3D04_hole_in_plate_v0p8-_A.Flowers_Commented

July 6, 2025

1 Tension of a 3D plate with a hole

1.0.1 Units

Length: mmMass: kg

• Time: s

• Force: milliNewtons

• Stress: kPa

1.0.2 Software:

• Dolfinx v0.8.0

In the collection "Example Codes for Coupled Theories in Solid Mechanics,"

By Eric M. Stewart, Shawn A. Chester, and Lallit Anand.

https://solidmechanicscoupledtheories.github.io/

2 Import modules

```
[1]: # Import FEnicSx/dolfinx
import dolfinx

# For numerical arrays
import numpy as np

# For MPI-based parallelization
from mpi4py import MPI
comm = MPI.COMM_WORLD
rank = comm.Get_rank()

# PETSc solvers
from petsc4py import PETSc

# specific functions from dolfinx modules
from dolfinx import fem, mesh, io, plot, log
```

```
from dolfinx.fem import (Constant, dirichletbc, Function, functionspace, u
 from dolfinx.fem.petsc import NonlinearProblem
from dolfinx.nls.petsc import NewtonSolver
from dolfinx.io import VTXWriter, XDMFFile
# specific functions from ufl modules
import ufl
from ufl import (TestFunctions, TrialFunction, Identity, grad, det, div, dev, u
→inv, tr, sqrt, conditional ,\
                gt, dx, inner, derivative, dot, ln, split)
# basix finite elements (necessary for dolfinx v0.8.0)
import basix
from basix.ufl import element, mixed_element, quadrature_element
# Matplotlib for plotting
import matplotlib.pyplot as plt
plt.close('all')
# For timing the code
from datetime import datetime
# Set level of detail for log messages (integer)
# Guide:
# CRITICAL = 50, // errors that may lead to data corruption
# ERROR = 40, // things that HAVE gone wrong
# WARNING = 30, // things that MAY go wrong later
# INFO = 20, // information of general interest (includes solver info)
# PROGRESS = 16, // what's happening (broadly)
# TRACE = 13, // what's happening (in detail)
# DBG
          = 10 // sundry
log.set_log_level(log.LogLevel.WARNING)
```

3 Define geometry

```
[2]: # Dimensions of one quarter of hole in plate specimen

#

LO = 15.0  # Length mm

WO = 10.0  # Width mm

tO = 1.0  # Thickness mm

# Pull in the mesh *.xdmf file and read any named domains in the mesh.
```

```
with XDMFFile(MPI.COMM_WORLD, "meshes/3D_hip_v2.xdmf", 'r') as infile:
    domain = infile.read_mesh(name="Grid", xpath="/Xdmf/Domain")
    cell_tags = infile.read_meshtags(domain,name="Grid")

# Create facet to cell connectivity required to determine boundary facets.
domain.topology.create_connectivity(domain.topology.dim, domain.topology.dim-1)

# Read in facet tags from an *.xdmf file.
with XDMFFile(MPI.COMM_WORLD, "meshes/facet_3D_hip_v2.xdmf", "r") as xdmf:
    facet_tags = xdmf.read_meshtags(domain, name="Grid")

x = ufl.SpatialCoordinate(domain)
```

```
[]: ##Flowers Comments
     # Dimensions of one quarter of hole in plate specimen
     L0 = 15.0 # Length mm
     WO = 10.0 # Width mm
     t0 = 1.0 # Thickness mm
     ##Plate dimensions
     # Pull in the mesh *.xdmf file and read any named domains in the mesh.
     with XDMFFile(MPI.COMM_WORLD, "meshes/3D_hip_v2.xdmf", 'r') as infile:
     ##Parallel execution implemented. Mesh file called on to read
        domain = infile.read_mesh(name="Grid",xpath="/Xdmf/Domain")
     ##Mesh read from XDMF. Domain called on within XDMF structure
         cell_tags = infile.read_meshtags(domain,name="Grid")
     ##Mesh tags called on. This differenciates change in boundary surface of mesh
     ⇔(i.e. increase/decrease of elements or element shape)
     # Create facet to cell connectivity required to determine boundary facets.
     domain.topology.create connectivity(domain.topology.dim, domain.topology.dim-1)
     ##Mesh topology (structure) defined and dimension of mesh
     ##Connectivity constructs cells to facets via FEniCSX
     # Read in facet tags from an *.xdmf file.
     with XDMFFile(MPI.COMM_WORLD, "meshes/facet_3D_hip_v2.xdmf", "r") as xdmf:
        facet_tags = xdmf.read_meshtags(domain, name="Grid")
     ##Cells=3D; Facets=2D. Defines boundary conditions within the mesh
     ###Think Boundary Conditions set in Pointwise-vs-ANSYS
     x = ufl.SpatialCoordinate(domain)
     ##x, y, z spatial coordinates used from boundary conditions
```

