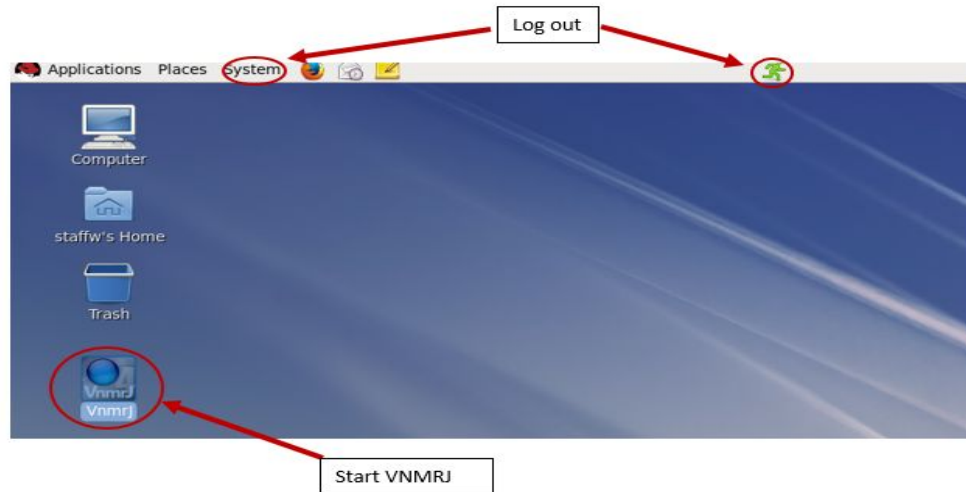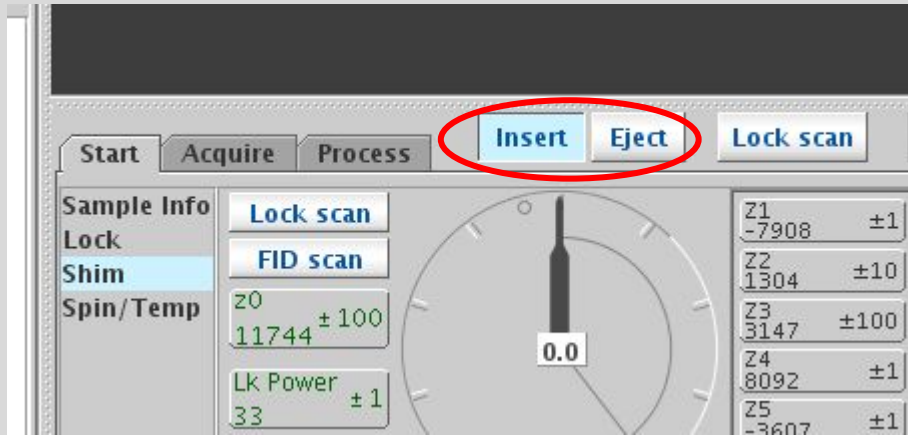Log in with group name and password.

Double click on the VNMRJ icon to start the program.

