

$$a_2 = \frac{1}{2} \left(a_1 + \frac{X}{a_1} \right).$$

$$a_{n+1} = \frac{1}{2} \left(a_n + \frac{X}{a_n} \right).$$

$$\sqrt{28} = ?$$

$$a_2 = \frac{1}{2} \left(5 + \frac{28}{5} \right) = \frac{53}{10} = 5,3.$$