Print out the unique facet index numbers

[33 34 35]

Visualize reference configuration and boundary facets

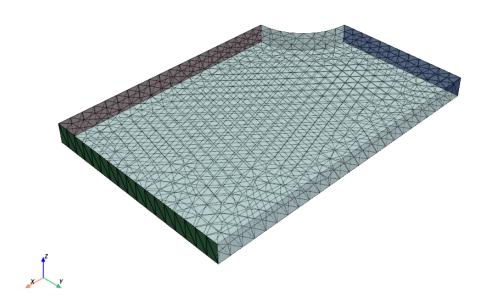
```
[19]: import pyvista
      pyvista.set_jupyter_backend('html')
      from dolfinx.plot import vtk_mesh
      pyvista.start_xvfb()
      # initialize a plotter
      plotter = pyvista.Plotter()
      # Add the mesh -- I make the 3D mesh opaque, so that 2D surfaces stand out.
      topology, cell_types, geometry = plot.vtk_mesh(domain, domain.topology.dim)
      grid = pyvista.UnstructuredGrid(topology, cell_types, geometry)
      plotter.add_mesh(grid, show_edges=True, opacity=0.5)
      # Add colored 2D surfaces for the named surfaces
      xBot = pyvista.UnstructuredGrid(*vtk_mesh(domain, domain.topology.

¬dim-1,facet_tags.indices[facet_tags.values==33]) )
      yBot = pyvista.UnstructuredGrid(*vtk_mesh(domain, domain.topology.
       →dim-1,facet_tags.indices[facet_tags.values==34]) )
      xTop = pyvista.UnstructuredGrid(*vtk mesh(domain, domain.topology.

¬dim-1,facet_tags.indices[facet_tags.values==35]) )
      actor = plotter.add_mesh(xBot, show_edges=True,color="blue") # top face is blue
      actor2 = plotter.add mesh(yBot, show edges=True,color="red") # sides are red
      actor3 = plotter.add_mesh(xTop, show_edges=True,color="green") # bottom face is_
       \hookrightarrow green
      labels = dict(zlabel='Z', xlabel='X', ylabel='Y')
      plotter.add_axes(**labels)
      plotter.screenshot("mesh.png")
```

```
from IPython.display import Image
Image(filename='mesh.png')
```

[19]:



3.1 Define boundary and volume integration measure

```
n = ufl.FacetNormal(domain)
```

4 Material parameters

-Arruda-Boyce model

5 Simulation time-control related params

```
[7]: # Initialize time
    t = 0.0
    # Stretch parameters
                               # axial stretch
    stretch = 3.0
    dispTot = (stretch-1)*L0 # axial displacement. Remember LO is the initial_
     ⇔gage length
    rate
           = 1.e0
    Ttot
            = (stretch-1)/rate
    numSteps = 100
             = Ttot/numSteps # (fixed) step size
    # Function to linearly ramp up displacement on boundary.
    def dispRamp(t):
        return dispTot*t/Ttot
```

6 Function spaces

```
[8]: # Define function space, both vectorial and scalar

U2 = element("Lagrange", domain.basix_cell(), 2, shape=(3,)) # For displacement
P1 = element("Lagrange", domain.basix_cell(), 1) # For pressure

#

TH = mixed_element([U2, P1]) # Taylor-Hood style mixed element
ME = functionspace(domain, TH) # Total space for all DOFs

# Define actual functions with the required DOFs

w = Function(ME)
u, p = split(w) # displacement u, pressure p

# A copy of functions to store values in the previous step
w_old = Function(ME)
u_old, p_old = split(w_old)
```

```
# Define test functions
u_test, p_test = TestFunctions(ME)

# Define trial functions needed for automatic differentiation
dw = TrialFunction(ME)
```

7 Initial conditions

- The initial conditions for degrees of freedom u and p are zero everywhere
- These are imposed automatically, since we have not specified any non-zero initial conditions.

