```
 1
 2              AREA        main, READONLY, CODE
 3              THUMB
 4              EXPORT      DELAY100
 5
 6
 7
 8   DELAY100   PROC;
 9              PUSH        {R0}
10              MOV32       R0,#400000
11   berkay     SUBS        R0,#1
12              NOP
13              BNE         berkay
14              POP         {R0}
15              BX          LR
16              ENDP
17              END
```