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#include <cstdlib>
#include <iostream>

using namespace std;

int main() {
    int c = 1;

    for(int o = 0; o < 4; o++) {
        for(int i = 0; i < 7; i++) {
            cout << c << " = " << (c * 28) << "\t";
            c++;
        }
        cout << endl;
    }
    return 0;
}
```