

crossfit mobility exercises

Mastering CrossFit: A Comprehensive Guide to Essential Mobility Exercises

crossfit mobility exercises are the unsung heroes of consistent performance, injury prevention, and overall athletic longevity in the demanding world of CrossFit. While intense WODs and heavy lifting often take center stage, neglecting the crucial aspects of joint range of motion and soft tissue health can lead to plateaus, nagging pains, and potentially serious injuries. This comprehensive guide will delve deep into the most effective mobility exercises specifically tailored for CrossFit athletes, exploring their benefits, proper techniques, and how to integrate them seamlessly into your training regimen. We will cover everything from fundamental joint mobility to advanced prehab techniques, empowering you to move better, feel better, and perform at your peak for years to come. Understanding and implementing these exercises is not just about preparing for a workout; it's about investing in your long-term athletic career.

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The Foundational Importance of CrossFit Mobility

The dynamic and varied nature of CrossFit workouts places significant demands on the entire musculoskeletal system. High-intensity interval training, Olympic lifts, gymnastics movements, and endurance challenges all require a broad spectrum of movement capabilities. Without adequate mobility, athletes are prone to compensating in their lifts, leading to reduced efficiency and increased risk of injury. Think of mobility not as an optional add-on, but as a fundamental pillar supporting every aspect of your CrossFit journey.

Improved mobility directly translates to better performance. When your joints can move through their full, intended range of motion, you can achieve optimal positions in exercises like squats, overhead presses, and snatches. This leads to more efficient power transfer, greater strength output, and a reduced likelihood of muscular imbalances developing. Furthermore, consistent mobility work can significantly alleviate the stiffness and soreness that often accompany intense training sessions, allowing for quicker recovery and more frequent, higher-quality training.

Key Areas of Focus for CrossFit Mobility

To effectively address mobility needs in CrossFit, it's essential to target specific areas that are frequently stressed or restricted due to common training patterns and prolonged sitting. These areas often become tight or develop limited range of motion, impacting performance across a wide variety of movements.

Hip Mobility for CrossFit Athletes

The hips are central to almost every major compound movement in CrossFit, from squats and deadlifts to running and Olympic lifts. Limited hip mobility, particularly in flexion and external rotation, can lead to a cascade of issues, including poor squat depth, lower back pain, and knee valgus. Addressing hip tightness is paramount for unlocking power and stability.

Restricted hip flexors, tight glutes, and limited adductor flexibility are common culprits. These can stem from prolonged sitting, repetitive anterior chain loading, and inadequate stretching protocols. Focusing on drills that improve hip flexion, extension, internal and external rotation, and abduction/adduction is crucial for unlocking better movement patterns and reducing the risk of injury to the lower back and knees.

Shoulder Mobility for Overhead Movements

Overhead squats, handstand walks, snatch balances, and even simple overhead presses demand exceptional shoulder mobility. A lack of overhead range of motion, often characterized by tight pecs, lats, and anterior shoulder capsule, can force athletes to excessively arch their lower back, leading to instability and potential shoulder impingement. Prioritizing shoulder health is non-negotiable for long-term success.

The ability to achieve a stable, neutral spine with the arms fully overhead is a benchmark of good shoulder mobility. Tightness in the rotator cuff muscles, the pectoralis minor, and the thoracic spine can all contribute to this limitation. Targeted exercises that promote external rotation, scapular retraction, and thoracic extension are vital for improving overhead positions.

Ankle Mobility for Squatting and Jumping

Your ankles are the foundation for many CrossFit movements. Limited ankle dorsiflexion, the ability to bring your toes towards your shin, can significantly impact squat depth and knee tracking. Without adequate dorsiflexion, your body will compensate, often by rising up on your toes prematurely or leaning excessively forward, leading to instability and strain on other joints.

Stiffness in the calf muscles, particularly the gastrocnemius and soleus, as well as immobility in the talocrural and subtalar joints, are frequent causes of poor ankle dorsiflexion. This can hinder your ability to squat deep with an upright torso, perform explosive jumping movements effectively, and even

contribute to shin splints and plantar fasciitis. Improving ankle mobility ensures a stable base and allows for efficient force transfer.

