#include <iostream>

using namespace std;

int main()

{

//Count up

for (int i = 1; i <= 10; i++)

{

cout << i << " ";

}

cout << endl;

//Count down

for (int j = 10; j > 0; j--)

{

cout << j << " ";

}

cout << endl;

return 0;

}

#include <iostream>

using namespace std;

int main()

{

//while loop

int i = 1;

while (i <= 10)

{

cout << i << " ";

i++;

}

cout << endl;

//Do while

int j = 10;

do

{

cout << j << " ";

j--;

}while(j > 0);

cout << endl;

return 0;

}