



*the* **DB METHOD**

Thank you for purchasing The DB Method, the ultimate lower body strength and toning machine.

The DB Method is the only patented, biomechanically-correct device that easily sets the body in the correct form to do the perfect modified squat. It is revolutionary because it shifts your body's center of gravity, setting your body into the correct position to activate and effectively target the glutes – the muscles responsible for a toned, tight and lifted butt and stronger body.

Fitness is personal, and therefore please use The DB Method thoughtfully – focus first on getting the correct form and then work out safely at your own personal fitness level. If you use the machine properly and consistently you will see and feel results. **Don't forget to download our app for everything you need to be set up for success!**

If you have any questions, comments or concerns regarding The DB Method, contact us via email, phone or our website at the following:

[help@thedbmethod.com](mailto:help@thedbmethod.com);  
[www.theDBmethod.com](http://www.theDBmethod.com)

**Customer Service Number 1-844-484-2028**

Sincerely,  
Erika Rayman  
Founder, The DB Method



# *the* **DB METHOD**

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# Important Safety Information

## **WARNING**

Failure to read and follow the safety instructions stated in the Owner's Manual and Online Video may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 250lbs / 113kgs.

Replace this label if damaged, illegible, or removed.

1. Consult your physician before starting this or any other exercise program. **If you are taking medication that may affect your heart rate or your balance, a physician's advice is absolutely essential before use of this equipment.** Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over 35, pregnant women, or those with preexisting health problems or balance impairments. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition.

Before beginning your first workout on The DB Method, become familiar with the device, make sure all knobs and pin are secure, and review all safety and exercise guidelines.

2. **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.
3. **Warm up** before any exercise by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching. **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to



distinguish “good” pain, like fatigue, from “bad” pain, which hurts. **If you experience any pain of tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**

4. **Before EACH use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts.** Refer to [www.thedbmethod.com](http://www.thedbmethod.com) to order replacement parts.
5. **Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use attachments not recommended by the manufacturer
6. **Have plenty of clearance space on all sides of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment to avoid unnecessary contact.
7. To prevent The DB Method machine from slipping or tipping and causing injury, set up and use the equipment on a solid, level surface. **USE CARE when getting on and off the equipment to keep it from slipping or tipping.** When in use, make sure to have feet securely on the foot ramps to avoid the device from slipping.
8. **USE CARE when assembling and disassembling the equipment. Beware of pinch points and crush hazards (warning labels in place).**
9. **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.
10. **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of reach of children. Follow these simple rules:**
  - a Keep children out of rooms where you have your exercise equipment.

- b Store exercise equipment in a room that can be locked.
  - c Know exactly where your children are when you work out.
  - d If you have small children at home, don't wear headphones while you work out.
  - e Talk to your kids about the dangers of exercise equipment.
11. **Cool down after an exercise session and breathe naturally**, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching.
  12. Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.
  13. **ONLY one person at a time should use this equipment.**
  14. **The DB Method is designed and constructed for PERSONAL OR HOUSEHOLD USE ONLY.** The DB Method should NOT be used in commercial settings including, without limitation, health clubs and fitness centers.
  15. **DO NOT put hands, feet or any foreign objects on or near this equipment when in use by others.** Use caution to not pinch fingers or hands in moving parts when setting up and dismantling.
  16. Follow the exercise instructions demonstrated in our online videos and as described in the exercise instructions in this manual. Failure to follow these instructions could result in serious injury or death.



# Equipment Warning Labels

**IMPORTANT:** See below for placement of the following WARNING LABELS on your equipment



**! WARNING**

Failure to read and follow the safety instructions stated in the Owner's Manual and Online Video may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 250lbs / 113kgs. Replace this label if damaged, illegible, or removed.

**WARNING LABEL 1**



**! WARNING**

**USE CARE** when getting on and off the equipment to keep it from slipping or tipping. Replace this label if damaged, illegible or removed.

