

FORMULA 3.625.4

$$\int_0^{\pi/4} \frac{\sin^{2n} x \cos^{m-1/2} 2x}{\cos^{2n+2m+1} x} dx = \frac{(2n-1)!! (2m-1)!! \pi}{(2n+2m)!!} \frac{\pi}{2}$$