3.

1. Open JMeter and create a new Test Plan.

2. Add a Thread Group to the Test Plan.

3. In the Thread Group, set the number of threads (users) you want to simulate in the "Number of Threads" field. For example, set it to 10.

4. Set the ramp-up period in the "Ramp-Up Period" field. For example, set it to 5 seconds.

5. Set the loop count in the "Loop Count" field. For example, set it to 3.

6. Add a HTTP Request sampler to the Thread Group and set the URL to your target website or application.

7. Save the Test Plan.

8. Run the Test Plan to simulate 10 users accessing your website or application, with a ramp-up period of 5 seconds and each user executing the test script 3 times.

9. To increase the load, simply increase the number of threads in the Thread Group, for example, change it to 20. Save the Test Plan and run it again to simulate 20 users accessing your website or application.