```asm
; Macros program example
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; ==============================================
; This is an example program in 8086 Assembly
; ==============================================

TITLE MACROS2

; This instruction defines the memory model that MASM or TASM use
.model small

; Define the stack size. This instruction initializes the SP
.stack 160h

; Define the MACRO for the loop
FORDO MACRO Low,Reg,Upper,condition,Sof,Begin
        mov Reg,Low
Begin:  cmp Reg,Upper
        Condition Sof
ENDM

ENDFOR MACRO Argument,Reg,Begin,Sof
        add Reg,Argument
        jmp Begin
Sof:    nop
ENDM

; Variables & other definitions section
.data
X dw 200 dup(?)

; This is the program itself
.code
start:  mov ax,@data        ; Since the .data instruction doesn't initialize
        mov ds,ax           ; the ds register we have to do it manually

        mov ax,0
        FORDO 0,bx,200,jge,Sof1,Begin1 ; Use loop macro
        add ax,X[bx]
        ENDFOR 2,bx,Begin1,Sof1 ; We are using Begin1,Sof1 to connect the two
                                ; macros

        mov ax,4c00h        ; This is the program terminator
        int 21h             ; just like putting "return 0" in C

end start
```