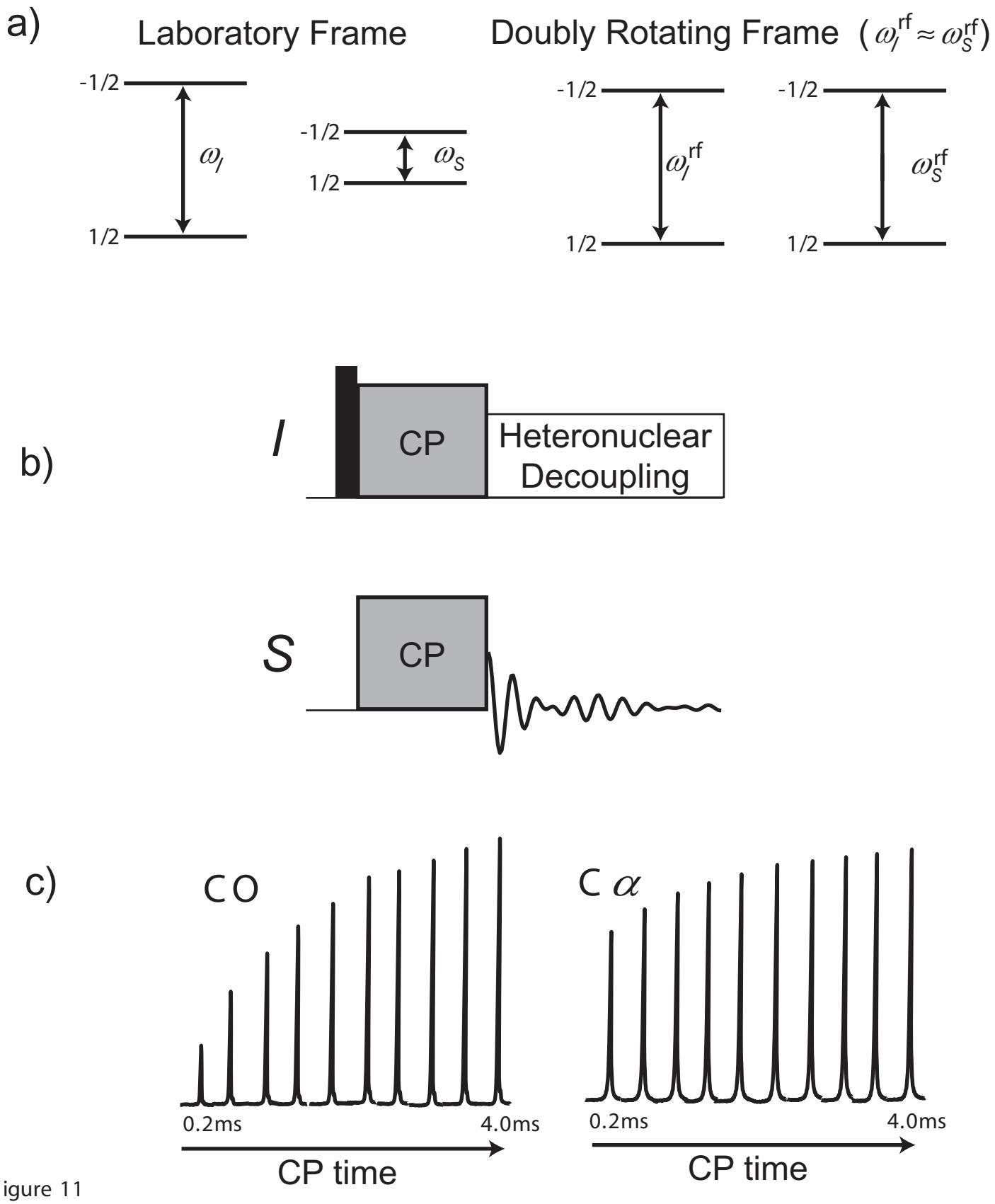
a)
Laboratory Frame
Doubly Rotating Frame ($\omega_I^{rf} \approx \omega_S^{rf}$)
-1/2
1/2
ω_I
-1/2
1/2
ω_S
-1/2
1/2
ω_I^{rf}
-1/2
1/2
ω_S^{rf}
b)
I
CP
Heteronuclear Decoupling
S
CP
c)
CO
0.2ms
4.0ms
CP time
Cα
0.2ms
4.0ms
CP time

Figure 11