ON YOUR TOES

Bet you can’t stand on your tiptoes!

THE SETUP
Stand facing the edge of an open door. Your nose and stomach should just touch it. Place your feet on either side of the door slightly forward of the edge. Now try to rise onto your tiptoes.

INSIDER INFORMATION
You’ll be caught flat-footed on this one. The reason you can’t do this trick is because it moves your base of support out from under your center of gravity. In order to stand on your toes, you must transfer the center of gravity forward. To transfer the center forward, you must lean over. The door prevents you from doing this.