Toni Arndt performed his undergraduate studies in New Zealand and Australia in biology and Human Movement Sciences before receiving a scholarship for a PhD at the German Sport University, Köln. His PhD involved studies concerning asymmetrical loading of the Achilles tendon. This line of study continued at the Karolinska Institute in Sweden as a post-doc, together with unique invasive techniques for determining intrinsic foot kinematics. At present Toni Arndt is a professor in biomechanics, specializing in lower extremity muscle-tendon function, athletic footwear, parasports and sports biomechanics at The Swedish School of Sport and Health Sciences (GIH) in Stockholm. He was Dean of Research and Doctoral Education at GIH for six years and Pro Vice-Chancellor between 2022-2024. He has published over 90 peer reviewed scientific articles and has supervised 13 PhD students to completion. In 2020 Toni was awarded the national Swedish senior prize for sport science research. He is a previous President of the International Society of Biomechanics. Toni is a consultant for World Athletics responsible for investigating compliance of athletic shoes for use in elite competition.