Example ack three .
Input term: $(\lambda m.(m@_1(\lambda g.\lambda n.(n@_2 g)@_3(g@_4(\lambda s1.\lambda z1.s1@_5 z1))))@_6(\lambda n2.\lambda s2.\lambda z2.(n2@_7 s2)@_8(s2@_9 z2)))@_{10}(\lambda s.\lambda z.s@_{11}(s@_{12}(s@_{13} z)))$
Normal form: $\lambda n.(n@(\lambda n.(n@(\lambda n2.\lambda s2.\lambda z2.(n2@s2)@(s2@z2)))@(\lambda s2.\lambda z2.s2@(s2@z2))))@(\lambda s2.\lambda z2.s2@(s2@(s2@z2)))))@(\lambda s2.\lambda z2.s2@(s2@(s2@(s2@z2)))))$