$$\begin{aligned}\int 7\cos^2 x\,\tan^3 x\,dx &= 7\int \frac{\sin^3 x}{\cos x}\,dx \overset{\text{c}}{=} 7\int \frac{(1-u^2)(-du)}{u} = 7\int\left[\frac{-1}{u}+u\right]du \\ &= -7\ln|u| + \tfrac{7}{2}u^2 + C = \tfrac{7}{2}\cos^2 x - 7\ln|\cos x| + C\end{aligned}$$