

```

public class ForLoopLabA {
    public static void main(String[] args) {
        nameLoop();
        boxLoop ();
        numbersLoop ();
        numbersBackwardsLoop ();
    }

    public static void nameLoop () {

        // change the below to use a for loop

        System.out.println ("james");
        System.out.println ("james");
        System.out.println ("james");
        System.out.println ("james");
        System.out.println ("james");
        System.out.println ("james");
    }

    public static void boxLoop () {

        // change the following statements into a for loop

        System.out.println ("+-----+");
        System.out.println ("|           |");
        System.out.println ("|           |");
        System.out.println ("+-----+");
        System.out.println ("+-----+");
        System.out.println ("|           |");
        System.out.println ("|           |");
        System.out.println ("+-----+");
        System.out.println ("+-----+");
        System.out.println ("|           |");
        System.out.println ("|           |");
        System.out.println ("+-----+");
    }

    public static void numbersLoop () {

        // Write a for loop to print 4 through 10 to the console
        // 4 5 6 7 8 9 10

    }

    public static void numbersBackwardsLoop () {

        // write a for loop to print 10 through 0 to the console
        // 10 9 8 7 6 5 4 3 2 1 0

    }
}

```