

```
1 package chatper04.exercise;
2
3 public class Exercise_Extra3 {
4     public static void main(String[] args) {
5         int sum = 0;
6         int total = 0;
7
8         for(int i = 1; i<=10; i++) {
9             sum += i;
10            total = total + sum;
11        }
12        System.out.println(total);
13    }
14 }
15
16
```