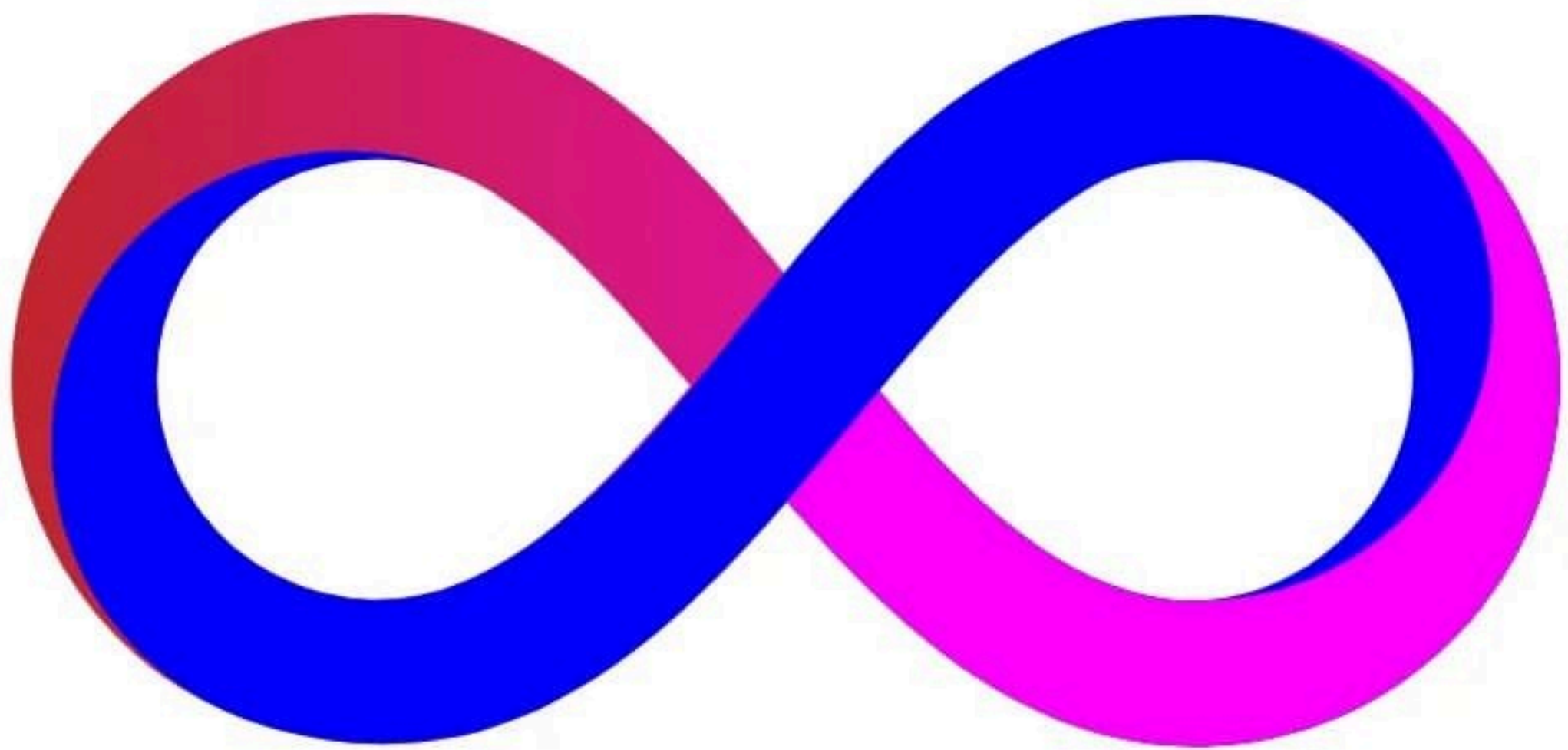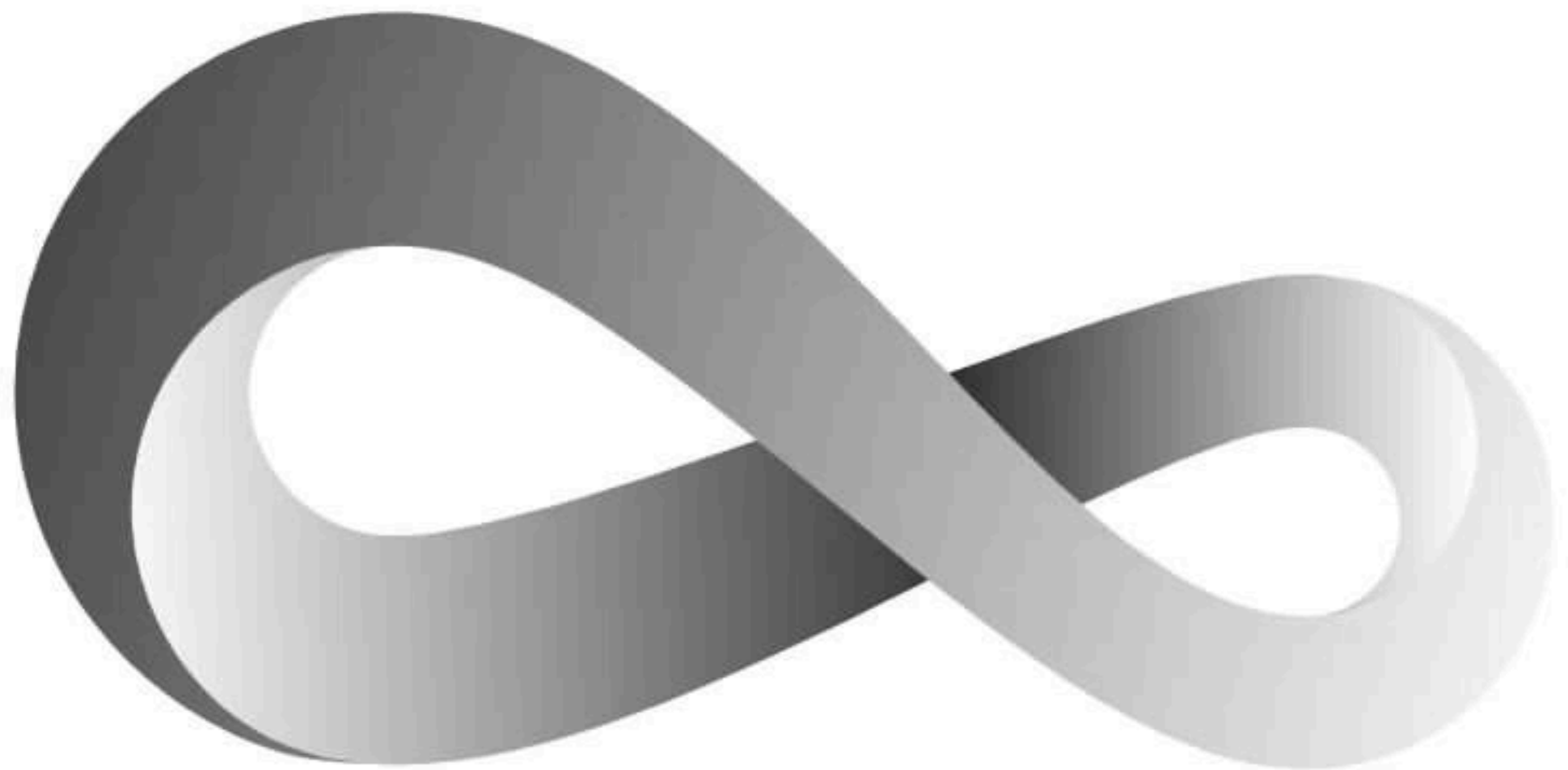