

Running the program, we obtain that an optimal solution is the following matrix X :

$$X = \begin{bmatrix} 1/4 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 & 0 & 0 & 3/4 & -3/4 \\ 0 & 0 & 0 & 0 & 0 & 0 & -3/4 & 3/4 \end{bmatrix}$$

, which yields that the sum of the following two inequalities

$$\begin{aligned} \frac{1}{4} &\leq \frac{1}{4} \bullet\bullet + \frac{1}{4} \blacktriangleright\blacktriangleright + \frac{1}{4} \blacktriangledown + \frac{1}{4} \blacktriangledown \\ 0 &\leq \left\| \begin{bmatrix} \bullet \\ \circ \\ \blacktriangleright \end{bmatrix}^T \begin{bmatrix} 3/4 & -3/4 \\ 3/4 & -3/4 \end{bmatrix} \begin{bmatrix} \bullet \\ \circ \\ \blacktriangleright \end{bmatrix} \right\| \end{aligned}$$

gives the desired inequality, $\bullet\bullet + \blacktriangledown \geq 1/4$.