(Nearest Neighbor Heisenberg, n=8, t=16, norm=spectral) Empirical (Tri PF1) Empirical (Parity PF1) 10^{3} Empirical (XYZ PF1) tight bound (Tri PF1) tight bound (Parity PF1) 10^{1} tight bound (XYZ PF1) tight bound (XYZ PF2) $^{\omega} 10^{-1}$ 10^{-3} 10^{-5} 10^{1} 10^{2} 10^{3} 10^{4} 10^{5}