ARNOLD'S LEG DAY · FROM THE VIDEO

Calves first.

FREE PAGE

Arnold's calf routine on one page. Two versions. Tick yours, print it, take it to the gym.

THE RULE

Every session you train: calves first, while you're fresh. Standing calf raise. Your weakest muscle gets your best effort, not your leftovers.

☐ UNDER 40

TICK YOUR VERSION

FIRST	**4 × 10–15** Standing calf raise
EVERY REP	**2 sec stretch** at the bottom. No bouncing.
THE ARNOLD TRICK	**+4 stagger sets** One set of calf raises between your other sets.
LAST SET	**Half reps** When full reps stop, keep going with half reps at the bottom.

☐ OVER 40

SAME ORDER, LESS LOAD

FIRST	**3 × 12–20** Standing calf raise
EVERY REP	**3 sec stretch** at the bottom. No bouncing.
THE ARNOLD TRICK	**+2 stagger sets** Two extra sets between your other sets, not four.
LAST SET	**No half reps** Skip them for the first month.

ONE RULE FOR EVERYBODY: WEAR SHORTS.

Your number

Every session, write down your first set. Weight and reps. Then beat it.

Nº	DATE	FIRST SET · WEIGHT × REPS	STAGGER SETS DONE	NOTE
01			☐☐☐☐	
02			☐☐☐☐	
03			☐☐☐☐	
04			☐☐☐☐	
05			☐☐☐☐	
06			☐☐☐☐	

WHY STANDING, NOT SEATED

Your calf is two muscles. The gastrocnemius crosses the knee, so it only gets stretched with a straight leg. In a 2023 study from Japan, the leg doing standing calf raises grew almost three times as much as the leg doing them seated. That's why this page has no seated calf raise.

This is how The Oak trains. *Which legend do you train like?*

Seven questions, about a minute. You get your legend type and week 1 of that program, free.

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Sources: Arnold Schwarzenegger, *Total Recall* (2012); Arnold's Pump Club newsletter; Kinoshita et al. 2023, *Frontiers in Physiology* 14, doi:10.3389/fphys.2023.1272106. **Safety:** training education, not medical advice. If your Achilles tendon hurts, stop and get it checked. Check with your doctor before you start, especially if you have a medical condition. Golden Era Decoded is not affiliated with or endorsed by Arnold Schwarzenegger.

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