

Review: Forces

$$\begin{aligned} \text{Magnitude of } \vec{R} &= \sqrt{(F_{1x}+F_{2x})^2 + (F_{1y}+F_{2y})^2} \\ \text{Direction } \tan \theta &= \frac{F_{1y}+F_{2y}}{F_{1x}+F_{2x}} \end{aligned}$$

External / Internal

 **R&F:** External Forces; other bodies act on members
Finternal = Force within member

Review: Moments

- Tendency of Force to cause rotation about a point

$$|\bar{M}(\text{Moment})| = |F| \cdot |d|$$

Thumb out:  Thumb in: 

Review: Equilibrium

$$\sum F = 0$$

$$\sum M = 0$$

Stress & Strain

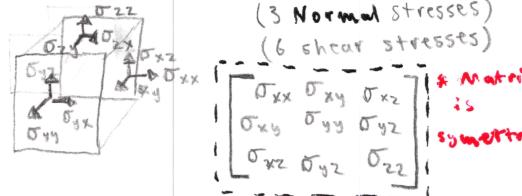
Normal Stress (σ) = $\frac{\text{Force } \perp \text{ to Area}}{\text{Area}}$

Sign Convention $(+)$ Tension or Pulling
 $(-)$ Pushing or compression

Shear Stress (τ_{xy}) = $\frac{\text{Force } \parallel \text{ to Area}}{\text{Area}}$

Sign Convention $(+)$ acts in positive direction on positive face or negative direction on negative face

3D Stress - State



Normal & Shear strain

Normal Strain (ϵ) → amount of deformation $\frac{\delta}{l_0}$ per unit original length l_0

Shear Strain (γ) → lengths of sides Δl , but rotate

$$\frac{\delta}{l_0} = \tan(\gamma) = \frac{\delta}{l} \Rightarrow \gamma = \frac{\delta}{l}$$

Hooke's Law for Isotropic Material

$$\sigma = E \epsilon \quad * \text{ Stress/strain related by Elastic Modulus, } E$$

Joints & supports

1. Roller  can resist force in y-direction but not moment

2. Pin  can resist in x-direction but not moment

Shear Modulus: Shear Stress τ strain related by G

$$\tau_{xy} = G \gamma_{xy} \quad * \text{ strain related by } G$$

Poisson's Ratio (ν): Lateral strain (ϵ_x)

Poisson's Ratio (ν_{xy}) = $-\frac{\text{lateral strain } (\epsilon_x)}{\text{strain in direction of applied uniaxial stress } (\epsilon_y)}$

* If Isotropic, All are Equal

No Equivalent for Shear Stress

$$\epsilon_x = \frac{\sigma_x}{E} - \nu \frac{\sigma_y}{E} - \nu \frac{\sigma_z}{E}$$

3.032 Exam #1 Cheatsheet

Hooke's Law for Isotropic Solid

$$\begin{bmatrix} \epsilon_x \\ \epsilon_y \\ \epsilon_z \\ \gamma_{xy} \\ \gamma_{yz} \\ \gamma_{xz} \end{bmatrix} = \begin{bmatrix} \frac{1}{E} & -\frac{1}{E} & 0 & 0 & 0 & 0 \\ -\frac{1}{E} & \frac{1}{E} & 0 & 0 & 0 & 0 \\ 0 & 0 & \frac{1}{E} & 0 & 0 & 0 \\ 0 & 0 & 0 & \frac{1}{G} & 0 & 0 \\ 0 & 0 & 0 & 0 & \frac{1}{G} & 0 \\ 0 & 0 & 0 & 0 & 0 & \frac{1}{G} \end{bmatrix} \begin{bmatrix} \sigma_{xx} \\ \sigma_{yy} \\ \sigma_{zz} \\ \tau_{xy} \\ \tau_{yz} \\ \tau_{xz} \end{bmatrix}$$

Elastic Modulus
Shear Modulus
Poisson's Ratio

• 2 independent elastic constants for Isotropic

Relations between Elastic moduli

$$G = \frac{E}{2(1+\nu)} \quad K = \frac{E}{3(1-2\nu)}$$

Both necessitate $-1 < \nu < 0.5$

Elastic Strain Energy

Total Elastic Strain Energy (Normal Stress)

