**For Loop**

A for loop is a repetition control structure that allows you to efficiently write a loop that needs to execute a specific number of times. The main difference between for loop and while loop is that the `for` statement iterates through a collection of iterable object and the while statement simply loops until the condition is False.

The `for` keyword tells the computer to run code lines present inside the `for` block for each of the values present in the primes variable.

The code is as follows,

primes = [2, 3, 5, 7]

for num in primes:

print(num)

print ("Outside the for loop")

There are 4 values inside the primes variable i.e. 2, 3, 5, 7. Hence the loop will run 4 times in this case and the value of num will be taken as '2' during 1st iteration, '3' during 2nd iteration, '5' during 3rd iteration and '7' during 4th iteration.

There is only one statement inside the `for` loop i.e. `print(num)`. So for each num inside the list primes, this line is executed.

For loop will exit after printing all the element and then the program will print "Outside the for loop".

**NOTE**: Since the line `print ("Outside the for loop")` is present outside the loop, it will be executed only once.