Upper Body Mobility Exercises for CrossFit

The upper body is subjected to immense stress in CrossFit, from Olympic lifting to gymnastics. Ensuring your shoulders, elbows, and wrists are mobile and stable is key to preventing injury and maximizing power output. These exercises focus on restoring and enhancing range of motion in these critical areas.

Shoulder Dislocates (with Band or Broomstick)

This classic mobility drill is excellent for opening up the anterior shoulder capsule and improving overall shoulder girdle mobility. Start with a wide grip on a band or broomstick, just wider than shoulder-width. Keeping your arms straight, bring the object smoothly over your head and behind your back as far as comfortably possible, then reverse the motion. Focus on a controlled movement and avoid shrugging your shoulders.

Thoracic Spine Rotations

A stiff thoracic spine can severely limit overhead mobility and contribute to rounding in the lower back. You can perform thoracic rotations lying on your side with your knees bent and stacked. Keeping your hips stacked, open your top arm towards the ceiling, trying to rotate your torso and follow your hand with your gaze. Focus on a smooth, controlled movement and feeling the rotation in your upper back, not just your arms or shoulders.

Wrist Stretches

Wrists take a beating in CrossFit, especially during barbell cycling and gymnastics. Regular wrist stretching can help prevent carpal tunnel issues and improve grip strength. Extend one arm forward with your palm facing up and use your other hand to gently pull your fingers down towards your body. Hold for 30 seconds, then repeat with your palm facing down, gently pulling your fingers towards you. You can also perform wrist circles in both directions.

Lat Stretches

Tight latissimus dorsi muscles can restrict overhead reach and contribute to shoulder impingement. A simple hanging lat stretch from a pull-up bar can be very effective. Grip the bar, walk your feet back so your body is hanging at an angle, and let your shoulders relax down, feeling a stretch in your lats. You can also incorporate side bends while hanging to further target the area.

Lower Body Mobility Exercises for CrossFit

The lower body is the engine of CrossFit. From deep squats to powerful jumps and sprints, healthy and mobile hips, knees, and ankles are essential. These exercises target common areas of restriction and help build a robust, resilient lower half.

90/90 Hip Stretch

This is an excellent exercise for improving hip external rotation and flexibility. Start by sitting on the floor with one leg bent in front of you at a 90-degree angle, with your shin parallel to your body. Your other leg should be bent behind you, also at a 90-degree angle, with your thigh perpendicular to your torso. Keep your torso upright and gently lean forward over your front leg. Hold for 30-60 seconds, then switch sides. You can also try rotating your torso towards your back leg for a deeper stretch.

Couch Stretch

The couch stretch is a powerful way to target the hip flexors and quadriceps, which are often tight from squats and prolonged sitting. Kneel facing a wall or couch, with your shins placed against it. Step one foot forward into a lunge position, ensuring your front knee is directly over your ankle. Bring your back knee closer to the wall and see if you can lift your back foot and place it on the wall or couch for an intensified stretch. Hold for 30-60 seconds, focusing on keeping your torso upright and squeezing your glutes.

Ankle Dorsiflexion Mobilization (Kneeling)

To improve ankle dorsiflexion, kneel with one foot forward, toes pointing straight ahead. Place your hand on the front of your knee and gently push it forward over your toes, ensuring your heel stays firmly on the ground. You should feel a stretch in your calf and the front of your ankle. Hold for a few seconds and repeat for 10-15 repetitions. You can also add a slight inward or outward pressure to target different aspects of ankle mobility.

Glute Activations and Stretches

Tight glutes can impede hip extension and lead to lower back pain. Exercises like glute bridges, fire hydrants, and pigeon pose are effective. For a pigeon pose, start on all fours, bring one knee forward and place it behind your wrist, extending your other leg straight back. Gently lower your hips towards the floor, feeling the stretch in the glute of your front leg. Hold for 30-60 seconds and switch sides.

Core and Trunk Mobility for CrossFit

Performance

A mobile and stable core is the bridge between your upper and lower body, crucial for transferring force efficiently and protecting your spine during dynamic movements. Neglecting trunk mobility can lead to compensatory patterns in the extremities and a higher risk of injury.