Total Elastic Strain Energy

$$U = \frac{1}{2} \sigma_{xy} \gamma_{xy}$$

$$U = U_{\text{shear}} + U_{\text{normal}}$$

Stress - Strain Curves

Metals

Elastic Region, Plastic Region

Initial linear Elasticity
0.2% offset yield strength
Very Ductile

σ_{UTS} (Ultimate Tensile Strength)

strain harden, strain soften

Linear Elastic til failure
Higher E than Metals

Ceramics

Polymers

occur drawn out

As its stretched polymers chains align strengthen

allowing drawing out balancing necking

True Stress & strain

$$\sigma_{\text{True}} = \sigma_{\text{Eng}} (1 + \epsilon_{\text{eng}}) \quad \epsilon_{\text{True}} = \ln(1 + \epsilon_{\text{eng}})$$

Anisotropic Hooke's Law: New Notation

$$\sigma_{xx} = \sigma_1, \quad \sigma_{yy} = \sigma_4$$

$$\sigma_{yy} = 2, \quad \sigma_{zz} = \sigma_5$$

$$\sigma_{zz} = 3, \quad \sigma_{xy} = \sigma_6$$

The Matrix:

$$\begin{bmatrix} \epsilon_1 \\ \epsilon_2 \\ \epsilon_3 \\ \epsilon_4 \\ \epsilon_5 \\ \epsilon_6 \end{bmatrix} = \begin{bmatrix} S_{11} & S_{12} & S_{13} & 0 & 0 & 0 \\ S_{21} & S_{22} & S_{23} & 0 & 0 & 0 \\ S_{31} & S_{32} & S_{33} & 0 & 0 & 0 \\ 0 & 0 & 0 & S_{44} & 0 & 0 \\ 0 & 0 & 0 & 0 & S_{55} & 0 \\ 0 & 0 & 0 & 0 & 0 & S_{66} \end{bmatrix} \begin{bmatrix} \sigma_1 \\ \sigma_2 \\ \sigma_3 \\ \sigma_4 \\ \sigma_5 \\ \sigma_6 \end{bmatrix}$$

• R & I, for small displacements around r_0 (Proof Basis of Elasticity)

• E decreases as r increases

• As temp increases $\rightarrow r_0$ $\rightarrow r_0$

• $r_0 = \text{Equilibrium Spacing}$

$$E = \frac{r_0 - r}{r_0}$$

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Young's Modulus of Crystalline

Given $V(r) = -\frac{A}{r^m} + \frac{B}{r^n}$

$$E = \frac{A m (n-m)}{r_0^{m+3}}$$

$E = \frac{A m (n-m)}{r_0^{m+3}}$

Coefficient of Thermal Expansion

- At $T=0K$, Equilibrium Spacing
- As T , atoms oscillate in potential well, c. b/c energy well is asymmetric we get

(d)

Thermal Strain

$$\epsilon_{\text{Thermal}} = \alpha \Delta T$$

Thermal Stress

* If Constrained thermal stress

$$\sigma_{\text{thermal}} = E \epsilon_{\text{Thermal}}$$

Elastic Modulus: Rubber

- Entropy increases w/ decreased order

In Rubbers:

K77 B w/ Bond Stretching \Rightarrow Entropy

↳ Under Hydro-static stress

For Isotropic Materials:

$$J = \frac{1}{2} - \frac{1}{6} \frac{E}{K} \quad * \text{why Rubber} \quad J \approx 0.5$$

Calculation of E :

Distance between cross-links λ = bond length

$$F = \sqrt{\frac{2N}{3}} \lambda \quad N = \text{steps between cross-links}$$

$$\Omega = N/\lambda^3 \quad E = 3NvKT \quad n_v = 1/\Omega$$

Notes:

