algorytm Metropolisa dla spinu $s(i,j,k)$

$$\Delta U = 2 \cdot s(i,j)\left[s(in(i),j,k) + s(ip(i),j,k) + s(i,in(j),k) + s(i,ip(j),k) + s(i,j,in(k)) + s(i,j,ip(k)) \right]$$

if $(\Delta U < 0)$ then

$$s(i,j,k) = -s(i,j,k)$$

elseif $\left(Ran < \exp\left(-\frac{\Delta U}{T^*}\right) \right)$ then

$$s(i,j,k) = -s(i,j,k)$$

endif