	extra-large	large	medium	small	tiny		
insert	713.364166 ms	6.150166 ms	131.583 µs	24.375 µs	15.458 µs		
append	1.580125 ms	0.457375 ms	81.834 µs	56.125 µs	43.75 µs		
Incort (unchi	ift) option is optimal up	to emallArray b	However anythin	a larger than that	the performance	significantly drops	
	e up, unshift is not a g	-	-				
However, if	you must add the valu	e at the front of t	the array, this ma	ay have to be don	ie.		
Extra credit:	unshift is O(n) and pu	ısh is O(1)					
The reason	for this is when you ur	nshift, it will add t	the value to the f	ront of the array a	and rellocate mem	ory and copy teh data over	
\A/ith nuch o	ince it adds to teh end	of the array it r	arely peode to re	alleata mamory ar	nd conv over all th	o data	