a) Bet you can’t jump!

THE SETUP
Keep your heels, hips, and shoulders against the wall. Without leaning forward, try to jump. What’s the matter? Are your feet stuck to the floor?

b) Bet you can’t lift your foot off the floor!

THE SETUP
Turn your right side to the wall. Put your right foot and cheek against the wall. Now try and lift your left foot off the floor.

INSIDER INFORMATION
Both of these stunts require you to shift your center of gravity away from the support base. The first can’t be done without leaning forward and falling on your face, and the second can’t be done without moving the wall. The body maintains balance with little adjustments so automatic that we never think about them.