Find the total number of squares
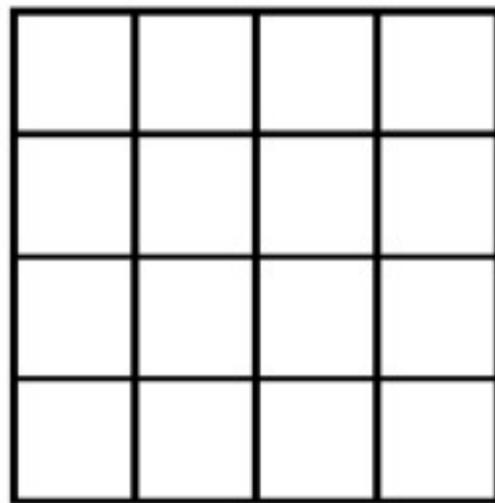

Find the total number of squares in a chess board

Find the number of triangles