ELBOWED OUT

Bet you can't be lifted by the elbows!

THE SETUP
Stand upright with your elbows bent and held horizontally to your body. Rest your palms on your shoulders. Have two strong people hold your elbows (one apiece) and try to lift you off the ground.

INSIDER INFORMATION
Your elbow angle is the difference between success and failure in this trick. The positioning of the elbows forward of the center of gravity is what makes the elbow lift impossible. (Move your elbows back against your body, and you can be lifted easily.) The elbows in front of your body move the applied lift force away from your center of gravity. The more you increase this distance, the more force is needed to overcome the resistance of your weight. It’s truly amazing how such a small distance puts this trick outside the realm of human strength.