**WARNING LABEL 2**

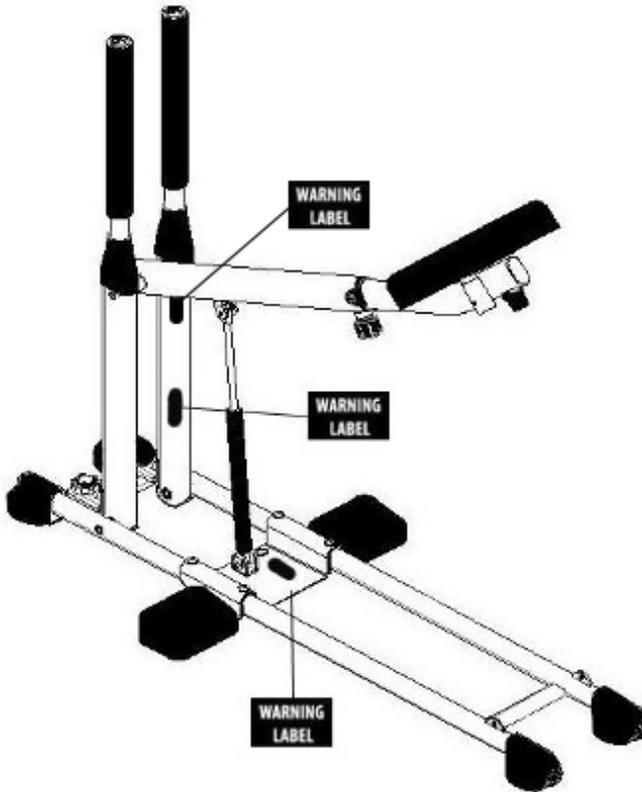


**! WARNING**



**CRUSH HAZARD.** Keep hands clear during folding. Failure to do so, could result in crushed fingers.

**WARNING LABEL 3**



## Specification & Parts

**Assembled Approximate Specifications: Dimensions are based on unit set up for use.**

**Product Weight: Approx. 29½ lbs/13.4 kg**

**Maximum User Weight: 250 lbs/113 kg**



**Minimum User Height: 5 feet**

**Product Dimensions:**

**Length: 45½ inches**

**Width: 20 inches**

**Height: 39½ inches. Folded Height (highest point): 7 inches**

## **Assembly Instructions**

**SEE INSERT FOR ASSEMBLY INSTRUCTIONS**

Enclosed Parts:

Qty 1 Mainframe Base

Qty 2 Rear End Caps

Qty 2 Front End Caps

Qty 1 Foot Ramp Base Plate Qty

2 Knobs

Qty 1 Pin Qty 1

Tension Rod

Qty 2 Stop Collars

Qty 1 Seat Extension Tube

Qty 1 Seat Guide Sleeve Tube

Qty 1 Lock Pin (Seat Adjuster Knob)

Qty 1 Seat Guide Pad

Qty 1 L Wrench (provided to tighten bolts as needed)

## **Care & Storage**

The DB Method has been designed to require minimum maintenance. To ensure this, we recommend you do the following:



### **Keep your unit clean**

Wipe sweat, dust or other residue off the Handrails, Foot Ramps, Seat Guide & Bar, and Base with a soft, clean cloth after each use.

### **Store your equipment after use**

Store your device out of the reach of children and high traffic areas. Use the provided Storage Strap when storing.

**Do not use lubricating oil on the tension rod.** For best results, begin using your DB Method machine by breaking in the compressed gas tension rod. Break-in the tension rod by performing full-range squats at first in order to settle and balance the gas inside the tension rod's cylinders.

For more information contact Customer Service at: [help@thedbmethod.com](mailto:help@thedbmethod.com) or call 1-844-484-2028

## **Exercise Guidelines**

**IMPORTANT: Please review this section before you begin exercising**

### **Important:**

If you have been inactive for several years you should consult your physician, who may or may not recommend a graded exercise test.

If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing

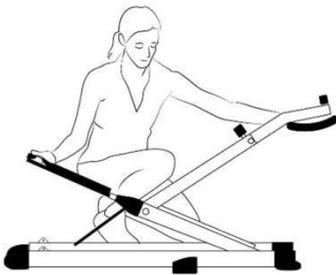
Your physician can assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition. You



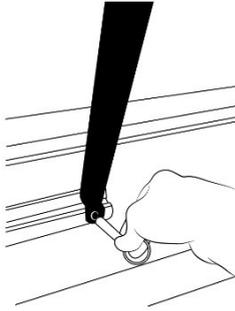
should also consult your physician if you have the following **BEFORE** starting to use the machine

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

## Set-up

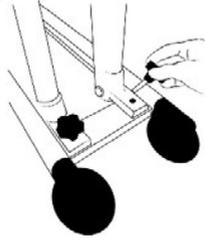


In a scissor motion, unfold the machine so that the Handrails are in the upright position and the Tension Rod is in place to be secured on the Base



Align the Hole in the Tension Rod with Pin Holes and insert Pin. Note: you may have to twist Tension Rod to align with Holes

Continuing in the secure the

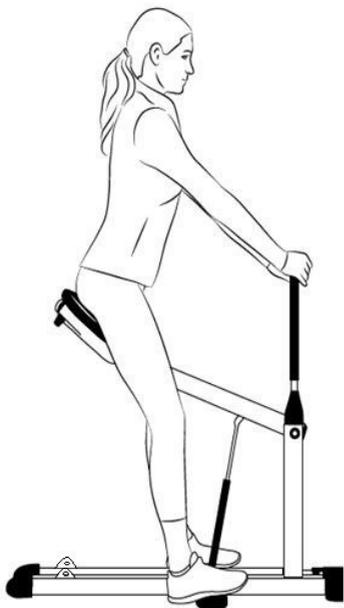


to hold the Handrails upright position, Knobs at the Base.



