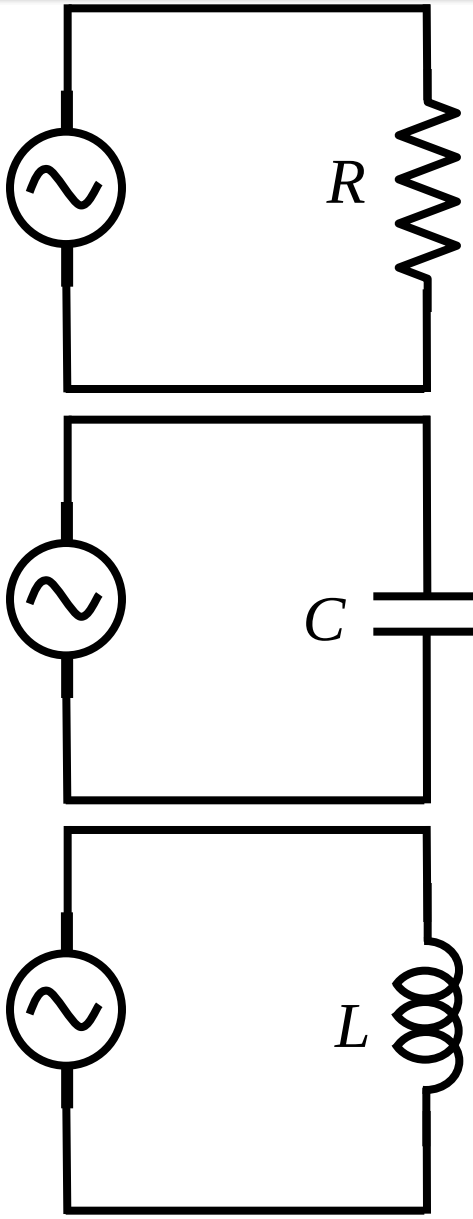
Summary



$I_{max} = V_{max}/R$

V_R in phase with I

Because resistors are simple

$I_{max} = V_{max}/X_C$

$X_C = 1/\omega C$

V_C 90° behind I

Current comes first since it charges capacitor

Like a wire at high ω

$I_{max} = V_{max}/X_L$

$X_L = \omega L$

V_L 90° ahead of I

Opposite of capacitor

Like a wire at low ω