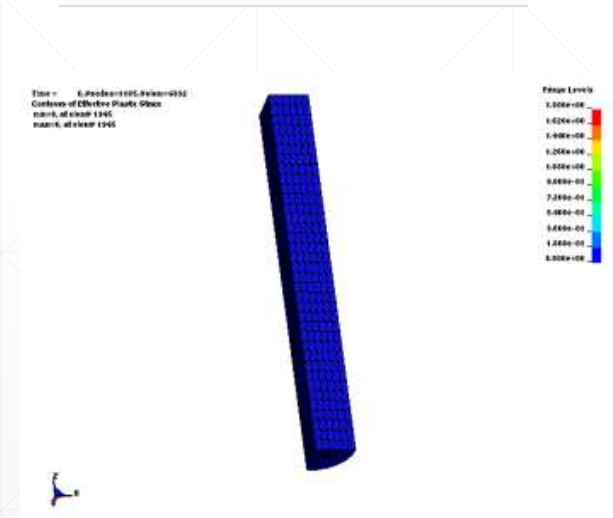
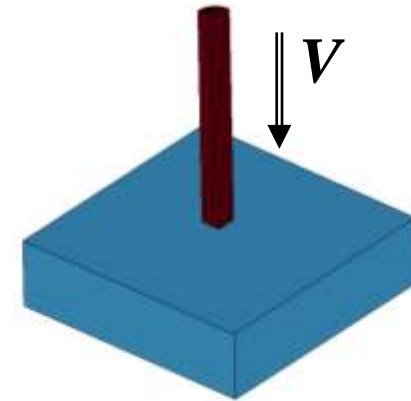


- Input file `tbar_adp.k`
- Element formulation
  - FEM: ELFORM=13 in `*SECTION_SOLID`
  - EFG: ELFORM=41 / 42 in `*SECTION_SOLID_EFG`
- 3D adaptivity
  - Adaptive control: ADPFREQ / ADPOPT in `*CONTROL_ADAPTIVE`
  - Remeshing and remapping  
RMIN / RMAX in `*CONTROL_REMESHING`  
IVT in `*CONTROL_REMESHING_EFG`
  - ADPOPT in `*PART`
- Constraints
  - `*CONSTRAINED_GLOBAL`
  - `*CONSTRAINED_LOCAL`
  - `*BOUNDARY_SPC_SYMMETRY_PLANE`



IVT=-2

Time = 6.0e-05 sec  
Contours of Effective Plastic Strain  
max: 0.145  
min: 0.0



Time = 6.0e-05 sec  
Contours of Effective Plastic Strain  
max: 0.145  
min: 0.0



IVT=2

Time = 6.0e-05 sec  
Contours of Effective Plastic Strain  
max: 0.145  
min: 0.0



Time = 6.0e-05 sec  
Contours of Effective Plastic Strain  
max: 0.145  
min: 0.0



IPS=1  
IVT=1

Time = 6.0e-05 sec



IVT=-1

IVT=1

