



Thank you for your purchase of The Henny!

IMPORTANT SAFETY GUIDELINES

- Due to the nature of the horizontal swing created by many of the HENNY exercises, to prevent the risk of your rack tipping over and serious injury, your power rack MUST be properly secured to the floor (anchored and/or sufficiently weighted down with weights or sandbags).
- Before each use, you should inspect your Henny. Do not use with worn or damaged components.
- Each Henny loop has a maximum breaking strength of **4200 lbs.** So with proper care, it will be very durable.

USE AT YOUR OWN RISK: It is your responsibility to evaluate your physical condition, or that of your clients, and to independently determine whether to perform, or use the Henny. Any exercise may result in an injury. Make sure to set the Henny up properly, and carefully read the safety guidelines above before using this equipment. We undertake **no liability** for the damage suffered as a result of the use or misuse of the Henny. Loops will eventually wear over time based on the nature of the product.

Please visit the thehenny.com website for additional videos on set up and for plenty of innovative and novel exercise ideas. Also visit us Instagram ([hennyattachment](https://www.instagram.com/hennyattachment))!