# For a string of length **n**, the total number of substrings is:

n(n+1)/2

# atleast/atmost question

1. Given an array of **N** elements and **L** and **R**, print the number of sub-arrays such that the value of the **maximum** array element in that subarray is at least L and at most R.
2. **Example 1:**
3. **Input :**   
   Arr = {2, 0, 11, 3, 0}
4. L = 1 and R = 10
5. **Output :**   
   4
6. **Explanation:**
7. The sub-arrays {2}, {2, 0}, {3} and {3, 0} have maximum in range 1-10

# Approach

1. First find subarrays whose maximum element in subarray is <=R.= atMost= m substrings
2. Then subtract invalid substrings I,e less than L . = n substrings
3. Final Substrings = m -n