#include <iostream>

using namespace std;

int main(){

int count = 0;

int sum = 1;

int num=0;

int total\_sum = 0;

cout<<"Enter num: ";

cin>>num;

for(int i = 0; i<num; ++i){

sum = count + sum;

++count;

total\_sum+=sum;

if(i == num-1){cout<<sum<<" = ";}

else{cout<<sum<<" + ";}

}

cout<<total\_sum<<endl;

return 0;

}