The Frequency of three modes are shown as below, and it is almost the same as the information provided in the example.

TABLE: Modal Periods And Frequencies									
OutputCase	StepType	StepNum	Period	Frequency	CircFreq	Eigenvalue			
Text	Text	Unitless	Sec	Cyc/sec	rad/sec	rad2/sec2			
MODAL	Mode	1	0. 523376	1. 910670432	12.00509639	144. 1223392			
MODAL	Mode	2	0.246716	4. 053243897	25. 4672825	648. 5824779			
MODAL	Mode	3	0. 161512	6. 191492405	38. 90229411	1513. 388487			

The shape of the mode are shown as below.

TABLE:	E: Joint Displacements								
Joint	OutputCase	CaseType	StepType	StepNum	U1				
1	MODAL	LinModal	Mode	1	0				
2	MODAL	LinModal	Mode	1	-0.637622				
3	MODAL	LinModal	Mode	1	-1. 275015				
4	MODAL	LinModal	Mode	1	-1. 912412				
1	MODAL	LinModal	Mode	2	0				
2	MODAL	LinModal	Mode	2	0. 982551				
3	MODAL	LinModal	Mode	2	0.98229				
4	MODAL	LinModal	Mode	2	-1.964986				
1	MODAL	LinModal	Mode	3	0				
2	MODAL	LinModal	Mode	3	1. 57763				
3	MODAL	LinModal	Mode	3	-1. 127088				
4	MODAL	LinModal	Mode	3	0. 450868				
Text	Text	Text	Text	Unitless	in				

