$2M+2N$ $2M+N+1$

$2N(M-1)+1$ $2(N-1)(M-1)+1$

$2(M-1)$ $2N(M-1)$

$1$ $1$

$M$ $M+1$ $M+N$ $M+N+1$

$2(M(N-1)+N(M-1))$
Up from bottom

Down from top