```sh
#!/bin/sh
# declare my two index variables
colIndex=0
printIndex=0
# loop until there are the same number of columns as the argument
while [ $colIndex -lt $1 ]
do
 # loop until the print index equals the column index
 while [ $printIndex -le $colIndex ]
 do
  # output the current print index number and a space
  echo -n $printIndex ' '
  # increment the print index for the next term in the row
  printIndex=`expr $printIndex + 1`
 done
 # output a blank line to prepare for the next line
 echo
 # reset print index to 0
 printIndex=0
 # increment the column index for the next row
 colIndex=`expr $colIndex + 1`
done
# decrease colIndex by one to start the smaller print lines
colIndex=`expr $colIndex - 1`
# loop until the columns index is down to zero
while [ $colIndex -gt 0 ]
do
 # loop until the print index is one below the max column index
 while [ $printIndex -lt $colIndex ]
 do
  # output the current print index number and a space
  echo -n $printIndex ' '
  # increment the print index for the next term in the row
  printIndex=`expr $printIndex + 1`
 done
 # output a blank line to prepare for the next line
 echo
 # reset print index to 0
 printIndex=0
 # increment the column index down for the next row
 colIndex=`expr $colIndex - 1`
done
```