Cat-Cow Stretch

This fundamental yoga pose is excellent for warming up the spine and improving segmental mobility. Start on your hands and knees, with your hands directly under your shoulders and knees under your hips. Inhale as you drop your belly, arch your back, and look up towards the ceiling (cow pose). Exhale as you round your spine towards the ceiling, tucking your chin to your chest (cat pose). Move slowly and with your breath, focusing on articulating each vertebra.

Thread the Needle

This exercise improves thoracic spine rotation and shoulder mobility. From a hands-and-knees position, slide one arm underneath your chest and torso, reaching towards the opposite side. Gently lower your shoulder towards the floor, allowing your upper back to rotate. You can extend your arm for a deeper stretch or keep your elbow bent. Hold for a few breaths and repeat on the other side.

Child's Pose with Spinal Extension

While typically seen as a resting pose, child's pose can be used to gently mobilize the spine and hips. Start in a standard child's pose, with your knees together and your forehead resting on the mat. To add spinal extension, walk your hands forward and reach them up and over your head, creating a long line from your fingertips to your hips. You can also lift your hips slightly and push them back over your heels while reaching forward to deepen the stretch through your back and shoulders.

Integrating Mobility into Your CrossFit Routine

The effectiveness of any mobility exercise is directly tied to its consistency and proper integration into your training schedule. Simply performing a few stretches once a week will yield minimal results; dedicated and smart application is key.

Dynamic Warm-ups

Dynamic mobility exercises are best performed before your workout to prepare your body for movement. These involve controlled movements through a full range of motion that mimic the demands of the upcoming WOD. Examples include

arm circles, leg swings, torso twists, and walking lunges with a twist. The goal is to increase blood flow, activate muscles, and improve joint lubrication without causing fatigue.

Static Stretching and Foam Rolling (Cool-down or Recovery)

Static stretches, where you hold a stretch for a sustained period, and foam rolling are generally best reserved for post-workout recovery or dedicated mobility sessions. Holding a stretch for 30-60 seconds after a workout can help lengthen muscles that have become tight from training. Foam rolling aids in releasing myofascial restrictions, improving blood flow, and reducing muscle soreness. These practices help to restore your body's natural range of motion and prevent chronic tightness from developing.

Dedicated Mobility Sessions

For athletes serious about maximizing their mobility, scheduling dedicated mobility sessions is highly recommended. These sessions can be 15-30 minutes long and can be performed on rest days or after a lighter training session. This allows for focused attention on problem areas without the time constraints of a pre-workout warm-up. Incorporating a variety of drills, from basic joint rotations to more targeted PNF stretching, can yield significant improvements over time.

Common Mobility Mistakes and How to Avoid Them

Even with the best intentions, athletes often fall into common traps that hinder their mobility progress or, worse, cause injury. Recognizing these pitfalls is the first step to correcting them and optimizing your mobility efforts.

Forcing Range of Motion

A common error is trying to push too far into a stretch or movement too quickly. Mobility is built gradually. Forcing a joint or muscle beyond its current capacity can lead to tears, strains, or inflammation. Always listen to your body and respect its limits. Progression should be slow, steady, and pain-free. If you feel sharp pain, ease off immediately.

Ignoring Pain

Pain is a signal that something is wrong. Differentiating between muscle soreness from exertion and sharp or chronic joint pain is crucial. Mobility work should feel like a deep stretch or a release, not a source of acute discomfort. Persistent pain during mobility exercises warrants a professional assessment by a physical therapist or sports medicine specialist.

Inconsistent Practice

Mobility is not a one-time fix; it's a daily habit. Just as you wouldn't skip a crucial strength training session, don't neglect your mobility. Even 5-10 minutes of targeted drills daily can make a significant difference over time. Consistency is the most important factor in achieving lasting improvements in flexibility and range of motion. Think of it as maintenance for your body's most critical equipment.

Focusing Only on Stiff Areas

While it's natural to focus on the areas that feel tight, it's equally important to work on areas that might be hyperextended or lacking stability. Sometimes, a lack of mobility in one joint can cause another to become unstable, leading to compensatory tightness elsewhere. A balanced approach that addresses the entire kinetic chain is far more effective than isolating specific "problem" areas.