1. E increases w/ density of chains per volume

2. E increases w/ Temperature

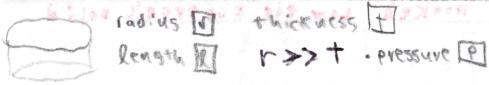
Notes: Bulk Modulus

$$(\text{Hydrostatic}) = K \frac{\Delta V}{V_0}$$

$$K = \frac{E}{3(1-2v)}$$

Reciprocal Relation $\left\{ \frac{v_{21}}{E_2} = \frac{v_{12}}{E_1} \right\}$

Cylindrical Pressure Vessel



1. Longitudinal Stress σ_L

$$\sigma_L (2\pi rt) = p(\pi r^2)$$

$$\sigma_L = \frac{pr}{2t}$$

2. Hoop Stress σ_H

$$\sigma_H (2\pi rt) = p(2\pi r)$$

$$\sigma_H = \frac{pr}{t}$$

3. Radial Stress σ_r

$$\sigma_r = 0$$

Spherical Pressure Vessel

radius r thickness t
pressure p $r \gg t$

1. Longitudinal Stress (σ_L)

$$\sigma_L (2\pi rt) = p(\pi r^2)$$

$$\sigma_L = \frac{pr}{2t}$$

2. Hoop Stress (σ_H)

$$\sigma_H (2\pi rt) = p(\pi r^2)$$

$$\sigma_H = \frac{pr}{t}$$

2 cylinder Thermal Expansion Example

2 cylindrical bars
 $\Delta T = 500^\circ C$
 $L_0 = 30 \text{ cm}$

info:

$$E_1 = 200 \text{ GPa} \quad E_2 = 70 \text{ GPa}$$

$$J_1 = 0.28 \quad J_2 = 0.33$$

$$L_1 = 18 \text{ cm}$$

$$r_1 = 4 \text{ cm}$$

$$d_1 = 10 \times 10^{-6}$$

$$d_2 = 20 \times 10^{-6}$$

Questions:

1. What's σ in each bar

2. What's E in each bar

3. What's final length of each bar

4. Radius of each bar

SOLUTION

If unconstrained:

$$\delta_{1T} = (10 \times 10^{-6})(500^\circ C)(0.18 \text{ m}) = 9 \times 10^{-4} \text{ m}$$

$$\delta_{2T} = (20 \times 10^{-6})(500^\circ C)(0.12 \text{ m}) = 1.2 \times 10^{-3} \text{ m}$$

Total Displacement $\Rightarrow 2.1 \times 10^{-3} \text{ m}$

* recognize internal force in bar is the same

$$\frac{FL_1}{A_1 E_1} + \frac{FL_2}{A_2 E_2} = 2.1 \times 10^{-3} \Rightarrow \begin{cases} \text{Solve for } F \\ \text{or } F = \frac{E_1}{A_1} \delta_1 \\ \text{or } F = \frac{E_2}{A_2} \delta_2 \end{cases}$$

$$\delta_1 = \frac{E_1}{A_1} + \alpha_1 \Delta T$$

$$\delta_2 = \frac{E_2}{A_2} + \alpha_2 \Delta T$$

$$\Delta L_1 = E_1 L_1 \alpha_1 \Delta T$$

$$\Delta L_2 = E_2 L_2 \alpha_2 \Delta T$$

Formula For Displacement

$$f = \frac{PL}{AE}$$

STRESS Transformations

$$\sigma_{x_1} = \frac{\sigma_x + \sigma_y}{2} + \frac{(\sigma_x - \sigma_y)}{2} \cos(2\theta) + \sigma_{xy} \sin(2\theta)$$

$$\sigma_{x_1y_1} = -\left(\frac{\sigma_x - \sigma_y}{2}\right) \sin(2\theta) + \sigma_{xy} \cos(2\theta)$$

$$\sigma_{y_1} = \left(\frac{\sigma_x + \sigma_y}{2}\right) - \left(\frac{\sigma_x - \sigma_y}{2}\right) (\cos(2\theta) - \sigma_{xy} \sin(2\theta))$$

8 $\sigma_{x_1} + \sigma_{y_1} = \sigma_x + \sigma_y$ (sum of 2
 $\sigma_{xy} = 0$ # \perp Forces constant)

