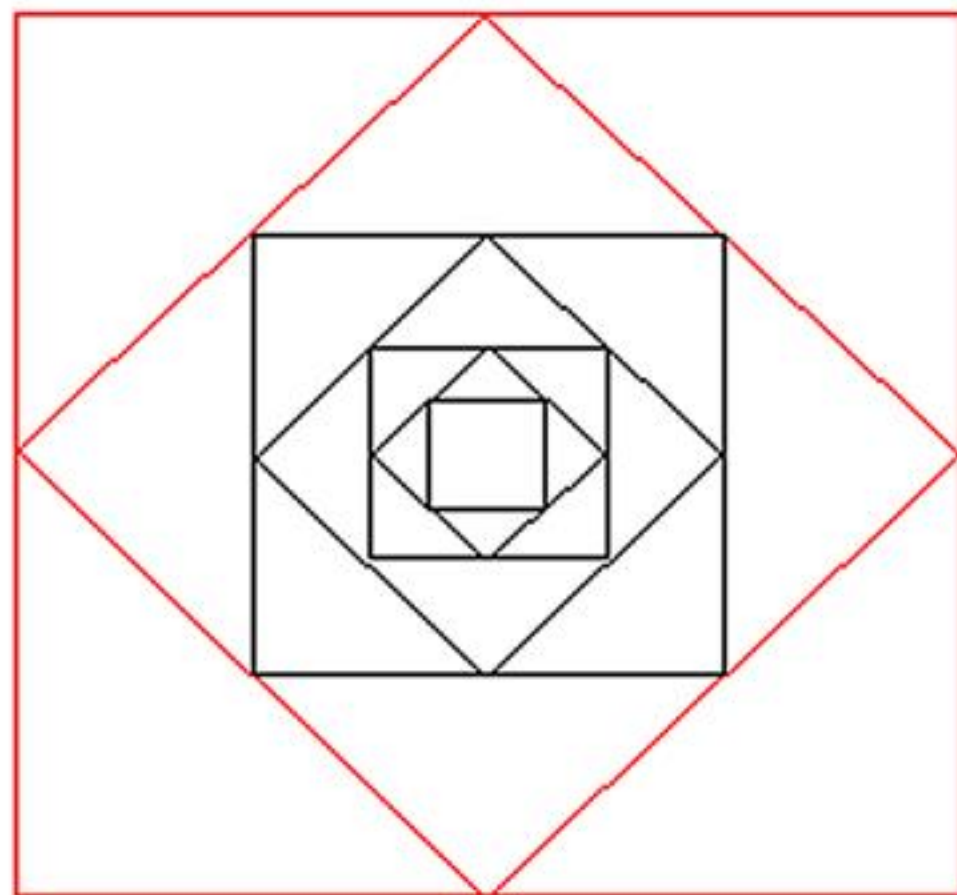# Inside Seven Squares

Seven squares are set inside each other. The centre points of each side of the outer square are joined to make a smaller square inside it and so on.

The centre square has the area of 1 square unit. What is the total area of the four outside triangles which are outlined in red?