```
rows = 7
for i in range(1, rows + 1):
    print("* " * i)
* * * * * *
* * * * * * *
rows = 7
for i in range(rows, 0, -1):
    print("* " * i)
* * * * * *
* * * * * *
rows = 7
for i in range(1, rows + 1):
    print(" " * (rows - i) + "* " * i)
```