

# Iterable<T> Interface

## **iterator**

```
Iterator<T> iterator()
```

Returns an iterator over elements of type T.

**Returns:**

an Iterator.

# Enhanced for statement

- The **enhanced for statement** creates an Iterator object and implicitly calls its `hasNext()` and `next()` methods

```
for (Exercise nextActivity : workout) {  
    System.out.println(nextActivity);  
}
```

- It can only be used on data structures that implement the `Iterable` interface and provide an iterator method.