```java
//Program to demonstrate ArrayDeque
package com.tnsif.collection.queue;

import java.util.ArrayDeque;
import java.util.Deque;
import java.util.Iterator;

public class ArrayDequeDemo {

 public static void main(String[] args) {
  Deque<String> arrayDeque = new ArrayDeque<String>();
  arrayDeque.add("A");
  arrayDeque.add("B");
  arrayDeque.add("C");

  // offerFirst-adds elements at the front of the ArrayDeque
  arrayDeque.offer("F");

  // arrayDeque.add(null);
  arrayDeque.offerFirst("D");
  // offerLast inserts the element at the last of ArrayDeque
  arrayDeque.offerLast("E");

  Iterator<String> itr = arrayDeque.iterator();
  while (itr.hasNext()) {
   System.out.println(itr.next());
  }
  System.out.println("After poll");
  String s = arrayDeque.poll();
  System.out.println("Poll Item is:" + s);

  for (String item : arrayDeque) {
   System.out.println(item);
  }
 }
}
```

}