



Perry Henderson

Proving that it's never too late to become fit, at 47, Perry joined the ranks of Gladiator Fitness in the fall of 2009. After training for 9 months under the watchful eyes of Gunny Barker at the home Ludus in Alexandria, Perry's dedication paid off as he earned his NFPT certification and in the fall of '10 was assigned to instruct the first evening class in Old Town Alexandria. In 2011 Perry took on the challenge of instructing more than twenty-five highly motivated employees each week at the Gladiator Fitness Corporate Boot Camp for the Discovery Communications headquarters in Silver Spring, MD.

"At the Discovery Communications headquarters we do not have the luxury of a large field or parking lot for our work-outs; instead we use the rooftop deck and 8 flights of stairs for our interval runs. Regardless of the conditions we adapt and overcome." says Perry.

Perry claims that "High intensity interval training is the best method to bring about the physiological change necessary for most people to realize a significant change in their body. Whether the participant is seeking increased lean muscle mass, weight loss, lower blood pressure or reduced cholesterol, Gladiator Fitness work outs are the proven method to achieve these goals."

When not training Gladiator Fitness style, Perry prefers outdoor sports including surfing and stand up paddleboard and various water sports.

In 2011 Perry completed the Rugged Maniac, Spartan Race and the Tough Mudder. In 2012 Perry will be conditioning for the 2012 Spartan Mid-Atlantic, recruiting new Gladiator Fitness trainers and working with Gunny Barker to expand the Gladiator Fitness program to include additional classes, beach and resort boot camps and new Corporate Fitness Programs.