Beyond Basic Mobility: Advanced Techniques

Once you've established a solid foundation with basic mobility exercises, you can explore more advanced techniques to further enhance your range of motion, improve tissue quality, and prevent injuries. These methods often require more specific knowledge and careful execution.

Proprioceptive Neuromuscular Facilitation (PNF) Stretching

PNF stretching involves a combination of passive stretching and isometric contractions. A common PNF technique is "contract-relax," where you passively stretch a muscle, then isometrically contract it against resistance for a few seconds, followed by a deeper passive stretch. This method can be highly effective for rapidly increasing range of motion, but it's often best performed with a partner or under the guidance of a qualified coach to ensure correct technique and avoid injury.

Myofascial Release Techniques

While foam rolling is a form of myofascial release, more targeted techniques can be employed using tools like lacrosse balls, massage sticks, or even specialized tools. These tools allow for deeper penetration into specific trigger points and adhesions within the muscle and fascia. Areas like the pecs, glutes, and upper back can benefit greatly from targeted myofascial release to break up tightness that restricts movement.

Joint Mobilizations

These are passive movements performed by a therapist or coach to restore

joint play and improve arthrokinematics (the way joint surfaces move against each other). While you can't typically self-administer these, understanding the concept can highlight areas where professional intervention might be beneficial. They focus on improving the glide and roll of joint surfaces, which is essential for optimal function and can be particularly helpful for stiff joints like the shoulders and hips.

FAQ

Q: How often should I incorporate CrossFit mobility exercises into my training?

A: Ideally, you should perform some form of mobility work daily. Dynamic mobility should be part of your pre-workout warm-up (5-10 minutes), and static stretching or foam rolling can be done post-workout or on rest days (10-20 minutes). Dedicated mobility sessions of 20-30 minutes a few times a week can significantly accelerate progress.

Q: What are the most critical areas to focus on for CrossFit mobility?

A: The most critical areas are the hips, shoulders, thoracic spine, and ankles. These joints are heavily involved in nearly all CrossFit movements and are common sites of restriction and injury.

Q: Can mobility exercises help prevent CrossFit injuries?

A: Absolutely. By improving range of motion, strengthening supporting muscles, and ensuring proper joint mechanics, mobility exercises significantly reduce the risk of strains, sprains, impingements, and overuse injuries common in high-intensity training.

Q: Is it better to do mobility work before or after a CrossFit workout?

A: Both. Dynamic mobility exercises are excellent for pre-workout warm-ups to prepare the body. Static stretching and foam rolling are generally more beneficial post-workout or on rest days to aid recovery and improve tissue length.

Q: How do I know if I have poor mobility?

A: Indicators of poor mobility include experiencing pain or significant stiffness during common CrossFit movements, difficulty achieving proper positions (e.g., squat depth), and relying on compensatory movements. Feeling restricted in daily activities like reaching overhead or bending down can also be a sign.

Q: Can I use CrossFit mobility exercises if I'm new to CrossFit?

A: Yes, absolutely. In fact, it's highly recommended for beginners. Building a strong foundation of mobility from the start will make it easier to learn proper technique for CrossFit movements and reduce the likelihood of developing bad habits or injuries.

Q: How long does it take to see improvements in mobility from consistent exercises?

A: Significant improvements can often be seen within 4-8 weeks of consistent practice. However, remember that mobility is an ongoing process. You'll continue to see gains and maintain benefits with continued dedication.

Q: Are there any exercises that are particularly bad for CrossFit mobility?

A: There aren't necessarily "bad" exercises, but performing them incorrectly or without proper preparation can be detrimental. Forcing stretches, holding static stretches before explosive movements, or skipping warm-ups entirely can increase injury risk. Focus on proper form and gradual progression.