# Python for Loop
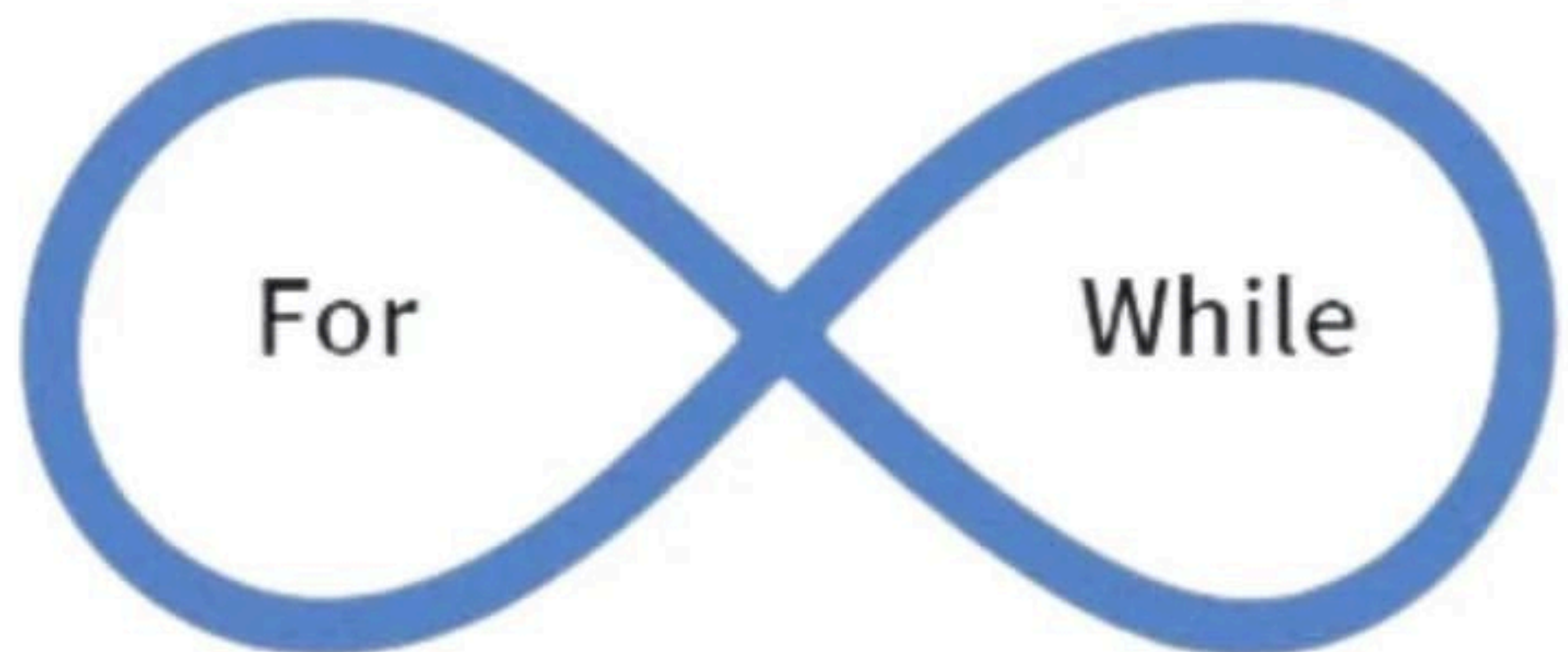
In computer programming, **loops** are used to repeat a block of code.

