Internal to internal

```
ORG 0000H
MOV R7,#05H
MOV R0,#30H
MOV R1,#50H
LOOP: MOV A,@R0
MOV @R1,A
INC R0
INC R1
DJNZ R7, LOOP
NOP
END
```

Internal to external

```
ORG 0000H
MOV R2,#0AH
MOV R0,#50H
MOV DPTR,#0100H
LOOP: MOV A,@R0
MOVX @DPTR,A
INC R0
INC DPTR
DJNZ R2, LOOP
 NOP
END
```