

1. For in Loop:

It iterates the loop by keys in a object like

```
const obj = {  
  item1: 22,  
  item2: 34,  
}  
  
for (let key in obj){  
  console.log(`value of ${key} is ${obj[key]}`)  
}
```

2. For of Loop:

It iterates the loop by values in an object mostly used in arrays

```
const arr = [1,2,3,4]  
  
for(let value of arr){  
  console.log(value)  
}
```