8 Subroutines for kinematics and constitutive equations

```
[9]: # Deformation gradient
     def F_calc(u):
         Id = Identity(3)
         F = Id + grad(u)
         return F
     def lambdaBar_calc(u):
         F = F_{calc}(u)
         C = F.T*F
         Cdis = J**(-2/3)*C
         I1 = tr(Cdis)
         lambdaBar = sqrt(I1/3.0)
         return lambdaBar
     def zeta_calc(u):
         lambdaBar = lambdaBar_calc(u)
         # Use Pade approximation of Langevin inverse
            = lambdaBar/lambdaL
             = conditional(gt(z,0.95), 0.95, z) # Keep simulation from blowing up
         beta = z*(3.0 - z**2.0)/(1.0 - z**2.0)
         zeta = (lambdaL/(3*lambdaBar))*beta
         return zeta
     # Generalized shear modulus for Arruda-Boyce model
     def Gshear_AB_calc(u):
         zeta = zeta_calc(u)
         Gshear = Gshear_0 * zeta
         return Gshear
     # Subroutine for calculating the Cauchy stress
```

```
def T_calc(u,p):
   Id = Identity(3)
   F = F_{calc}(u)
   J = det(F)
   B = F*F.T
   Bdis = J**(-2/3)*B
   Gshear = Gshear_AB_calc(u)
   T = (1/J)* Gshear * dev(Bdis) - p * Id
   return T
#-----
# Subroutine for calculating the Piola stress
def Piola_calc(u, p):
   Id = Identity(3)
   F = F_{calc}(u)
   J = det(F)
   T = T_{calc}(u,p)
   Tmat = J * T * inv(F.T)
   return Tmat
```

```
[ ]: ##A.Flowers Comments
     # Deformation gradient
     def F_calc(u):
         Id = Identity(3)
         F = Id + grad(u)
        return F
     \#\#Calculation for deformation gradient tensor F
     def lambdaBar_calc(u):
        F = F_{calc}(u)
         C = F.T*F
         Cdis = J**(-2/3)*C
         I1 = tr(Cdis)
        lambdaBar = sqrt(I1/3.0)
         return lambdaBar
     ##Scalar stretch measure used in hyperelasticity models
     def zeta_calc(u):
         lambdaBar = lambdaBar_calc(u)
     ##Isochoric stretch from deformation
         # Use Pade approximation of Langevin inverse
         z = lambdaBar/lambdaL
     ##Normalizes stretch from polymer network
```

```
z = conditional(gt(z, 0.95), 0.95, z) # Keep simulation from blowing up
##Prevents numeric instability; Langevin function because singular
   beta = z*(3.0 - z**2.0)/(1.0 - z**2.0)
##Pade approximation; used for stability
   zeta = (lambdaL/(3*lambdaBar))*beta
   return zeta
##Stress scalar from statistical mechanics model for polymers; accounts for
 ⇔finite chain extensibility. Stress tensors for nonlinear chain elasticity
# Generalized shear modulus for Arruda-Boyce model
def Gshear_AB_calc(u):
##Effective shear for nonlinear hyperelastic material
         = zeta_calc(u)
##Stretch dependent factor using inverse Langevin. Increasing of stretch-
 ⇔polymers stiffen
   Gshear = Gshear_0 * zeta
   return Gshear
##Shear module grows due to deformation
##This is important due to modeling with biological materials (i.e. tissue);
 ⇔nonlinear and stretch sensitive
#-----
# Subroutine for calculating the Cauchy stress
def T calc(u,p):
   Id = Identity(3)
   F = F_{calc}(u)
##Deformation gradient
   J = det(F)
##Jacobian (volume change due to deformation)
   B = F*F.T
##Cauchy-Green tensor
   Bdis = J**(-2/3)*B
##Removes volumetric part to get isochoric (volume perserving aspect)
   Gshear = Gshear_AB_calc(u)
##Stretch dependent shear
   T = (1/J)* Gshear * dev(Bdis) - p * Id
##Cauchy stress calculation; shape change and pressure separated to obtain_
 ⇔deformed configuration
# Subroutine for calculating the Piola stress
def Piola_calc(u, p):
   Id = Identity(3)
   F = F_{calc}(u)
```

```
J = det(F)
T = T_calc(u,p)
Tmat = J * T * inv(F.T)
return Tmat

##Piola stress used in weak form of balance equation, with displacement
→gradient; defined in terms of reference coordinates
```

9 Evaluate kinematics and constitutive relations

```
[10]: F = F_calc(u)
    J = det(F)
    lambdaBar = lambdaBar_calc(u)

# Piola stress
Tmat = Piola_calc(u, p)
```

```
[]: ##A.Flowers Comments

F = F_calc(u)
##F= deformation gradient tensor; u= displacement (unkown and solving for)
J = det(F)
##J= Jacobian determinant. Volume change during deformation
lambdaBar = lambdaBar_calc(u)
##incompressible hyperelasticity; seperates volumetric deviatoric, shapeu
changing parts of deformation. Volume corrected stretch is calculated forule in isochoric strain energy

# Piola stress
Tmat = Piola_calc(u, p)
##Computes Piola stress tensor from displacement field (u) and pressure (p)
```

