```
package collection;
import java.util.ArrayList;
import java.util.Iterator;
import java.util.List;
public class arrraylist {
    public static void main(String[] args) {
        List<String>ss=new ArrayList<String>();
        ss.add("the");
         ss.add("programer");
        ss.add("should");
        ss.add("practice");
         ss.add("everyday");
        ss.add("to improve");
        ss.add("skills");
        ss.add("the");
        ss.remove(2);
        ss.set(2,"z");
        //System.out.println(ss.contains());
        System.out.println(ss);
        Iterator<String>s1=ss.iterator();
        while(s1.hasNext()) {
             System.out.println(s1.next());
        }
    }
}
Output:
[the, programer, z, everyday, to improve, skills, the]
the
programer
Z
everyday
to improve
skills
the
```