

Eq. 1 is an initial equation.

$$T = 1/f \tag{1}$$

Multiply both sides of Eq. 1 by  $f$ .

$$T f = 1 \tag{2}$$

Divide both sides of Eq. 2 by  $T$ .

$$f = 1/T \tag{3}$$

Eq. 3 is one of the final equations.