**Loops**

**For loops**

#include <iostream>

using namespace std;

int main () {

int x, j;

cout << "type the fuckin number";

cin >> x;

for (j = 1; j <= x; j++){

cout << j << "\n";

}

}

**While loops**

#include <iostream>

using namespace std;

int main () {

int x, j;

cout << "type the fuckin number";

cin >> x;

while(j <= x){

cout << j << "\n";

j++;

}

}

**Nested loops**

#include <iostream>

using namespace std;

int main () {

int x, j = 1, k;

cout << "type the fuckin number";

cin >> x;

while(j <= x){

cout << j << "\n";

{

for (k = 1; k <= x; k++){

cout << "\t" << k << "\n";

}

}

j++;

}

}