$$\frac{1}{16} = \begin{cases}
Ros \sin(\omega t) & sim \theta = R\cos(\omega t) & sics(\theta t) \\
-Ros \cos(\omega t) & sim \theta = Rsim(\omega t) & sos(\theta t)
\end{cases}$$

$$||i||^{2} = R^{2}\omega^{2} \sin^{2}\theta + R^{2}\theta^{2} \cos^{2}(\theta t) + R^{2}\sin^{2}(\theta t)\theta^{2}$$

$$= R^{2}\omega^{2} \sin^{2}\theta + R^{2}\theta^{2}$$

$$\frac{1}{2}\sin^{2}\theta + R^{2}\theta^{2} \cos^{2}(\theta t) + R^{2}\sin^{2}(\theta t)\theta^{2}$$

$$= R^{2}\omega^{2} \sin^{2}\theta + R^{2}\theta^{2}$$

$$\frac{1}{2}\sin^{2}\theta + R^{2}\theta^{2} \sin^{2}\theta + R^{2}\theta^{2} + R^{2}\theta^{2} + R^{2}\theta^{2} \sin^{2}\theta$$

$$\frac{1}{2}\cos^{2}\theta + R^{2}\theta^{2} \sin^{2}\theta + R^{2}\theta^{2} + R^{2}\theta^{2} + R^{2}\theta^{2} + R^{2}\theta^{2} \sin^{2}\theta$$

$$\frac{1}{2}\cos^{2}\theta + R^{2}\omega^{2}\sin^{2}\theta + R^{2}\theta^{2} + R^{2}\theta^$$