Crossfit Mobility Exercises

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crossfit mobility exercises: Crossfit For Beginners Nicky Huys, 2024-09-01 CrossFit For Beginners is your comprehensive guide to starting your CrossFit journey with confidence. This book breaks down the fundamentals of CrossFit, making it accessible for newcomers. Inside, you'll find detailed explanations of essential movements, scaling options for all fitness levels, and beginner-friendly workout routines. Each chapter focuses on building strength, improving endurance, and enhancing overall fitness, while emphasizing safety and proper form. With motivational tips, nutrition advice, and inspiring success stories, this guide aims to empower you to embrace the CrossFit community and achieve your fitness goals. Whether you're looking to lose weight, build muscle, or simply get active, CrossFit For Beginners provides the tools and encouragement you need to make fitness a sustainable part of your lifestyle. Start your journey today and discover the transformative power of CrossFit!

crossfit mobility exercises: The Beginner's Guide to Starting Your Own CrossFit Gym Business Barrett Williams, ChatGPT, 2024-12-03 Unlock the secrets to launching your own thriving CrossFit gym with The Beginner's Guide to Starting Your Own CrossFit Gym Business. This comprehensive eBook is your step-by-step roadmap to success in one of the most dynamic and fast-paced fitness markets. Learn to define your unique CrossFit gym concept by diving into core CrossFit culture and shaping a unique selling proposition to attract your ideal clientele. Discover how to pick a location that maximizes visibility and growth by conducting thorough demographic research, analyzing competitors, and securing the perfect lease. Put your ideas into action with a winning business plan. Set ambitious goals, create financial projections, and design a marketing strategy that fuels success. Navigate the often-overwhelming legal and regulatory landscape with confidence as you establish the right business structure, understand insurance requirements, and

comply with all safety regulations. Design a functional, inviting gym space that enhances your brand's identity. From selecting equipment and creating an inspiring interior to ensuring optimal flow and accessibility, every detail is covered. Build a coaching team that shares your vision and commitment to excellence. Learn how to hire and cultivate top talent and how to foster professional growth among your coaches. Establish a robust membership framework that keeps clients coming back. Develop pricing models that fit your market, create retention strategies, and build a community that feels like family. Engage your members with unforgettable class experiences. Discover techniques for WOD design, high-quality class delivery, and integrating community events that keep members motivated and inspired. Market your gym effectively using cutting-edge strategies for building an online presence, local outreach, and powerful social media tactics. Leverage technology to streamline operations and manage your gym with precision. Whether you're a budding entrepreneur or a fitness enthusiast with big dreams, this guide offers everything you need to start, grow, and succeed in the competitive CrossFit industry. Are you ready to make your CrossFit gym dream a reality? Dive in and get started today!

crossfit mobility exercises: Kettlebell Swing and Snatch Efficiency in CrossFit Taco Fleur, First things first, this book contains information on how to run a workshop in your CrossFit box or any other gym that wants to help their students improve their efficiency with the American Swing and Kettlebell Snatches. It is assumed you will have a foundation or knowledge of both exercises prior to running this workshop. Having said that, the book does include a format which could teach yourself, it also has plenty of external links to high-quality articles and videos to understand what is explained in the workshop format. The primary aim of this workshop is to improve efficiency in American Swings and Kettlebell Snatches. This goal is achieved by building the movement up from hip hinging, to conventional swing, swing variations, snatch and snatch variations; and most importantly, making participants understand how these variations affect performance and muscles. Most of this material is written as if directly speaking to the audience, this allows you to read and speak directly from the material, rather than first reading, deciphering and deciding how to present it to the audience. I've run this workshop several times and left some of the parts in that apply to me, you should edit those parts out. Can be used as a 4-hour workshop or for self-study: the primary aim is to improve efficiency with the American Swing and Kettlebell Snatches. This goal is achieved by building the movement up from Hip Hinging to the Conventional Kettlebell Swing AKA Russian Swing, covering swing and snatch variations, and finally getting across these variations affect performance and muscles so the right choices can be made at the right time.

crossfit mobility exercises: *Unbreakable Runner* T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In *Unbreakable Runner*, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. *Unbreakable Runner* challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. *Unbreakable Runner* includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

crossfit mobility exercises: *The World of CrossFit* DiPrimio Pete, 2014-06-10 This contemporary title explores the CrossFit trend in today's health-oriented world. The young reader is exposed to the history and founding of the company, philosophy, types of exercises, and workout routines, and is encouraged to draw conclusions as to the appropriateness of the activity in his or her life. The reader is introduced to CrossFit-specific vocabulary (WOD, box, AMRAP), and is

encouraged to critically analyze the usefulness of CrossFit. Safety issues are presented where appropriate. The World of CrossFit title satisfies many of the Common Core specific goals, higher level skills, and progressive strategies for middle grade and junior high level students.

