

Q3)

```
#include <iostream>
```

```
using namespace std;
```

```
int main()
```

```
{
```

```
    int x, n;
```

```
    cout << "Enter no. of sets for one day: ";
```

```
    cin >> x;
```

```
    cout << "Enter no. of days: ";
```

```
    cin >> n;
```

```
    cout << "Total no. of squats: " << (x * n);
```

```
    return 0;
```

```
}
```