There are 2 types of loops in Python:

- **for loop**
- **while loop**

LOOP

For · While

In Python, the **for** loop is used to run a block of code for a certain number of times. It is used to iterate over any sequences such as **list, tuple, string,** etc.
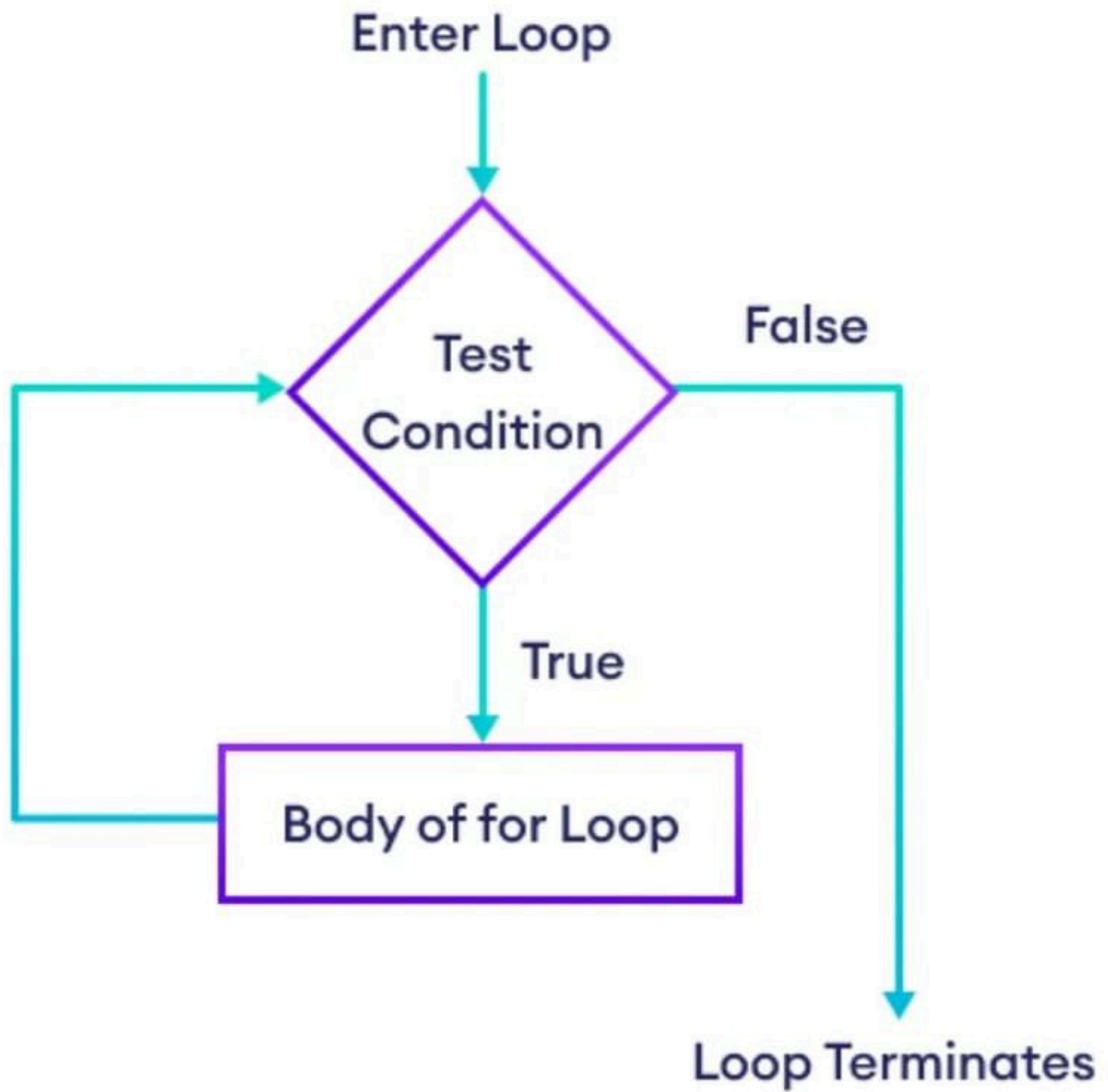
Syntax

```python
for val in sequence:
    # statement(s)
```

Here, val accesses each item of sequence on each iteration

Flowchart

Enter Loop

Test Condition

False

True

Body of for Loop

Loop Terminates

Working of Python for loop

Example:

```python
languages = ['Swift', 'Python', 'Go',
'JavaScript']

# access items of a list using for loop
for language in languages:
    print(language)
```

Output:

```
Swift
Python
Go
JavaScript
```

Python for Loop with Python range()

A range is a series of values between two numeric intervals

```
values = range(4)
```

Here, 4 inside range() defines a range containing values 0, 1, 2, 3.