Principal Stresses

$$\sigma_1 = \frac{\sigma_x + \sigma_y}{2} + \sqrt{\left(\frac{\sigma_x - \sigma_y}{2}\right)^2 + \sigma_{xy}^2}$$

$$\sigma_2 = \frac{\sigma_x + \sigma_y}{2} - \sqrt{\left(\frac{\sigma_x - \sigma_y}{2}\right)^2 + \sigma_{xy}^2}$$

$$\tan(2\theta_p) = \frac{2\sigma_{xy}}{\sigma_x - \sigma_y} \quad \sigma_{xy} = 0$$

Max Shear Stress

$$\text{Max Shear: } \sigma_{xy,\max} = \frac{\sigma_1 - \sigma_2}{2}$$

Normal stress at max shear:

$$\frac{\sigma_x + \sigma_y}{2}$$

$$\tan(2\theta_s) = -\left(\frac{\sigma_x - \sigma_y}{2\sigma_{xy}}\right) \quad \theta_s = \theta_p \pm 45^\circ$$

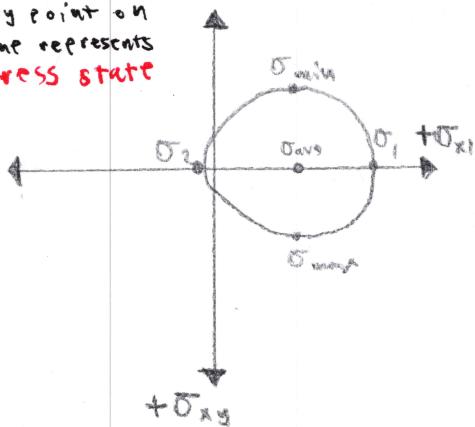
Mohr's Circle S

Circle Radius: $R = \sqrt{\left(\frac{\sigma_x - \sigma_y}{2}\right)^2 + \sigma_{xy}^2}$

Avg. Stress

$$\sigma_{avg} = \frac{\sigma_x + \sigma_y}{2}$$

every point on plane represents stress state



* If you rotate by θ degrees, move 2θ on Mohr's Circle

Special Stress States

a) Uni-axial

$$\sigma_{avg} = \sigma_x/2$$

$$R = \sigma_x/2$$

b) Pure Shear

$$\sigma_{avg} = 0$$

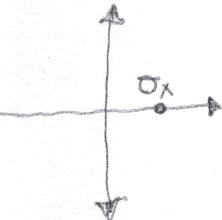
$$R = \frac{\sigma_{xy}}{2}$$

3.032 Exam #2 cheat sheet

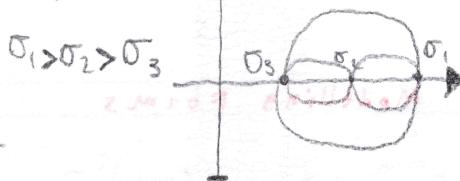
c) Equal Biaxial Stress

$$\sigma_{avg} = 0$$

$$R = 0$$



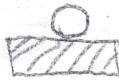
d)



Beam S

End Supports:

1. Roller



- can only resist w/ support reaction in y-direction

2. Pin



- can resist w/ support reaction in X & Y direction

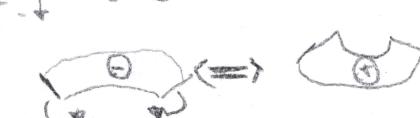
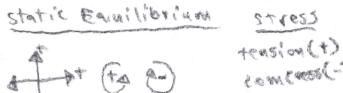
3. Fixed End



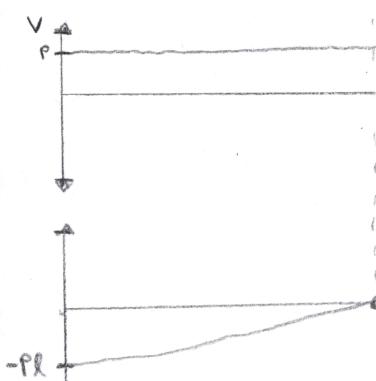
- can resist in X & Y direction
- can have Moment

