

# Python List For Loop

## Python List For Loop

To iterate over elements of a [Python List](#) using For Loop statement, use the list as iterable in For loop syntax.

In this tutorial, we will go through example Python programs, that demonstrate how to iterate a list using [Python For Loop](#).

The syntax to iterate over Python List using For Loop, and print that element is given below.

```
for element in mylist :  
    print(element)
```

where `mylist` is the Python List, and `element` is the element with read only access during each iteration. Meaning, you cannot change the value of elements in the list, using for loop.

### Example 1 – Iterate Python List using For Loop

In this example, we will take a Python List, and iterate over all the elements of this list using for loop.

#### Python Program

```
list_1 = [4, 52, 6, 9, 21]  
  
for element in list_1 :  
    print(element)
```

#### Output

```
4  
52  
6  
9  
21
```

### Example 2 – Iterate Python List of Strings using For Loop

In this example, we will take a Python List of strings, and iterate over all the elements of list using for loop.

#### Python Program

```
list_1 = ["Nemo", "Arc", "Gary"]  
  
for element in list_1 :  
    print(element)
```

#### Output

Nemo  
Arc  
Gary

## Conclusion

In this [Python Tutorial](#), we learned how to iterate over elements of a Python List using For Loop statement.

## Python Programming

▸ [Python Tutorial](#)

▸ [Install Python](#)

▸ [Install Anaconda Python](#)

▸ [Python HelloWorld Program](#)

▸ [Python Variables](#)

▸ [Python Variable Data Type Conversion](#)

▸ [Python Comments](#)

## Control Statements

▸ [Python If](#)

▸ [Python If Else](#)

▸ [Python While Loop](#)

▸ [Python For Loop](#)

## Python String

▸ [Python String Methods](#)

▸ [Python String Length](#)

▸ [Python String Replace](#)

▸ [Python Split String](#)

▸ [Python Count Occurrences of Sub-String](#)

▸ [Python Sort List of Strings](#)

## Functions

▸ [Python Functions](#)

▸ [Python Builtin Functions](#)

## Python Collections

▸ [Python List](#)

▸ [Python Dictionary](#)

## Advanced

▸ [Python Multithreading](#)

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