10 Weak forms

```
[11]: # Residuals:
    # Res_0: Balance of forces (test fxn: u)
    # Res_1: Coupling pressure (test fxn: p)

# The weak form for the equilibrium equation. No body force
Res_0 = inner(Tmat , grad(u_test) )*dx

# The weak form for the pressure
fac_p = ln(J)/J
#
Res_1 = dot( (p/Kbulk + fac_p), p_test)*dx

# Total weak form
```

```
Res = Res_0 + Res_1
# Automatic differentiation tangent:
a = derivative(Res, w, dw)
```

```
[ ]: ##A.Flowers Comments
     # Residuals:
     # Res_0: Balance of forces (test fxn: u)
     # Res_1: Coupling pressure (test fxn: p)
     # The weak form for the equilibrium equation. No body force
     Res_0 = inner(Tmat , grad(u_test) )*dx
     ##Mechanical residual of weak form for nonlinear elasticity; used to build the _{	extsf{L}}
      ⇔residual vector. Used in FE for a deforming solid
     # The weak form for the pressure
     fac_p = ln(J)/J
     ##Scalar factor used for compressible / incompressible materials due to \Box
      →pressure / energy in nonlinear elasticity
     Res_1 = dot( (p/Kbulk + fac_p), p_test)*dx
     ##Residual defined for pressure field in FE due to incompressible materials.
      →Differentiates volumetric strain energy
     # Total weak form
     Res = Res 0 + Res 1
     ##Defines total residual of weak form; from force balance (linear momentum / _ _
      →mechanical equillibrium) and incompressibility (pressure equation)
     # Automatic differentiation tangent:
     a = derivative(Res, w, dw)
     ##Jacobian form to solve for nonlinear PDE
```

11 Set-up output files

```
# fields to write to output file
u_vis = Function(V2)
u_vis.name = "disp"
p_vis = Function(V1)
p_vis.name = "p"
J_vis = Function(V1)
J vis.name = "J"
J_expr = Expression(J,V1.element.interpolation_points())
lambdaBar_vis = Function(V1)
lambdaBar_vis.name = "lambdaBar"
lambdaBar_expr = Expression(lambdaBar, V1.element.interpolation_points())
P11 = Function(V1)
P11.name = "P11"
P11_expr = Expression(Tmat[0,0],V1.element.interpolation_points())
P22 = Function(V1)
P22.name = "P22"
P22_expr = Expression(Tmat[1,1],V1.element.interpolation_points())
P33 = Function(V1)
P33.name = "P33"
P33_expr = Expression(Tmat[2,2],V1.element.interpolation_points())
T = Tmat*F.T/J
T0 = T - (1/3)*tr(T)*Identity(3)
Mises = sqrt((3/2)*inner(T0, T0))
Mises_vis= Function(V1,name="Mises")
Mises_expr = Expression(Mises, V1.element.interpolation_points())
# set up the output VTX files.
file_results = VTXWriter(
   MPI.COMM_WORLD,
   "results/" + results_name + ".bp",
    [ # put the functions here you wish to write to output
       u_vis, p_vis, J_vis, P11, P22, P33, lambdaBar_vis,
       Mises vis,
   ],
   engine="BP4",
def writeResults(t):
       # Output field interpolation
```

```
u_vis.interpolate(w.sub(0))
p_vis.interpolate(w.sub(1))
J_vis.interpolate(J_expr)
P11.interpolate(P11_expr)
P22.interpolate(P22_expr)
P33.interpolate(P33_expr)
lambdaBar_vis.interpolate(lambdaBar_expr)
Mises_vis.interpolate(Mises_expr)

# Write output fields
file_results.write(t)
```