Beam Sign Conventions

static Equilibrium



Shear & Bending Moment Diagrams



$$\sum F_y = 0$$

$$P - V = 0$$

$$\frac{V}{F_y - P}$$

$$+P(L-x) + M = 0$$

$$M = -P(L-x)$$

Distributed Loads on Beams

- We derive an equivalent concentrated load (F)

$$F = \int_a^b q(x) dx$$

$$\text{Centroid} = \frac{1}{L} \int_a^b x q(x) dx$$

- Equivalent Force F acts through the centroid of Area of Distributed Load

Relations between q, V, M

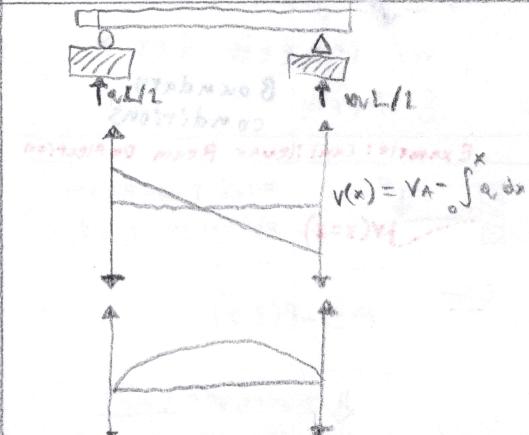
$$Q = -\frac{dV}{dx}$$

$$V_B - V_A = -\int_A^B q dx$$

$$M = \frac{dM}{dx}$$

$$M_B - M_A = A \int_V^B V dx$$

Example: Distributed Load on Beam



Stresses in Beams

Bending: one face in Tension
one face in compression

Neutral axis: plane that sees no stress

$$\frac{1}{P} = \frac{d\sigma}{dx} = K$$

$$\sigma_x = -K y$$

Normal Stress: $\sigma_x = -K y E$

* $\sigma_x = -\frac{My}{I}$

- $M + \delta y \Rightarrow \sigma_x < 0$, compression
- $M + \delta y \Rightarrow \sigma_x > 0$, tension

- Max occurs at greatest $M \& y$

$$I = \int_A y^2 dA \quad O = \frac{My}{I} \quad K = \frac{M}{EI}$$

I o/p Rectangular cross-section

$$dA = b \times dy$$

$$I_2 = \int_{-h/2}^{h/2} y^2 b \, dy \\ = \frac{bh^3}{12}$$

Circular Cross-Section (I)

solid	thick-walled	thin-walled
$\frac{\pi r^4}{4}$	$\frac{\pi(r_{out}^4 - r_{in}^4)}{4}$	$\pi r^3 t$

Deflection of Beam

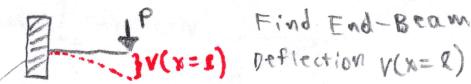
$$\frac{d\theta}{dx} = \frac{d^2V}{dx^2} = \frac{M}{EI}$$

→ Integrate twice

w/ respect for x

& Apply Boundary conditions

Example: Cantilever Beam Deflection



Given

$$M = -P(l-x)$$

↓ Integrate Twice

$$V = -\frac{P}{EI} \left(\frac{x^2}{2} - x^3 \right) + C_1x + C_2$$

Boundary Conditions:

$$\textcircled{1} \text{ at } x=0, V=0 \rightarrow C_2 = 0$$

$$\textcircled{2} \text{ at } x=0, \theta=0 \Rightarrow \frac{dV}{dx} \rightarrow C_1 = 0$$

$$V(x=L) = -\frac{PL^3}{3EI}$$

Euler Buckling Load

$$P_{critical} = \frac{n^2 \pi^2 E I}{L^2} \quad \begin{pmatrix} \text{Euler} \\ \text{Buckling} \\ \text{Load} \end{pmatrix}$$

↑ E, harder to buckle

Factor

↑ I, harder to buckle

n=1

↑ l, easier to buckle

n=2

Local Buckling Stress

$$\sigma_{local \text{ Buckling}} = \frac{R\sqrt{3(1-\nu^2)}}{E+0.06 \times 10^{-6}}$$

