Here, looking at some examples

Operations	Cost
1	1
2	2
3	1
4	4
5	1
6	1
7	1
8	8
⋮	⋮

Cost of the operation for n elements

$$= \sum_{i=1}^{n - \log n} C + \sum_{j=0}^{\log n} 2^j$$

As the number of 2^i elements are only $\log n$ we have $n - \log n$ constants $\approx n$ constants

$$= \quad n + (2n - 1)$$

$$= n + \frac{2^{\log n + 1} - 1}{2 - 1}$$

we know this is $< 3n$

Aggregated cost $= \dfrac{\text{Total cost}}{\text{no. of operations}} = \dfrac{3n}{n} = 3$

Amortized cost $= \Theta(1)$