12 Infrastructure for pulling out time history data (force, displacement, etc.)

13 Name the analysis step

```
[14]: # Give the step a descriptive name step = "Stretch"
```

13.1 Boundary condtions

```
[15]: # Constant for applied displacement

# For now set the value zero. This value will be updated each step of the

solution procedure.

disp_cons = Constant(domain, PETSc.ScalarType(dispRamp(0)))

# Find the specific DOFs which will be constrained.
```

```
xBot_u1_dofs = fem.locate_dofs_topological(ME.sub(0).sub(0), facet_tags.dim,_u

¬facet_tags.find(33))
yBot_u2_dofs = fem.locate_dofs_topological(ME.sub(0).sub(1), facet_tags.dim,_u
⇒facet tags.find(34))
xTop_u1_dofs = fem.locate_dofs_topological(ME.sub(0).sub(0), facet_tags.dim,__

¬facet_tags.find(35))
xTop_u2_dofs = fem.locate_dofs_topological(ME.sub(0).sub(1), facet_tags.dim,_u
 ⇒facet tags.find(35))
xTop_u3_dofs = fem.locate_dofs_topological(ME.sub(0).sub(2), facet_tags.dim,_u

¬facet_tags.find(35))
# building Dirichlet BCs
bcs_1 = dirichletbc(0.0, xBot_u1_dofs,ME.sub(0).sub(0)) # u1 fix - xBot
bcs_2 = dirichletbc(0.0, yBot_u2_dofs, ME.sub(0).sub(1)) # u2 fix - yBot
bcs_3 = dirichletbc(disp_cons, xTop_u1_dofs, ME.sub(0).sub(0)) # disp_ramp_u
\hookrightarrow xTop
bcs_4 = dirichletbc(0.0, xTop_u2_dofs, ME.sub(0).sub(1)) # u2 fix - xTop
bcs_5 = dirichletbc(0.0, xTop_u3_dofs, ME.sub(0).sub(2)) # u3 fix - xTop
bcs = [bcs_1, bcs_2, bcs_3, bcs_4, bcs_5]
```

```
[]: ##Flowers Comments
     # Constant for applied displacement
     # For now set the value zero. This value will be updated each step of the
     ⇔solution procedure.
     disp_cons = Constant(domain,PETSc.ScalarType(dispRamp(0)))
     ##Parameter defines stretch of cube over time. dispRamp(0) is displacemnet of
      ⇔time initially set at 0
     ##Gives constant displacement value; Application of Dirichlet to FE
     ##Uniform scalar applied to mesh domain
     # Find the specific DOFs which will be constrained.
     xBot_u1_dofs = fem.locate_dofs_topological(ME.sub(0).sub(0), facet_tags.dim,_u

¬facet_tags.find(33))
     yBot_u2_dofs = fem.locate_dofs_topological(ME.sub(0).sub(1), facet_tags.dim,_u
      ⇒facet tags.find(34))
     xTop_u1_dofs = fem.locate_dofs_topological(ME.sub(0).sub(0), facet_tags.dim,_u

¬facet_tags.find(35))
     xTop_u2_dofs = fem.locate_dofs_topological(ME.sub(0).sub(1), facet_tags.dim,_u
     →facet_tags.find(35))
     xTop_u3_dofs = fem.locate_dofs_topological(ME.sub(0).sub(2), facet_tags.dim,_u

¬facet_tags.find(35))
     ##Function in dolfinx used to identify degrees of freedom (DOFs) due to mesh ∪
      →entities. v=function space of displacement; entity_dim= dimension of geometry
```

```
##DoFs defined for boundary surface of mesh due to displacement field

# building Dirichlet BCs
bcs_1 = dirichletbc(0.0, xBot_u1_dofs,ME.sub(0).sub(0)) # u1 fix - xBot
bcs_2 = dirichletbc(0.0, yBot_u2_dofs, ME.sub(0).sub(1)) # u2 fix - yBot

#Sets boundary condition of x,y (plate edge)

bcs_3 = dirichletbc(disp_cons, xTop_u1_dofs, ME.sub(0).sub(0)) # disp ramp -__

**xTop
bcs_4 = dirichletbc(0.0, xTop_u2_dofs, ME.sub(0).sub(1)) # u2 fix - xTop
bcs_5 = dirichletbc(0.0, xTop_u3_dofs, ME.sub(0).sub(1)) # u3 fix - xTop

##Time-dependent displacement ramp defined (x) while y,z are fixed

bcs = [bcs_1, bcs_2, bcs_3, bcs_4, bcs_5]

##Command to solver to implement when calculating solution; applying the__

**Doundary conditions
```

[]: ## Define the nonlinear variational problem

```
[16]: # # Optimization options for the form compiler
      # Set up nonlinear problem
      problem = NonlinearProblem(Res, w, bcs, a)
      # the global newton solver and params
      solver = NewtonSolver(MPI.COMM_WORLD, problem)
      solver.convergence_criterion = "incremental"
      solver.rtol = 1e-8
      solver.atol = 1e-8
      solver.max it = 50
      solver.report = True
      # The Krylov solver parameters.
      ksp = solver.krylov solver
      opts = PETSc.Options()
      option_prefix = ksp.getOptionsPrefix()
      opts[f"{option_prefix}ksp_type"] = "preonly" # "preonly" works equally well
      opts[f"{option_prefix}pc_type"] = "lu" # do not use 'qamq' pre-conditioner
      opts[f"{option_prefix}pc_factor_mat_solver_type"] = "mumps"
      opts[f"{option_prefix}ksp_max_it"] = 30
      ksp.setFromOptions()
```

