Read manual III about ICONNMR first. Some of the information is transferable. Not all. Think.

Log in on the 500 MHz instrument

Start Topspin

Insert sample
Be sure that zg saftey is off in settings
Edc make expono 1
Rpar PROTON all
Getprosol
Do tuning and matching on 1H (e.g. wobbing)
Shim and start autoshim
DO THE MANUAL GRADIENT ADJUSTMENT ON THE TOP RIGHT BOX ON THE DRX CONSOLE
Rga
Ns
Expt write down the time on a sheet of paper.

Edc make expno 2
Rpar C13CPD all
Getprosol
Do tuning and matching on 13C
Click on "next channel" (or what it might be called) at top of in the wobb menu and re-check tuning/matching on 1H (1H-wobb often is influenced by 13-wobb, vice versa it is stable). (No further need of checking tuning /matching on both channels. . .)
Rga
Expt (see above)

Edc make expno 3
Rpar look for something called C13Apt or similar, load it
NS? Change?
Expt and so forth
Rga

Edc make expno 4
Rpar COSYGPSW or similar
Getprosol
Rga
Rg tells you a number for instance 512, enter 400 instead (a little lower number)
rg again and see what number the PC has chosen
NS?
Expt ?
Change NS to a higher number? 1 to 4 or 8? 4 to 8 or 16? Try and do expt again

Edc make expno 5
Then you shall make subsequent expnos for the following experiments:
C13DEPT45, C13DEPT90 C13DEPT135, C13DEPTQ, HSQCEDETGP, HMBCGP, TOCSY/MLEV (remember a parameter from another e-mail from Frode) , NOESY (remember d8 long for small molecules, try 0.75

secs if you have no idea), ROESY, H2BC and maybe more. Discuss with teachers. Do “everything” in all expnos and preferably do zg in all of them and run 1 minute after the dummy scans are completed. Looking for error messages. If any – fix them. Then stop the experiment and do the same for the next one.
Make sur ethe whole series of experiments do not exceed your available time. If much shorter than the available time increase NS somewhere-

Go to expno 1

Multizig and answer the question about how many experiments .