

Alpha helix

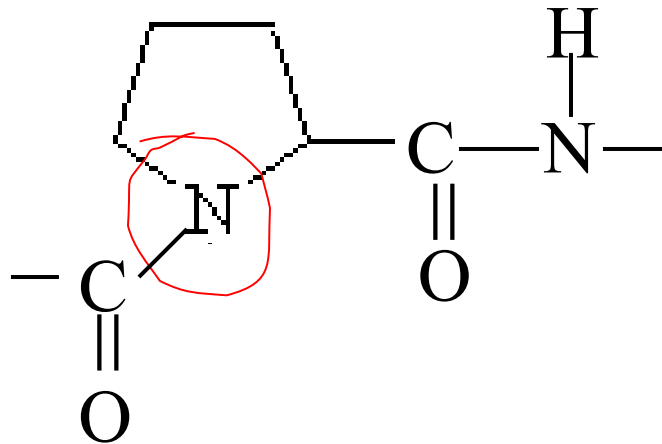
Every **C=O** bonded to **N-H** 4 residues away

forms a **helix** core is backbone

R-groups outside

3.6 amino acids per turn

proline



no H-bonding
breaks helix