Modelling Foams

$$E_{foam} = C_1 E_{solid} \# \left(\frac{P_{foam}}{P_{solid}} \right)^2$$

$$\sigma_{elastic}^* = C_2 E_{solid} \# \left(\frac{P_{foam}}{P_{solid}} \right)^0.9$$

Linear Visco Elasticity

Deformation dependent on temperature & time

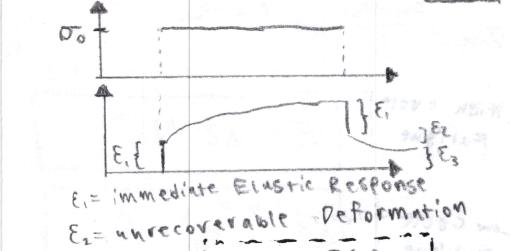
Review: Fluids

$$T = H \frac{dV_x}{dy}$$

↳ where H = Viscosity

CREEP TEST

• Apply constant stress σ_0 , measure strain as a function of time $\epsilon(t)$



Creep Compliance: $J(t) = \frac{\epsilon(t)}{\sigma}$

STRESS-RELAXATION TEST

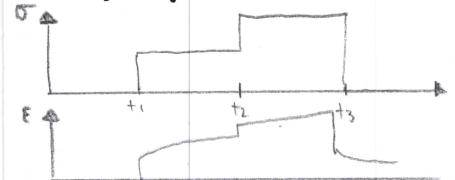
• Apply a constant strain ϵ

& measure σ

Relaxation Modulus: $\frac{\sigma(t)}{\epsilon}$

Boltzmann Superposition Principle

• Creep & Stress Relaxation is a function of entire loading history



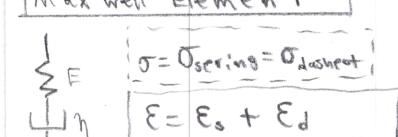
$$\epsilon(t=t_n) = \Delta\sigma_1 J(t_n-t_1) + \Delta\sigma_2 J(t_n-t_2) + \dots$$

Spring-Dashpot System for Linear Viscoelasticity

• Spring: $E = \sigma/\epsilon$

• Dashpot: $\eta = \frac{\sigma}{\dot{\epsilon}}$

Maxwell Element



$$\frac{d\epsilon}{dt} = \frac{1}{E} \frac{d\sigma}{dt} + \frac{\sigma}{\eta}$$

Voigt Element

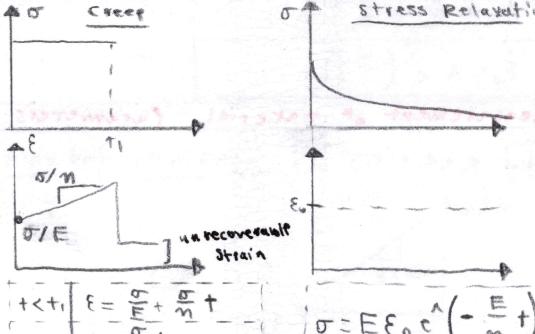
$$\sigma = \sigma_s + \sigma_d$$

$$\epsilon = \epsilon_s = \dot{\epsilon}_d$$

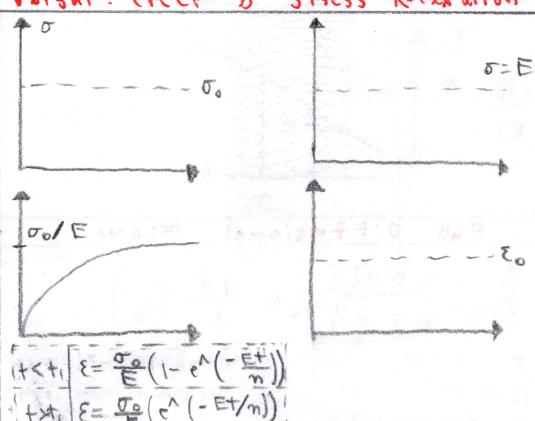
$$\sigma = E\epsilon + \eta \dot{\epsilon}$$

