TOE HOLD

Bet you can't jump forward on your toes!

THE SETUP
Hold your toes with your hands. Keep your knees slightly bent. Try to jump forward while hanging on to your toes.

INSIDER INFORMATION
You can jump right around the block backward, but you'll not get one single bound forward. A backward jump is possible because the support base moves first and you can keep your center of gravity over your feet without falling backwards. To jump forward, your center of gravity must move before your base. Holding on to your toes prevents you from making this shift without losing your balance. Without shifting your center of gravity, your leg muscles would have to be strong enough not only to lift your body off the ground but also to support the unbalanced position you would be in while jumping. We've heard that football players have such strength in their leg muscles, but we've yet to find someone who can do this stunt.