If you have a friend who likes to lift weights, it's time to make a bet. Bet them that you can use your supernatural abilities to change the gravity around your body, making yourself impossible to lift. And make sure it is a good bet, because you are going to win this one.

When Penn and Teller hosted *Penn & Teller Tell a Lie* on the Discovery Channel, they featured a woman who claimed exactly that: that she could make herself impossible to lift, even for Muscle Beach body builders. The demonstration was pretty convincing. None of the macho men could lift her once she activated her "powers." She had all the would-be lifters stumped. She fooled everyone except a physics professor.

So before you bet the farm with your willing friend, let's look at the physics behind this little trick. At least you won't be engendering some kind of belief in the supernatural once you fleece your lifter.

The Moment of Deception

The key to making yourself impossible to lift is to subtly control the other person's movements, as great magicians always do. Get a friend willing to lift you and position yourself as the woman in the *Tell a Lie* episode did:

[here](#) [redacted] [Science-Based Life](#) [redacted]