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crossfit mobility exercises: Kettlebell Workouts and Challenges V1.0 Taco Fleur, 2018-03-16 This book is targetted to at-home kettlebell enthusiasts, MMA and BJJ fighters, and crossfitters that use their open box time for kettlebell WODs. This book is even for budding trainers that want to know more about the Cavemantraining programs, and learn the basics on how to run them. programs, on how to run them. 40+ serious kettlebell workouts, 4 kettlebell challenges, many are paired with very detailed videos. - Beginners to advanced workouts. - How to score AMRAP workouts. - Finer details on many of the exercises. - Quality emphasis on warming-up and mobility. - Full details of the popular Thorax Workout included in this book. - Additional ideas on how to make your WODs even more popular and exciting. - Additional little tips and information for personal trainers. Each workout is 100% kettlebells, mixed with bodyweight, or mixed with other equipment. Some workouts will have alternatives, or progressions. alternatives, or progressions. These are not shoddy quick workouts put together for a book, I've performed each and every workout listed in this book, and so have hundreds of others. -Taco Fleur This book is called Kettlebell Workouts and Challenges 1.0, obviously this book is then about the workouts and challenges, hence, I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises, and / or technique, I I already have several books on those. This is not to say that this book does not contain technique or exercise information, but it is kept to a minimum, illustrated with many photos, while linking to more online info. The title is prefixed with 1.0 as we will be putting out plenty of

more books with new workouts. BONUS: 1. Information for trainers on how to run your own Caveman Circuit, and Boot Camp. 2. Downloadable workout PDF that can be downloaded, printed and taken to the gym. 3. Downloadable kettlebell grip PDF that will improve your kettlebell training instantly. 4. Downloadable PDF that will improve your racking for resting and endurance. 5. Free kettlebell workouts mobile app for the Android.

crossfit mobility exercises: Body Control Felicia Dunbar, AI, 2025-03-14 Body Control offers a comprehensive guide to enhancing physical well-being through functional training, focusing on neuromuscular coordination, core stability, and efficient movement patterns. By understanding how the brain and muscles work together, individuals can improve their ability to perform daily activities with ease and reduce the risk of injury. The book highlights that targeted functional training, which emphasizes stability, is more effective than traditional methods for improving overall physical function. Did you know that improving your proprioception — your body's awareness in space — is crucial for coordinated movement? This book traces the evolution of exercise methodologies, moving from isolated muscle training to integrated, functional approaches. It uniquely emphasizes the interconnectedness of body systems, promoting holistic movement patterns. Chapters progress logically, starting with core principles and advancing to specific exercise techniques. Ultimately, it provides guidelines for creating personalized training programs, ensuring sustained progress and well-being. By drawing upon clinical studies, biomechanical analyses, and real-world case studies, Body Control empowers readers to take control of their physical health by promoting genuine physical competence and improved quality of life through enhanced stability, coordination, and movement efficiency.

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Kettlebell Push-up Similar to the press, you exert physical force on the kettlebell, but in this case, it's in order to move yourself away from it. A push-up done on the floor would be pushing yourself away from the floor. If you take the same push-up position and turn it around—laying flat—and perform the same movement it becomes as press as you're moving the object away from yourself.

Kettlebell Row When looking at the movement in boat rowing it's always a pull and push off the oar. In the context of kettlebell training, a row is always a pull as gravity replaces the push. A row has to be performed in such a way that you're acting directly against gravity. The focus of the kettlebell row are the posterior muscles of the upper back.

Kettlebell Snatch A snatch is a movement in which the kettlebell rapidly raised from a lower position—always below the hips—to above the head in one continuous smooth explosive movement. An example of a few common start positions are dead, hanging, and swinging.

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