13.2 Start calculation loop

```
[17]: # Variables for storing time history
     totSteps = numSteps+1
     timeHist0 = np.zeros(shape=[totSteps])
     timeHist1 = np.zeros(shape=[totSteps])
     timeHist2 = np.zeros(shape=[totSteps])
     #Iinitialize a counter for reporting data
     ii=0
     # Write initial state to file
     writeResults(t=0.0)
     # Print out message for simulation start
     print("----")
     print("Simulation Start")
     print("----")
     # Store start time
     startTime = datetime.now()
     # Time-stepping solution procedure loop
     while (round(t + dt, 9) <= Ttot):</pre>
         # increment time
         t += dt
         # increment counter
         ii += 1
         # update time variables in time-dependent BCs
         disp_cons.value = dispRamp(t)
         # Solve the problem
             (iter, converged) = solver.solve(w)
         except: # Break the loop if solver fails
             print("Ended Early")
             break
         # Collect results from MPI ghost processes
         w.x.scatter_forward()
         # Write output to file
         writeResults(t)
         # Update DOFs for next step
         w_old.x.array[:] = w.x.array
```

```
# Store time history variables at this time
   timeHistO[ii] = w.sub(0).sub(0).eval([LO, WO, 0.0],colliding_cells[0])[0] #__
 ⇔time history of displacement
   timeHist1[ii] = domain.comm.gather(fem.assemble scalar(rxnForce))[0] #__
 →time history of engineering stress
    # Print progress of calculation
    if ii%1 == 0:
       now = datetime.now()
       current time = now.strftime("%H:%M:%S")
       print("Step: {} | Increment: {}, Iterations: {}".\
            format(step, ii, iter))
                  Simulation Time: {} s of {} s".\
       print("
            format(round(t,4), Ttot))
       print()
# close the output file.
file_results.close()
# End analysis
print("----")
print("End computation")
# Report elapsed real time for the analysis
endTime = datetime.now()
elapseTime = endTime - startTime
print("----")
print("Elapsed real time: {}".format(elapseTime))
print("----")
Simulation Start
_____
Step: Stretch | Increment: 1, Iterations: 4
     Simulation Time: 0.02 s of 2.0 s
```

Simulation Time: 0.02 s of 2.0 s

Step: Stretch | Increment: 2, Iterations: 4
Simulation Time: 0.04 s of 2.0 s

Step: Stretch | Increment: 3, Iterations: 4
Simulation Time: 0.06 s of 2.0 s

Step: Stretch | Increment: 4, Iterations: 4
Simulation Time: 0.08 s of 2.0 s

- Step: Stretch | Increment: 5, Iterations: 4 Simulation Time: 0.1 s of 2.0 s
- Step: Stretch | Increment: 6, Iterations: 4 Simulation Time: 0.12 s of 2.0 s
- Step: Stretch | Increment: 7, Iterations: 4 Simulation Time: 0.14 s of 2.0 s
- Step: Stretch | Increment: 8, Iterations: 4 Simulation Time: 0.16 s of 2.0 s
- Step: Stretch | Increment: 9, Iterations: 4 Simulation Time: 0.18 s of 2.0 s
- Step: Stretch | Increment: 10, Iterations: 4 Simulation Time: 0.2 s of 2.0 s
- Step: Stretch | Increment: 11, Iterations: 4 Simulation Time: 0.22 s of 2.0 s
- Step: Stretch | Increment: 12, Iterations: 4 Simulation Time: 0.24 s of 2.0 s
- Step: Stretch | Increment: 13, Iterations: 4 Simulation Time: 0.26 s of 2.0 s
- Step: Stretch | Increment: 14, Iterations: 4 Simulation Time: 0.28 s of 2.0 s
- Step: Stretch | Increment: 15, Iterations: 4 Simulation Time: 0.3 s of 2.0 s
- Step: Stretch | Increment: 16, Iterations: 4 Simulation Time: 0.32 s of 2.0 s
- Step: Stretch | Increment: 17, Iterations: 4 Simulation Time: 0.34 s of 2.0 s
- Step: Stretch | Increment: 18, Iterations: 4 Simulation Time: 0.36 s of 2.0 s
- Step: Stretch | Increment: 19, Iterations: 4 Simulation Time: 0.38 s of 2.0 s
- Step: Stretch | Increment: 20, Iterations: 4 Simulation Time: 0.4 s of 2.0 s

