## Theoretical instability strip of massive stars

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Massive stars are expected to present ß
Cephei modes and SPB
type modes

On the POST-MS phase radiative

damping of the modes if no ICZ

(Chiosi & Maeder 1986)

K-mechanism sufficient to excite some g-modes (Saio et al. 2006)

Instability strips (K-mechanism) on the post-MS are given by the contribution of 2 effects:

- the ICZ size
- the size of the He
  convective core