Carefully place the spinner on the NMR tube and position the spinner on the tube with the depth gauge.
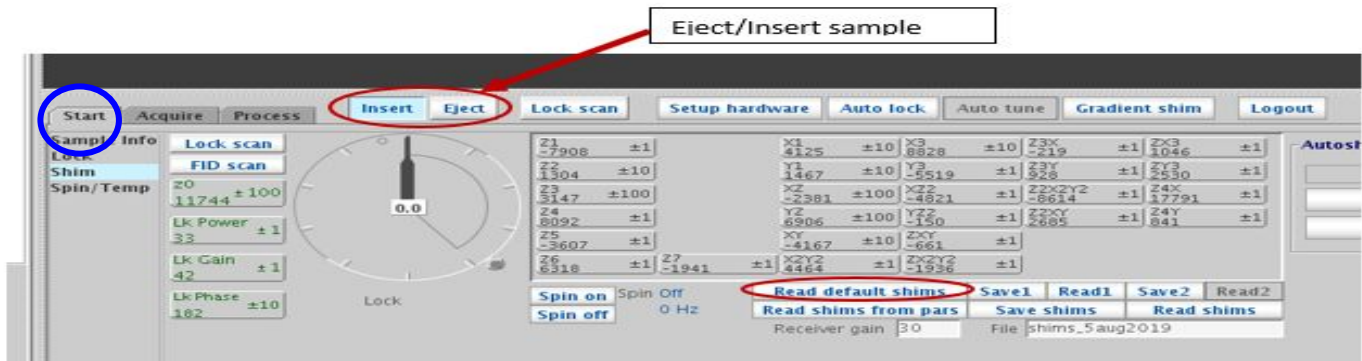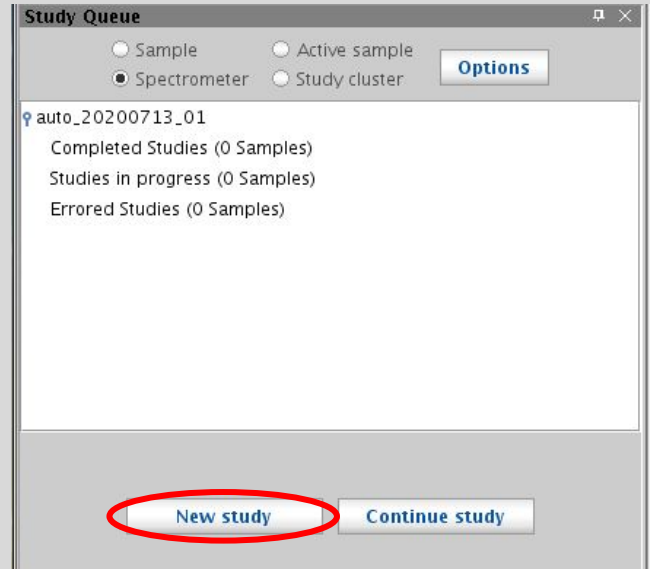
Click the Eject button .
Wait until you hear the eject air blowing from the magnet stack.
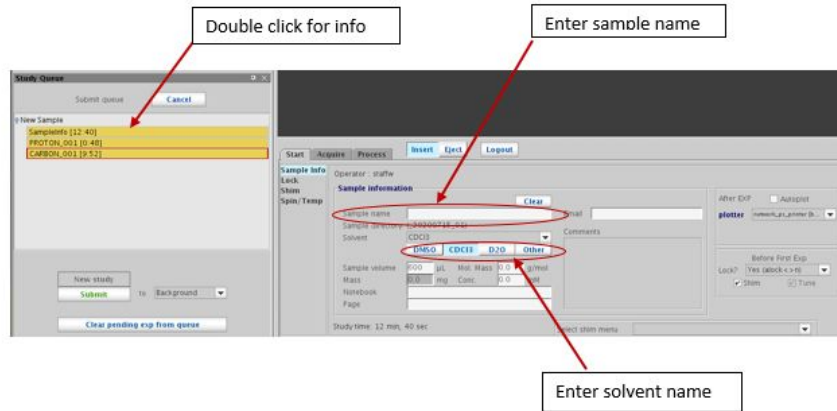Place the sample with spinner in the stack.
Click Insert and the sample should drop slowly to the probe.
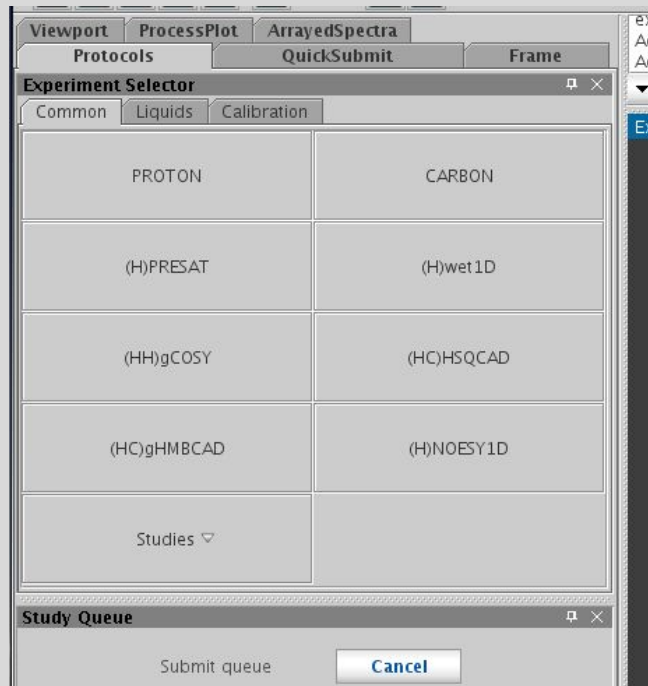
Under the **Start** tab click **Load Default Shims**.

Click New Study.

Enter Sample Name.
Select Solvent.

