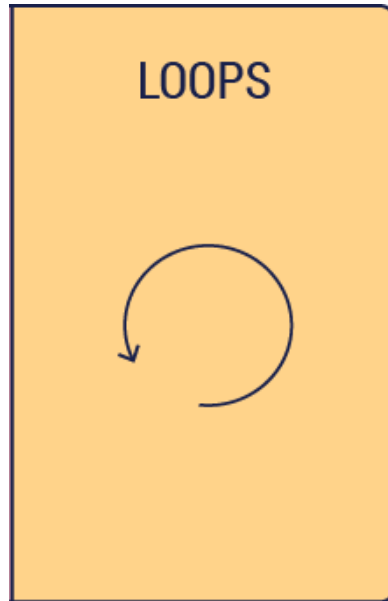# Program Flow: Loops

Now let's check **iteration** through the concept of **loops.**

A loop allows us to execute the same expression as many times as we want by just writing down the code once.