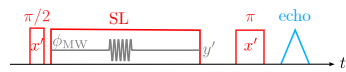


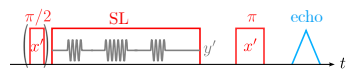
(a) Spin lock experiments:  
Dynamics during MW irradiation

**SL Rabi nutation:**



→ Pulse optimization

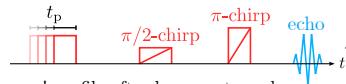
**SL echoes:**



→ Spin dynamics during MW irradiation with and without preparation

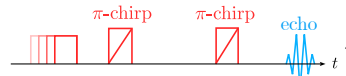
(b) Chirp echo EPR:  
Spin state after MW irradiation

**Chirp echo:**



→ z'-profile after long, rectangular MW pulses

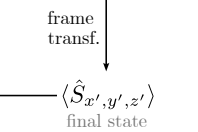
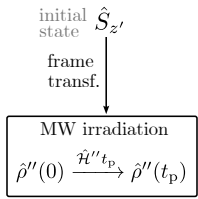
**Refocused chirp echo:**



→ x'y'-profile after long, rectangular MW pulses

(c) Simulations

**Home-written density matrix simulations:**



Validation

**Spinach simulations:**

- Electron nuclear coupling
- FT detection

**Bloch equations:**

- Visualization