- Step: Stretch | Increment: 21, Iterations: 4 Simulation Time: 0.42 s of 2.0 s
- Step: Stretch | Increment: 22, Iterations: 4 Simulation Time: 0.44 s of 2.0 s
- Step: Stretch | Increment: 23, Iterations: 4 Simulation Time: 0.46 s of 2.0 s
- Step: Stretch | Increment: 24, Iterations: 4 Simulation Time: 0.48 s of 2.0 s
- Step: Stretch | Increment: 25, Iterations: 4 Simulation Time: 0.5 s of 2.0 s
- Step: Stretch | Increment: 26, Iterations: 4 Simulation Time: 0.52 s of 2.0 s
- Step: Stretch | Increment: 27, Iterations: 4 Simulation Time: 0.54 s of 2.0 s
- Step: Stretch | Increment: 28, Iterations: 4 Simulation Time: 0.56 s of 2.0 s
- Step: Stretch | Increment: 29, Iterations: 4 Simulation Time: 0.58 s of 2.0 s
- Step: Stretch | Increment: 30, Iterations: 4 Simulation Time: 0.6 s of 2.0 s
- Step: Stretch | Increment: 31, Iterations: 4 Simulation Time: 0.62 s of 2.0 s
- Step: Stretch | Increment: 32, Iterations: 4 Simulation Time: 0.64 s of 2.0 s
- Step: Stretch | Increment: 33, Iterations: 4 Simulation Time: 0.66 s of 2.0 s
- Step: Stretch | Increment: 34, Iterations: 4 Simulation Time: 0.68 s of 2.0 s
- Step: Stretch | Increment: 35, Iterations: 4 Simulation Time: 0.7 s of 2.0 s
- Step: Stretch | Increment: 36, Iterations: 4 Simulation Time: 0.72 s of 2.0 s

- Step: Stretch | Increment: 37, Iterations: 4 Simulation Time: 0.74 s of 2.0 s
- Step: Stretch | Increment: 38, Iterations: 4 Simulation Time: 0.76 s of 2.0 s
- Step: Stretch | Increment: 39, Iterations: 4 Simulation Time: 0.78 s of 2.0 s
- Step: Stretch | Increment: 40, Iterations: 4 Simulation Time: 0.8 s of 2.0 s
- Step: Stretch | Increment: 41, Iterations: 4 Simulation Time: 0.82 s of 2.0 s
- Step: Stretch | Increment: 42, Iterations: 4 Simulation Time: 0.84 s of 2.0 s
- Step: Stretch | Increment: 43, Iterations: 4 Simulation Time: 0.86 s of 2.0 s
- Step: Stretch | Increment: 44, Iterations: 4 Simulation Time: 0.88 s of 2.0 s
- Step: Stretch | Increment: 45, Iterations: 4 Simulation Time: 0.9 s of 2.0 s
- Step: Stretch | Increment: 46, Iterations: 4 Simulation Time: 0.92 s of 2.0 s
- Step: Stretch | Increment: 47, Iterations: 4 Simulation Time: 0.94 s of 2.0 s
- Step: Stretch | Increment: 48, Iterations: 4 Simulation Time: 0.96 s of 2.0 s
- Step: Stretch | Increment: 49, Iterations: 4 Simulation Time: 0.98 s of 2.0 s
- Step: Stretch | Increment: 50, Iterations: 4 Simulation Time: 1.0 s of 2.0 s
- Step: Stretch | Increment: 51, Iterations: 4 Simulation Time: 1.02 s of 2.0 s
- Step: Stretch | Increment: 52, Iterations: 4 Simulation Time: 1.04 s of 2.0 s

- Step: Stretch | Increment: 53, Iterations: 4 Simulation Time: 1.06 s of 2.0 s
- Step: Stretch | Increment: 54, Iterations: 4 Simulation Time: 1.08 s of 2.0 s
- Step: Stretch | Increment: 55, Iterations: 4 Simulation Time: 1.1 s of 2.0 s
- Step: Stretch | Increment: 56, Iterations: 4 Simulation Time: 1.12 s of 2.0 s
- Step: Stretch | Increment: 57, Iterations: 4 Simulation Time: 1.14 s of 2.0 s
- Step: Stretch | Increment: 58, Iterations: 4 Simulation Time: 1.16 s of 2.0 s
- Step: Stretch | Increment: 59, Iterations: 4 Simulation Time: 1.18 s of 2.0 s
- Step: Stretch | Increment: 60, Iterations: 4 Simulation Time: 1.2 s of 2.0 s
- Step: Stretch | Increment: 61, Iterations: 4 Simulation Time: 1.22 s of 2.0 s
- Step: Stretch | Increment: 62, Iterations: 4 Simulation Time: 1.24 s of 2.0 s
- Step: Stretch | Increment: 63, Iterations: 4 Simulation Time: 1.26 s of 2.0 s
- Step: Stretch | Increment: 64, Iterations: 4 Simulation Time: 1.28 s of 2.0 s
- Step: Stretch | Increment: 65, Iterations: 4 Simulation Time: 1.3 s of 2.0 s
- Step: Stretch | Increment: 66, Iterations: 4 Simulation Time: 1.32 s of 2.0 s
- Step: Stretch | Increment: 67, Iterations: 4 Simulation Time: 1.34 s of 2.0 s
- Step: Stretch | Increment: 68, Iterations: 4 Simulation Time: 1.36 s of 2.0 s

