Ansys Web Demonstrations

Go to the Ansys web site and select their "Virtual Demo Room". Under the "Newest Demos" select the demo "Introducing ANSYS Workbench". It starts off in SolidWorks and exports to ANSYS. After the solution the results could have been sent back to SolidWorks. You may have to look at it a few times, since it goes fast. The Mech403 Workbench demo give more details.