3.03L Cheat Sheet #3

Maxwell: Creep & Stress Relaxation



Voight: Creep & Stress Relaxation



Standard Linear Solid

constitutive Eqn:

$$\sigma + T \frac{\partial}{\partial t} = E_1 \epsilon + (E_1 + E_2) T \epsilon$$

$$\Rightarrow T = \frac{\eta}{E_2}$$

Linear Viscoelasticity in Polymers

1. At low temperature, Glassy Behavior

2. At medium Temp, we get viscoelastic behavior at T_g , secondary bonds melt, easier sliding of polymer segments

3. At high Temperature, get Rubbery behavior

Plasticity

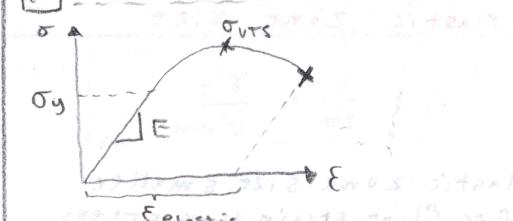
Plasticity → at/near room temperature materials have defined yield

$\sigma < \sigma_y$ Recoverable Elastic Deformation

$\sigma \geq \sigma_y$ Irrecoverable Plastic Deformation

Measuring Yield Strength

(1) Uniaxial Tensile Test



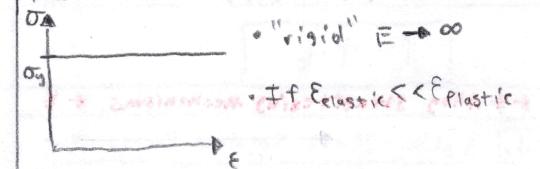
(2) Hardness Tests

• Indenter pushed into surface of solid specimen

* size of indent related to σ_y

Idealization of Plastic Behavior

1. Rigid-Perfectly Plastic



2. Elastic-Perfectly Plastic



Plasticity: Assumptions

(1) Plastic-Flow occurs at constant volume

$$\frac{\Delta V}{V_0} = \epsilon_{11} + \epsilon_{22} + \epsilon_{33} = 0$$

• Plasticity associated w/ Dislocation Motion

(2) Hydrostatic Stress doesn't cause yielding

(3) Neglect strain hardening

Yield Criteria

1. Rankine Criterion

yield when $\sigma_1 = \sigma_y$

2. Tresca Criterion

yield when $\sigma_1 - \sigma_3 = \sigma_y$

3. Von Mises Criterion

yield when $\sigma_{eq} = \sigma_y$

$$\sigma_{eq} = \sqrt{\frac{1}{2} [(\sigma_{11} - \sigma_{22})^2 + (\sigma_{22} - \sigma_{33})^2 + (\sigma_{33} - \sigma_{11})^2]}$$

* Max diff between Tresca & Von Mises when $\sigma_1 = \sigma_3$

Dislocations

Edge Dislocation $b \pm$

Screw Dislocation $b \parallel \pm$

Plastic shear strain Rate $\dot{\gamma}^p = \rho b v$

Elastic strain energy of Dislocation

Elastic Energy of Screw $\frac{Gb^2}{L} \ln \left(\frac{R}{r_0} \right)$

Elastic Energy of Edge $\frac{Gb^2}{L} \frac{1}{4\pi(1-\nu)} \ln \left(\frac{R}{r_0} \right)$

where

$$R = 1/\sqrt{\rho} - \rho = \text{dislocation density}$$

Line Tension

$$T = \frac{Gb^2}{2}$$

Glide Force (f)

$$f = Tb$$

* * Alloy Strengthening Mechanisms * *

1. Solid-State Solution Hardening

- solute atoms dissolved in primary metal

3 parameters

$$\text{Glide Force} = Tb$$

$$\text{spacing of solute atoms} = 1/L$$

$$\text{concentration of solute atoms} = 1/L^2$$

$$T_{ob} b L b = U_s \quad T_g = \frac{U_s \sqrt{\text{concentration}}}{b^2}$$

2. Precipitation Hardening

L = Spacing between precipitate
R = Radius of precipitate

work done by dislocation

$$T_p b L (2R)$$

Surface Energy of precipitate

$$(2\pi b) * 2$$

* Evaluate the 2 to find shear stress required to break through

$$T_p = \frac{2\pi}{L}$$

3. Dispersion Hardening

$$T_d = \frac{Gb}{L} \quad \text{set equal to } T_p \text{ to find critical } \Gamma$$

