Title: A mass can be lifted with force far less than its weight

Abstract: I can carry up my 60 kg body with only my weak feet muscles when trying to pick a fruit on a tree.

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According to classical mechanics for a force to lift a mass it should be slightly greater than its weight.

My hypothesis is that a human body can lift itself by a force far less than its weight.

It is obvious phenomenon that when lifting an object of 60 kg up, it would be extremely hard than lifting one's body "60 kg" while standing.

This applied to many phenomenon. A body will seem to have inertia far less than its actual mass inertia, moving and walking effortlessly, standing effortlessly, lifting one's body parts easily.

In this special case the Newtonian equations doesn't apply, 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.