Converting Rectangular to Polar (Impedance)

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$X + Yj\Omega$	$Ze^{\theta^\circ j}\Omega$ or $Z\angle\theta$
Rectangular Representation of Impedance (Typical)	Polar Representation of Impedance
Step One: Find Real and Imaginary Component of the Rectangular Parts	
$Real(X + Yj) = a$	$Imag(X + Yj) = b$
$Z_{Magn.} = \sqrt{a^2 + b^2}$	
Step Two: Find θ	
$\theta = arctan(\frac{b}{a})$	