③ $\begin{cases} \frac{7}{10}(x+6) > \frac{11}{10} - (x+2) \\ 3-[x-(1-5^{-1}x)] \geq \frac{38}{5} \end{cases}$

$\begin{cases} x \geq -\frac{51}{17} = -3 \\ x \leq -3 \end{cases}$ $(x=-3)$

① $\begin{cases} (2x+1)^2 \leq (2x-1)^2 \\ \frac{1}{2}(x-1) > -\frac{2}{3} \end{cases}$

$\left(-\frac{1}{3} < x \leq 0\right)$

② $\begin{cases} (x+2)^2 \leq 2x^2 - (x-2)(2+x) \\ \frac{x-1}{2} - \frac{1}{3} < -\frac{x}{4} \end{cases}$

$(x \leq 0)$