OFF THE WALL?

Wanna bet you can't stand up?

THE SETUP
Stand with your toes against a wall. Then step back four foot-lengths. With your feet together, lean as far as you can toward the wall, catching yourself with your hands. Rest your forehead against the wall and place your hands at your sides. Now try to stand up. If you don’t move your hands or your feet, you will never be upright again.

INSIDER INFORMATION
This trick puts your muscle power against the force of gravity. The places where you are supported are called your bases. (When you are standing, your feet are your bases.) Instead of pulling on all of your body parts equally, gravity acts as if all the matter of your body is focused in one spot called your center of gravity. When you are standing, your center of gravity is directly over your feet. That’s why you don’t topple.

When you are leaning against the wall, your center of gravity is between two bases, your head and your feet. In order to stand up straight, you must bring your center of gravity over your feet. When you can’t use your hands and feet, only your back muscles are available to pull you erect. They’re simply not strong enough. Sorry, but we’re going to have to leave you up against it this time.