**Title**: A new scientific discovery

**Abstract**: Our muscles lift our bodies very effortlessly so, I can lift up my massive 60 kg body with only my weak calf muscles when trying to pick a fruit on a tree.

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**Article**: According to classical mechanics for a force to lift a mass it should be slightly greater than its weight, this example is lifting a body tied with a rope in its center of gravity.

My new discovery is that a human body can lift itself by a force far less than its weight, and that by using muscles force to lift the body mass.

This applied to several phenomena: lifting my 60 kg mass when picking a fruit from a tree with weak calf and foot muscles, moving and walking effortlessly, standing effortlessly, lifting one's body parts effortlessly.

Is not it easy for a an average person of 60 kg, and who is not bodybuilding, to carry 60 kg rock and run, however it is very easy for a person of body mass 120 kg which is the combination of the rock and the body to run.

There is no violation of energy conservation law, what I suggested is the muscles force lifting a body is far less than its weight, but the force of the body on the ground is exactly equals to its weight, and the ground exerts force up on the body equals to its weight. So when a person climb a ladder and falls down on generator turbine that doesn’t mean there is energy coming from nothing, The explanation of this issue is the biological energy coming from the body equals the energy used to spin the turbine.

In this special case Newtonian equations doesn't apply. The usual calculations for this case will not give true results, however we
could measure the ratio between the force lifting a body and the force lifting an object both body and the object have the same mass.