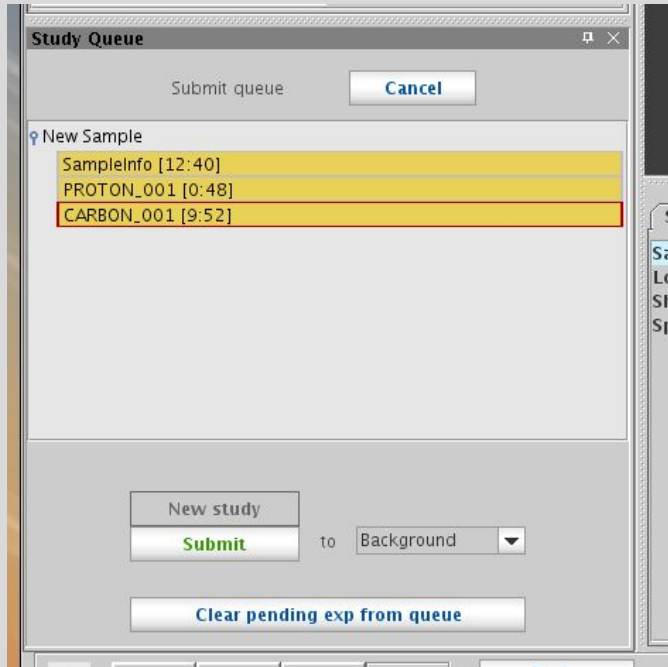Click on the name of each experiment you want to add to the queue.
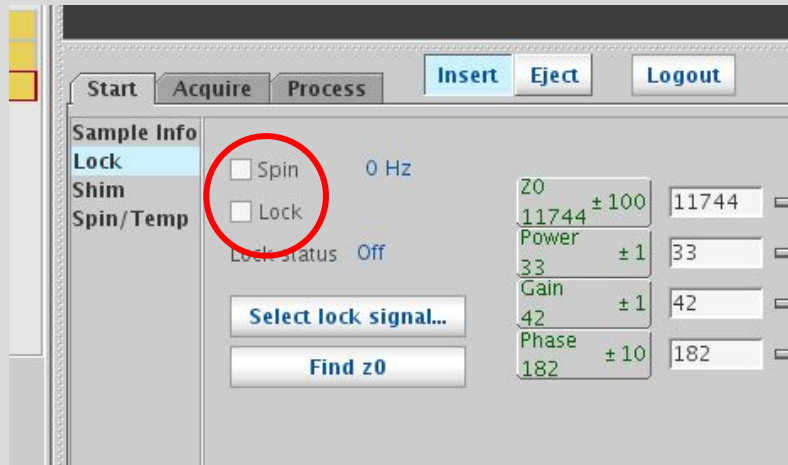
Experiment name.

Double click experiment name and enter:
- Number of scans.
- Relaxation delay.
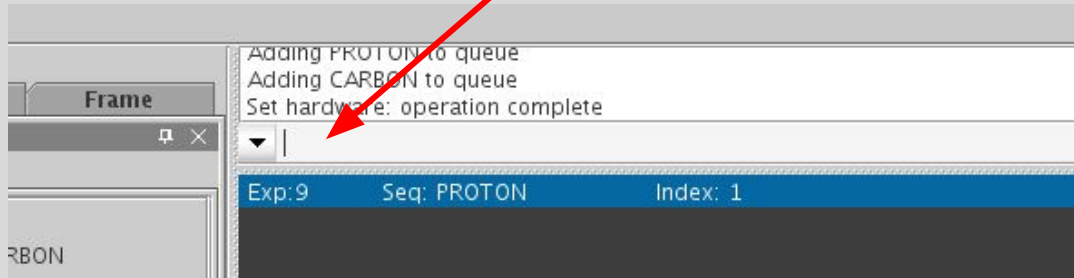- Pulse angle.

Click submit to start experiment.

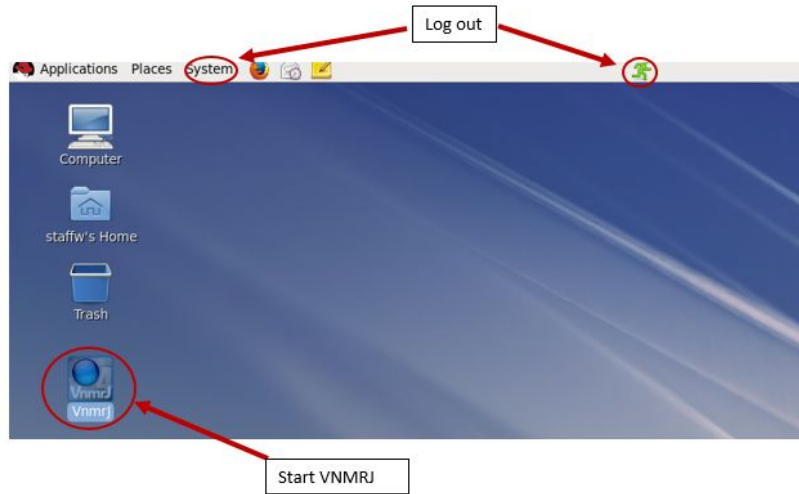Turn off spinning and lock.
Click Eject.
Remove sample from magnet stack.
Remove spinner.

Command line.

Type exit on the command line.

Log out by clicking the green icon at the top of the window or selecting **Log Out** from the **System** drop down menu. Once you select either choice, select **log out** from the popup window and not **switch user**.