

Table 1 : Constantes de couplage en RMN¹H dans les alcanes

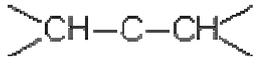
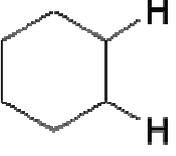
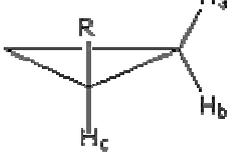
Groupement	J (Hz)
	0
	6 – 20 dépendant de l'angle dièdre
	a,a : 8 - 14 a,e : 0 - 7 e,e : 0 - 5
	Cis : 6 - 12 Trans : 4 - 8
	cis (H _b H _c) : 6 - 12 Hz trans (H _a H _c) : 4 - 8 Hz gem (H _a H _b) : 3 - 5 Hz
	configuration -W : 0 - 7 Hz

Table 6 : Constantes de couplage en RMN¹H dans les aromatiques

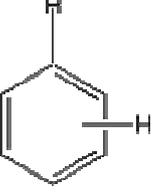
H aromatiques	J (Hz)
	ortho : 6 - 10
	méta : 1 - 4
	para : 0 - 2

Table 2 : Constantes de couplage en RMN¹H dans les alcènes

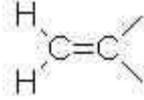
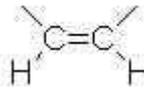
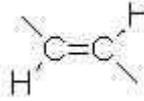
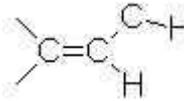
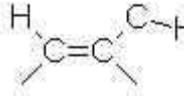
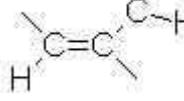
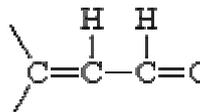
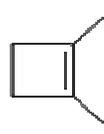
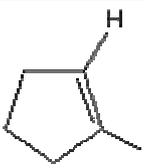
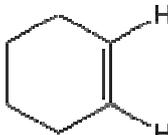
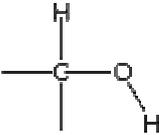
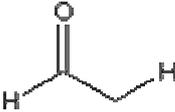
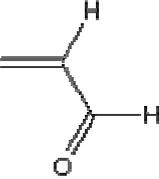
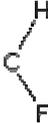
Groupement	J (Hz)
	0 - 5
	6 - 15
	11 - 18
	4 - 10
	0 - 1,5
	0,5 - 2
	9 - 13
	0 - 2
	2 - 4
	5 - 7
	8 - 11

Table 3 : Constantes de couplage en RMN¹H pour d'autres fonctions

Fonction	J (Hz)
	4 - 10 Hz
	1 - 3 Hz
	5 - 8 Hz
	~ 50 Hz
	~ 20 Hz