Can anyone help with the following?

C is a [4,5,3]

1)Starting from the first element in array 'c', I need to output every 5th element and then output in 'e'.

2)Starting from the last element in 'c', I need to count backwards using decrements and output every 5th element in 'c' and then output in 'f'.

How do I do this in IDL? Thanks