A1 notation, Range object:

<https://docs.microsoft.com/en-us/office/vba/excel/concepts/cells-and-ranges/refer-to-cells-and-ranges-by-using-a1-notation>

Refer to cells using a range object:

<https://docs.microsoft.com/en-us/office/vba/excel/concepts/cells-and-ranges/refer-to-cells-by-using-a-range-object>

Named ranges; includes guidance on looping through stuff in a named range

<https://docs.microsoft.com/en-us/office/vba/excel/concepts/cells-and-ranges/refer-to-named-ranges>

Named ranges: <https://www.wallstreetmojo.com/vba-named-range/>

Named ranges: <https://stackoverflow.com/questions/25827925/referencing-cells-within-named-range-in-vba>

Sub test()

dim r1 as Range

set r1 = Range("NamedRange")

f = r1.row

l = Range("NamedRange").Row + Range("NamedRange").Rows.Count - 1

Do while (Cells(f,1) <> "" and f <= l

'Run code

Loop

end sub