

```
k = 0
rows = 0
list_num = [1,2,3,4,5,6,7,8]
for c in range (0,4):
    rows = input(str("Height: "))
    if (rows) in list_num:
        c == (3,4)
c = c + 1
k = (2*int(rows)) - 2
for i in range(0, int(rows)):
    for j in range(0, k):
        print(end=" ")
    k = k - 2
    for j in range(0, (i + 1)):
        print("# ", end="")
    print("")
```