4. Grain Boundary Strengthening

$$T_{gb} = T + \frac{K}{\sqrt{d}} \quad K = \text{material property}$$

Creep

1. Diffusional Flow

$$\dot{\epsilon}_{ss} = \sigma$$

2. Power-Law Creep

$$\dot{\epsilon}_{ss} = \sigma^n$$

Creep: Diffusional flow

$$\dot{\epsilon}_{ss} = \dot{\epsilon}_0 \left(\frac{\sigma}{\sigma_0} \right)^n \quad A = 1$$

$$\dot{\epsilon}_0 = A e^{(-\frac{Q}{RT})} \quad Q = \text{Activation energy}$$

$$T = \text{Absolute Temp}$$

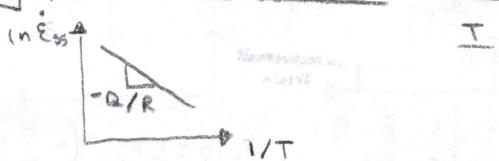
Creep: Power-Law Creep

$$\dot{\epsilon}_{ss} = \dot{\epsilon}_0 \left(\frac{\sigma}{\sigma_0} \right)^n$$

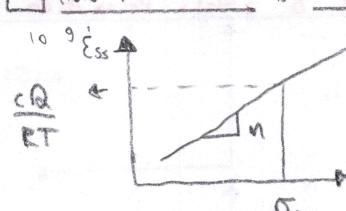
$$\dot{\epsilon}_0 = A e^{(-\frac{Q}{RT})}$$

Measurement of material parameters

1. Keeping constants and vary



2. Hold T constant & vary Stress



Full Diffusional Flow

$$\dot{\epsilon}_{ss} = \frac{2\sigma\Omega}{KTd} \left(D_v + \frac{\pi d}{d} D_b \right)$$

σ = stress T = absolute Temp

Ω = atomic volume d = grain size

K = Boltzmann's

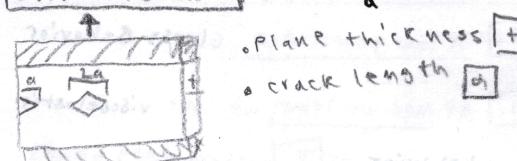
Creep & Fracture

Larson-Miller Parameter

$$\frac{Q}{R} = T(\ln A + \ln(+F))$$

Fracture Mechanics

Griffith Crack



Plane thickness

crack length

Roughly change in energy as crack goes from a to a

$$U = \frac{\pi a^2}{2} + \text{elastic energy}$$

$$\sigma^2 \pi a = E G_c \quad G_c = 2\Gamma$$

Stress Intensity Factor (K_I)

$$Y \sigma \sqrt{\pi a}$$

Fracture Toughness K_{Ic}

Plastic Zone Size

$$r_p \approx \frac{1}{2\pi} * \frac{K_I}{\sigma}$$

Plastic zone size smaller for plane strain than stress

Ductile \rightarrow Brittle Transition

$$\sigma_{yield} = \sigma_y^0 \left[1 - \frac{KT}{\sigma_y^0} \ln \left(\frac{\sigma}{\sigma_y^0} \right) \right]$$

as $T \downarrow, \sigma_y \uparrow, \sigma_p \uparrow$

Fatigue

$$\sigma_{mean} = \frac{\sigma_{max} + \sigma_{min}}{2} \quad \Delta\sigma = \sigma_{max} - \sigma_{min}$$

High cycle Fatigue

$$\beta = \Delta\sigma^{N_f^\alpha}$$

Low cycle Fatigue

$$\Delta\epsilon^{plastic} = N_f^{-b} = C_2$$

Paris Law

$$\frac{da}{dN} = A (\Delta K)^m$$

$$N_f = \int_{a_0}^{a_f} \frac{da}{A(\Delta K)^m}$$