

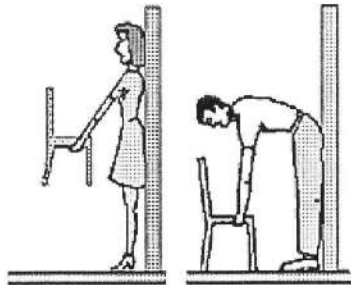
## The Chair Trick: Girl vs Guy

Objective: Try **standing** while lifting a chair by trying each of the following procedures:

### Procedure I

1. Stand with your butt and legs against and touching a wall; feet/heals “not” against the wall
2. Have someone place a heavy(ish) chair in front of you.
3. Bend at the waist and take hold of the chair; feet flat on floor and together
4. Lift the chair **strait up** and **stand erect**.

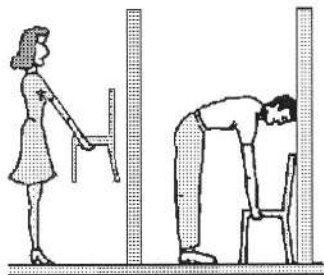
Note: If you “pigeon toe” your feet inward, more likely standing erect will be easier



### Procedure II

1. Lean your head against and into a wall; maintain a right angle with your back; feet together.
2. Have someone place a heavy(ish) chair between you and the wall.
3. Lift the chair strait up to your chest without moving your feet (flat on floor), legs or head.
4. Lift the chair **strait up** and **stand erect**.

Note: If you move your feet closer to the wall, more likely standing erect will be easier.



### Explanations

- The center of gravity (mass) for boys is higher while lower (closer to the hips) for girls.
- The common explanation is that boy's hips are built differently.
- Boys have proportionally bigger feet.