```
In [2]: #for loop = a statement that will execute its code a limited amount of times
         for i in range(10):
            print(i)
         0
         1
         2
         3
         4
         5
         6
         7
         8
In [5]: #count between two numbers
for i in range(50,100):
             print(i)
         50
         51
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         98
In [8]: #you can increase the count by any number
         for i in range(0,10,2):
            print(i)
         0
         2
         4
         6
In [9]: #one of the benefits of for loop print each letter in string
         for i in 'python':
             print(i)
```

```
р
у
t
                 h
                 0
    import time
for sec in range(10,0,-1):
    print(sec)
    time sleen(1)
                       time.sleep(1)
                 print('10s')
                 10
                  9
                 8
                 7
                 6
                 5
                 4
                 2
                  1
                 10s
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