

THE DB METHOD DB005

The DB Method Squat Machine User Manual

Model: DB005 | Brand: THE DB METHOD

1. INTRODUCTION

The DB Method Squat Machine is designed to provide a low-impact, total-body workout focusing on glute activation and overall lower body strength. Its unique design helps to reduce pressure on joints, making it suitable for various fitness levels and rehabilitation needs. This manual provides essential information for the safe and effective use, setup, maintenance, and troubleshooting of your machine.

Key Features:

- Low-impact design for joint comfort.
- Targets glutes, quads, hamstrings, hips, calves, and core.
- Engages upper body and core through handle use.
- Easy, tool-free assembly.
- Foldable design with wheels for convenient storage.
- Includes a DreamMount for phone/tablet integration during workouts.

2. SAFETY INFORMATION

WARNING: Before starting any exercise program, consult with your physician. Improper use of this equipment can result in serious injury.

- Always inspect the machine for loose or damaged parts before each use.
- Ensure the machine is placed on a stable, level surface.
- Maintain a clear area of at least 3 feet around the machine during use.

- Do not exceed the maximum weight recommendation of 275 pounds.
- Keep children and pets away from the machine during operation.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.

3. COMPONENTS

The DB Method Squat Machine comes with the following main components:

- Main Frame with Footramps and Wheels
- Adjustable Seat
- Handlebars
- Tension Rod
- DreamMount (Phone/Tablet Holder)

Patented Technology



Handrails

Shift weight back to load the glutes



Tablet and Phone Stand

For streaming media



Adjustment Knob

Accommodates heights from 5' to 6'3"



Tension Rod

Provides resistance for proper squat form



Tension Rod Pin

Easy machine folding and unfolding



Footramps

Angled for posterior chain activation



Wheels

Machine rolls for easy storage

Figure 3.1: Key components of The DB Method Squat Machine, including handrails, tablet/phone stand, adjustment knob, tension rod, tension rod pin, footramps, and wheels.

4. SETUP

The DB Method Squat Machine is designed for easy, tool-free assembly. Follow these steps to set up your machine:

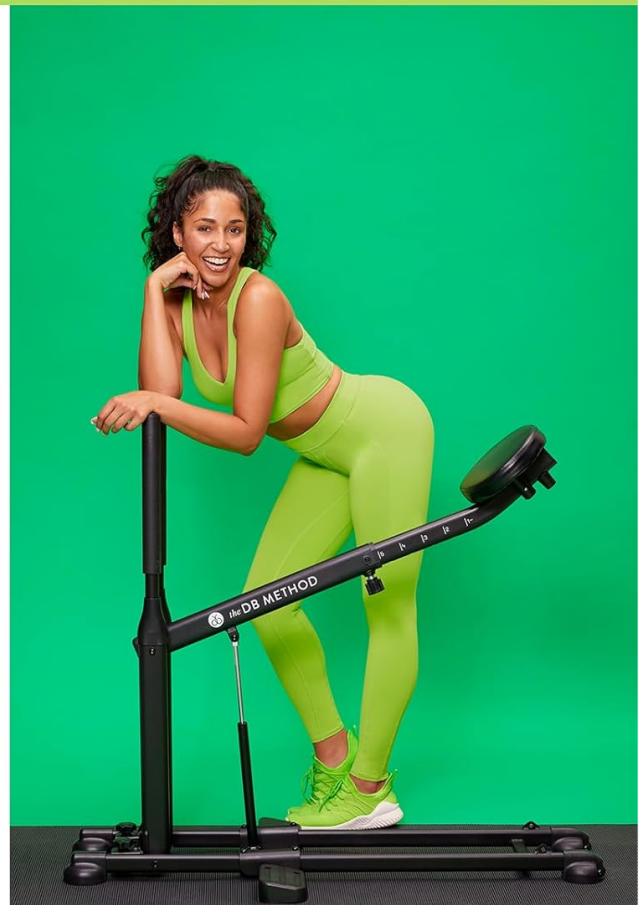
1. Unfold the main frame of the machine.
2. Insert the tension rod into its designated slot and secure it.
3. Attach the adjustable seat to the main arm of the machine.
4. Adjust the seat height using the adjustment knob to a comfortable position that allows for proper squat form.
5. Attach the DreamMount to the handlebars.
6. Ensure all connections are secure before first use.

Total Body Workout

The squat motion works your complete lower body, targeting the glutes

Use arms to press down on the seat for upper body & core exercises

Tailored for all fitness levels and adjustable for various heights



5. OPERATING INSTRUCTIONS

The DB Method Squat Machine guides you into proper squat form, activating your glutes and providing a full-body workout. Here are general operating guidelines and exercise variations:

5.1 Basic Squat Technique

1. Stand on the footramps with your feet positioned according to the markings for optimal glute engagement.
2. Hold the handlebars firmly.
3. Lower yourself onto the seat, allowing the machine to guide your movement. Focus on pushing your hips back and down.
4. As you descend, the tension rod provides resistance, ensuring proper form and engaging your glutes.
5. Push back up to the starting position, engaging your glutes and core.



Figure 5.1: A user demonstrating the basic squat technique on the machine, highlighting the guided movement and glute activation.

