate \( \int_a^b x \, dx \).

8. Express the answer to (7) in terms of \( F_2 \).