```
% \ExplSyntaxOn
% \file_input:n{../tex/erw-counter.sty}
% \ExplSyntaxOff
% \CounterSetup{ new = foo }

Initial value: \CounterUse{foo}

Final value: \CounterRef{foo}{final}

\CounterIncrement{foo}
\CounterIncrement{foo}
\CounterIncrement{foo}

Value after 3 increments: \CounterUse{foo}

\CounterIncrement{foo}
\CounterIncrement{foo}
\CounterLabel{foo}{final}
```

Initial value: 0
Final value: 5
Value after 3 increments: 3