A Complex Movement Made Simple



Squats with The DB Method

Activates all 3 glute muscles

Low-impact on knees & back

Guides you into proper form



Traditional Squats

Activates the leg muscles

Puts pressure on joints

Difficult to maintain proper form

Figure 5.2: This image illustrates how The DB Method activates all three glute muscles with low impact on knees and back, guiding users into proper form, unlike traditional squats that can put pressure on joints and primarily activate leg muscles.

5.2 Full Body Engagement

Beyond squats, the machine can be used to engage other muscle groups:

- **Upper Body & Core:** Use your arms to press down on the seat while performing squats to engage your chest, arms, and abdominal muscles.
- **Pilates Exercises:** The machine's design allows for various Pilates-inspired movements to strengthen and tone.

Compact for At-Home Use



Folds down in a
scissor motion

Only 7 inches tall
when folded to fit
under a bed or in
a closet

Wheels on endcaps
allow it to roll when
folded

Stores upright or flat

Figure 5.3: A user demonstrating how the squat motion works the complete lower body, targeting glutes, and how arms can be used to press down on the seat for upper body and core exercises. The machine is tailored for all fitness levels and adjustable for various heights.

5.3 Using the DreamMount

The included DreamMount allows you to comfortably view your phone or tablet during workouts. It's adjustable to fit most devices, making it easy to stream workouts from The DB Method mobile app or other platforms.



Smartly engineered for stronger glutes and a stronger body.

- ▶ Low-impact workouts that are easy on your joints
- ▶ Boosts your recovery process and maintenance workouts
- ▶ Takes 10 minutes a day to get your Dream Butt and Body
- ▶ Tones and strengthens your entire lower body, including the pelvic floor
- ▶ Isolates and strengthens your chest, arms, and abs
- ▶ Works for pilates exercises
- ▶ Folds down easily for storage, no-tools assembly

Figure 5.4: The DreamMount, an adjustable phone and tablet stand, is shown attached to the machine, allowing users to comfortably view workout content during their exercise sessions.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your DB Method Squat Machine:

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the tension rod and moving parts for smooth operation. Apply a silicone-based lubricant if any squeaking or stiffness is observed.
- **Inspections:** Regularly check all bolts, nuts, and connections to ensure they are tight. Tighten as necessary.
- **Storage:** When not in use, fold the machine and store it in a dry, cool place away from direct sunlight or extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your DB Method Squat Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking noise during operation	Lack of lubrication on moving parts; loose connections.	Apply silicone-based lubricant to the tension rod and pivot points. Check and tighten all bolts and nuts.
Machine feels unstable	Not placed on a level surface; loose frame connections.	Ensure the machine is on a flat, stable floor. Verify all assembly connections are securely tightened.
Difficulty folding/unfolding	Mechanism stiffness; obstruction.	Apply lubricant to folding joints. Check for any obstructions preventing smooth movement.

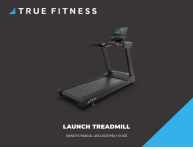

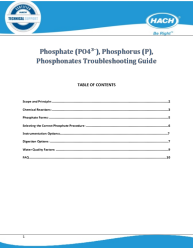
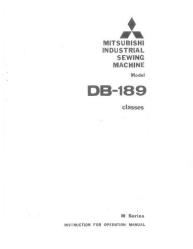


8. SPECIFICATIONS

Feature	Detail
Model Number	DB005
Maximum Weight Recommendation	275 Pounds
Item Weight	35.71 Pounds
Material	Aluminum
Dimensions (LxWxH)	47 x 9 x 8.5 inches
Included Components	DB Method Machine and Phone Mount

9. WARRANTY & SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official THE DB METHOD website or contact their customer service directly. Keep your purchase receipt for warranty claims. For additional workout resources and community engagement, consider downloading The DB Method mobile app, which offers a wide range of workouts and programs.

Related Documents - DB005

	<p>TRUE Fitness Launch Treadmill Owner's Manual and Assembly Guide</p> <p>Comprehensive guide for the TRUE Fitness Launch Treadmill, covering assembly, operation, maintenance, and troubleshooting. Learn about safety instructions, product features, and warranty information.</p>
	<p>Weekly Workout Guide: Quads, Glutes, Upper Body, and Core Focus</p> <p>A comprehensive weekly workout guide featuring five distinct workouts targeting quads, glutes, upper body, and core. Each workout includes specific movements, recommended repetitions and sets, and necessary equipment.</p>
	<p>Hach Phosphate, Phosphorus, and Phosphonates Troubleshooting Guide</p> <p>A comprehensive troubleshooting guide for Hach's phosphate, phosphorus, and phosphonates testing methods, covering principles, chemical reactions, instrumentation, digestion options, and frequently asked questions.</p>
	<p>Mitsubishi DB-189 Industrial Sewing Machine Operation Manual</p> <p>Comprehensive operation manual for the Mitsubishi DB-189 series industrial sewing machine, covering parts identification, setup, threading, adjustments, maintenance, and specifications.</p>
	<p>TRUE FITNESS LAUNCH TREADMILL V220 Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the TRUE FITNESS LAUNCH TREADMILL V220. Includes safety instructions, product features, assembly steps, care and maintenance, troubleshooting, and warranty information.</p>
	<p>Flywheel Home Bike Technical Support and Training Manual</p> <p>Comprehensive technical support and training manual for the Flywheel Home Bike, covering setup, class types, troubleshooting, and features. Includes details on connectivity, software, and common user issues.</p>