(Nearest Neighbor Heisenberg, n=10, t=20, norm=spectral) Empirical (Tri PF1) 10^{4} Empirical (Parity PF1) -★- Empirical (XYZ PF1) tight bound (Tri PF1) 10^{2} tight bound (Parity PF1) tight bound (XYZ PF1) tight bound (XYZ PF2) 10^{0} ω 10^{-2} 10^{-4} 10^{1} 10^{2} 10^{3} 10^{5} 10^{6} 10^{4}