List [0,3,1] means start from oth index, stop at 3rd index, every time increase the index by 1.

$$1+1=2$$

$$2 + 1 = 3 > = Stop index.$$

bo not increment any more

List =
$$\begin{bmatrix} 4,6,8,10,12 \end{bmatrix}$$
 List $\begin{bmatrix} 0:3:1 \end{bmatrix} = \begin{bmatrix} 4,6,8 \end{bmatrix}$

Steps can be negative as well, if so, starting index should be greater than ending (stopping) index.

List [3,1,-1] means start from 3rd index, stop before 1st index, every time decrement the index 1.