From a plot (such as stress in x-direction), to adjust the contour (the color bar) – place curser over the color bar, right click, select Contour properties, then do as shown below. You will likely have to Replot (right click in the screen and select Replot, or type /REPLOT in the command line).

Contour Legend Properties	×	Contourcegend Properties	×
Style Range Display Contours On Surfaces Isosurfaces (3D models only) Show Legend As Color bands Number of contours Vector lines Number of contours: Iabel every Nth element:		Sthe Range Uniform-contours Range of contours (VMIN VMAX) -5000 _ 5000 Non-uniform contours Values of contours (increasing left to right) Value 1 Value 2 Value 3 Value 4 Value 5 Value 6 Value 7 Value 8	
	OK Cancel	CA	ncel