

$$\mathbb{Z} \triangleleft \mathbb{Z} = \mathbb{Z} \triangleleft \mathbb{Z} \times \mathbb{Z} \triangleleft \mathbb{Z}$$

$$\mathbb{Z} \triangleleft \mathbb{Z} = \frac{\mathbb{Z} \in \mathbb{Z} \triangleleft \mathbb{Z}}{\mathbb{Z}d = 0}$$

$$\mathbb{Z} \triangleleft \mathbb{Z} = \overbrace{\mathbb{Z} \triangleleft \mathbb{Z}}^{m-1} d = \frac{\mathbb{Z}d}{\mathbb{Z} \in \mathbb{Z} \triangleleft \mathbb{Z}}$$