sin^6(a) + cos^6(a) = (sin^2(a) + cos^2(a)) (sin^4(a) - sin^2(a)cos^2(a) + cos^4(a))

sin^4(a) + cos^4(a) - sin^2(a)cos^2(a)   
sin^4(a) + cos^4(a) = sin^4(a) + 2sin^2(a)cos^2(a) + cos^4(a) - 2sin^2(a)cos^2(a) =

=(sin^2(a) + cos^2(a)^2 - 2sin^2(a)cos^2(a)=1 - 2sin^2(a)cos^2(a)   
sin^6(a) + cos^6(a) = sin^4(a) + cos^4(a) - sin^2(a)cos^2(a)  
sin^4(a) + cos^4(a) = 1 - 2sin^2(a)cos^2(a)  
1 - 2sin^2(a)cos^2(a) - sin^2(a)cos^2(a) = 1 - 3sin^2(a)cos^2(a)   
3sin^2(a)cos^2(a) =(3/4) \* 4sin^2(a)cos^2(a) = (3/4)\*(2sin(a)cos(a))^2 = (3/4)\*sin^2(2a)   
sin^6(a) + cos^6(a) = 1 - (3/4)\*sin^2(2a)   
sina+cosa=0,4

(sina+cosa)^2=1+sin2a

Sin2a=0,16-1=-0,84

Sin^6a+cos^6a=1-3/4\*(-0,84)^2=1-3/4\*0,7056=1-0,5292=0,4708