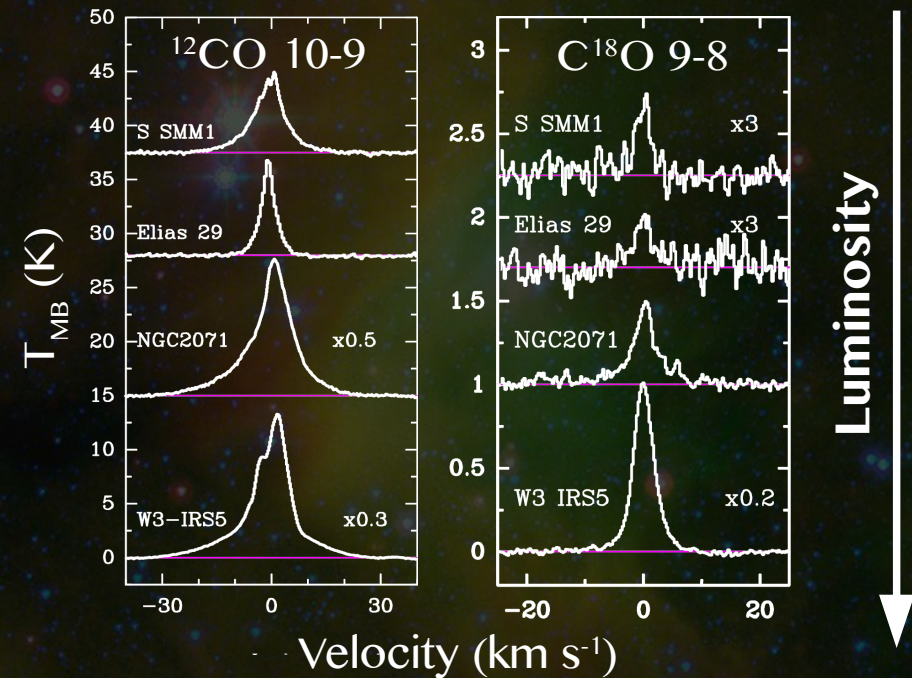
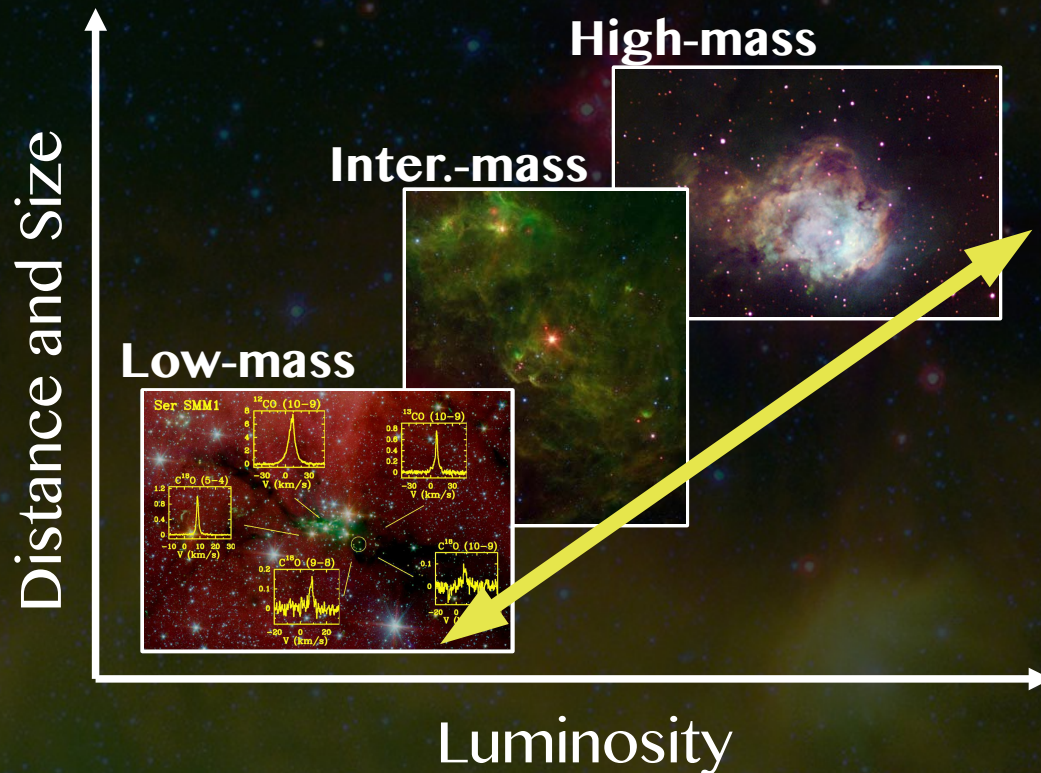


Studying star-formation across the mass spectrum with *Herschel*-HIFI observations of CO

Linking low- and high-mass protostars using the CO ladder

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- Strong linear correlation CO high- J flux with luminosity
- Similar dynamics of protostellar envelopes from low- to high-mass