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#include <iostream>
#include <iomanip>

using namespace std;
//basic for loop
int main ()
{
    int x;

    for (x = 1; x < 20; x++)
    {

        cout << setw(4) << "Row: " << x;
        int square = x * x;
        cout << setw(6) << square;
        int cube = x*x*x;
        cout << setw(8) << cube;
        cout << endl;

    }

    return 0;
}
```