- Step: Stretch | Increment: 69, Iterations: 4 Simulation Time: 1.38 s of 2.0 s
- Step: Stretch | Increment: 70, Iterations: 4 Simulation Time: 1.4 s of 2.0 s
- Step: Stretch | Increment: 71, Iterations: 4 Simulation Time: 1.42 s of 2.0 s
- Step: Stretch | Increment: 72, Iterations: 4 Simulation Time: 1.44 s of 2.0 s
- Step: Stretch | Increment: 73, Iterations: 4 Simulation Time: 1.46 s of 2.0 s
- Step: Stretch | Increment: 74, Iterations: 4 Simulation Time: 1.48 s of 2.0 s
- Step: Stretch | Increment: 75, Iterations: 4 Simulation Time: 1.5 s of 2.0 s
- Step: Stretch | Increment: 76, Iterations: 4 Simulation Time: 1.52 s of 2.0 s
- Step: Stretch | Increment: 77, Iterations: 4 Simulation Time: 1.54 s of 2.0 s
- Step: Stretch | Increment: 78, Iterations: 4 Simulation Time: 1.56 s of 2.0 s
- Step: Stretch | Increment: 79, Iterations: 4 Simulation Time: 1.58 s of 2.0 s
- Step: Stretch | Increment: 80, Iterations: 4 Simulation Time: 1.6 s of 2.0 s
- Step: Stretch | Increment: 81, Iterations: 4 Simulation Time: 1.62 s of 2.0 s
- Step: Stretch | Increment: 82, Iterations: 4 Simulation Time: 1.64 s of 2.0 s
- Step: Stretch | Increment: 83, Iterations: 4 Simulation Time: 1.66 s of 2.0 s
- Step: Stretch | Increment: 84, Iterations: 4 Simulation Time: 1.68 s of 2.0 s

- Step: Stretch | Increment: 85, Iterations: 4 Simulation Time: 1.7 s of 2.0 s
- Step: Stretch | Increment: 86, Iterations: 4 Simulation Time: 1.72 s of 2.0 s
- Step: Stretch | Increment: 87, Iterations: 4 Simulation Time: 1.74 s of 2.0 s
- Step: Stretch | Increment: 88, Iterations: 4 Simulation Time: 1.76 s of 2.0 s
- Step: Stretch | Increment: 89, Iterations: 4 Simulation Time: 1.78 s of 2.0 s
- Step: Stretch | Increment: 90, Iterations: 4 Simulation Time: 1.8 s of 2.0 s
- Step: Stretch | Increment: 91, Iterations: 4 Simulation Time: 1.82 s of 2.0 s
- Step: Stretch | Increment: 92, Iterations: 4 Simulation Time: 1.84 s of 2.0 s
- Step: Stretch | Increment: 93, Iterations: 4 Simulation Time: 1.86 s of 2.0 s
- Step: Stretch | Increment: 94, Iterations: 4 Simulation Time: 1.88 s of 2.0 s
- Step: Stretch | Increment: 95, Iterations: 4 Simulation Time: 1.9 s of 2.0 s
- Step: Stretch | Increment: 96, Iterations: 4 Simulation Time: 1.92 s of 2.0 s
- Step: Stretch | Increment: 97, Iterations: 4 Simulation Time: 1.94 s of 2.0 s
- Step: Stretch | Increment: 98, Iterations: 4 Simulation Time: 1.96 s of 2.0 s
- Step: Stretch | Increment: 99, Iterations: 4 Simulation Time: 1.98 s of 2.0 s
- Step: Stretch | Increment: 100, Iterations: 4 Simulation Time: 2.0 s of 2.0 s

```
End computation

Elapsed real time: 0:01:50.558887
```

14 Plot results

```
[18]: # set plot font to size 14
      font = {'size' : 14}
      plt.rc('font', **font)
      # Get array of default plot colors
      prop_cycle = plt.rcParams['axes.prop_cycle']
      colors = prop_cycle.by_key()['color']
      plt.figure()
      plt.plot((L0 + timeHist0)/L0, 2*timeHist1/1e3/(W0*t0), linewidth=2.0,\
               color=colors[0], marker='.')
      plt.axis('tight')
      plt.ylabel(r'$P_{11}$, MPa')
      plt.xlabel(r'$\lambda$')
      # plt.xlim([1,8])
      # plt.ylim([0,8])
      plt.grid(linestyle="--", linewidth=0.5, color='b')
      # plt.show()
      fig = plt.gcf()
      fig.set_size_inches(7,5)
      plt.tight_layout()
      plt.savefig("results/3D_hip_fenicsX.png", dpi=600)
```

