We know that the steps in the inner for-loop is 1. So we see that as 1 operation.

In this case, we use sigma notation to represent the summation of 1 operation from j = 1 to i+1 times

Here, we use sigma notation to represent the summation in the of operations from i = 1 to n+1 times

Hence, we can put the two summations together, represent the outer for-loop steps \* inner for-loop steps

If we try to calculate this

The inner sigma will be (i+1)\*1 which is (i+1)

Which will be

= and leaving

Which is