```
// XMLHttpRequest POST
                      creates new object


const xhr = new XMLHttpRequest();

const url = 'http://api-to-call.com/endpoint';

const data = JSON.stringify({id: '200'});    ─ converts data to a string


xhr.responseType = 'json';

xhr.onreadystatechange = function() {

  if (xhr.readyState === XMLHttpRequest.DONE) {   ─ handles response

    // Code to execute with response

  }

};

xhr.open('POST', url);    ─ opens  request and sends object

xhr.send(data);
```