Title: A new discovery

Abstract : A new discovery related to our body weight and its muscles strength compared to normal calculations.

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I can lift my whole body " 60kg" with my feet , but I can't lift a 60kg mass with my whole body. Explanation :

The muscles have the strength that can be measured by a scale. but when the mass which is lifted is my body the muscles can lift it with strength less than its weight, it is obviously that it is related to construction of the body, that is, muscles being part of the body it lift. Mathematically we could measure the ratio between the muscles strength lifting a mass and the muscles strength lifting the body. The body weight and the mass weight must be equal "measured by a scale.

As a result of this free energy could be extracted by a person climbing a ladder and falling on a generator turbine.