# Getting Started with THE DB METHOD

**VIEW FREE VIDEO INSTRUCTIONS ON OUR APP  
OR ONLINE AT [WWW.THEDBMETHOD.COM](http://WWW.THEDBMETHOD.COM)**



- Adjust the Seat Guide using the Seat Adjuster Knob so that your behind is on the Seat Guide when straddling the Seat Guide Bar (as depicted)
- Once adjusted to the correct setting, straddle the Seat Guide Bar and gently align your behind on the seat guide
- Extend the arms and hold on lightly to the Handrails
- Place heels on Foot Ramps so that bodyweight is in the heels
- Pull shoulders back and engage core
- Bend the knees slightly:

- Do not turn knees inward
- There should be no pressure on the knees

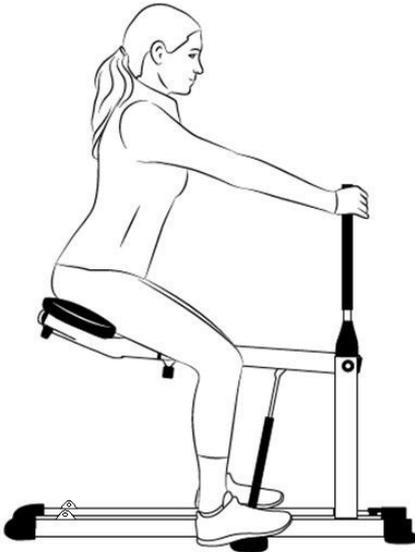


- Push your hips back...as if you're sitting down in a chair



- Scoop the butt back on the seat
- Be careful not to overarch the back or produce any strain in the back
- Tighten the glutes –you should feel the glutes activated
- Sit back on your heels and push from/through the heels
- Slowly lower the body by pushing the butt down on the Seat Guide

- Slowly bring the body back up by focusing on the butt muscles, squeezing the glutes and pushing/pressing through the heels



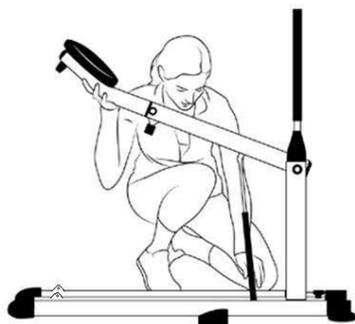
- Squeeze the glutes at the top; the more contraction of the glutes the better
- If you're feeling it too much in the thighs, get further back in the Seat Guide (move it another notch back, if necessary)
- Move your feet higher up on the foot ramps
- Push your hips back, scooping the butt



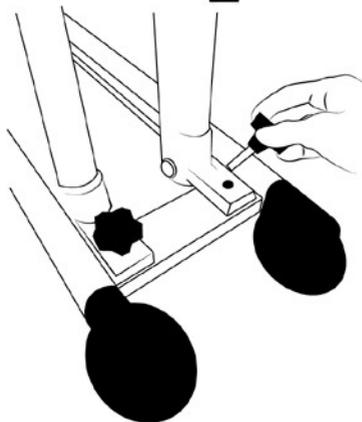
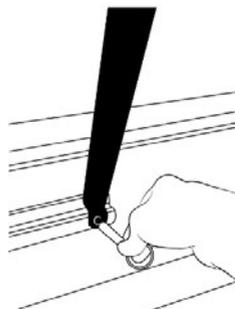
- Trust that by holding on to the Handrails you can move your body back without falling over (provided you are within the 250 lbs max weight)

## FOLDING YOUR DEVICE FOR STORAGE

- With one hand



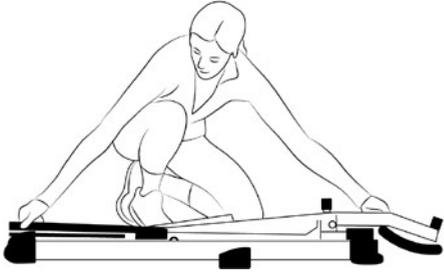
supporting the Seat Guide, carefully release the Tension Rod by pulling out the Pin.



- Hold the Handrails in the upright position while unscrewing each Knob individually.
- Use caution at all times and **WATCH FOR PINCH POINTS**



- With one hand supporting the Seat Guide and the other supporting the Handrails, carefully fold down in a slow scissor motion.
- **CAUTION PINCH POINTS**
- Please exercise caution at all times.



- Machine folds down for storage under the bed or in the closet
- If storing upright you must secure the machine with the provided Storage Strap to avoid opening up while stored.
- While holding the machine at a slight angle, the machine wheels can help roll it into storage space.



**DOWNLOAD OUR APP or visit**  
[www.theDBmethod.com](http://www.theDBmethod.com) **for FREE workouts and video instructions**

**FITNESS IS PERSONAL – YOU GET WHAT YOU PUT IN  
AND RESULTS MAY VARY FOR EACH INDIVIDUAL.**

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<b>LEVEL</b>	<b>DURATION OF SET</b>	<b>NUMBER OF SETS</b>	<b>FREQUENCY</b>
Beginner	3 Minutes	At least 3 sets	3-4 x per week
Intermediate	4 Minutes	3 sets +	3-4 x per week
Advanced	5 Minutes +	3 sets +	4x or more per week

- **Beginner Workout**
  - Focus on getting your form right
  - Use at your own strength level and pace. It is not necessary or recommended to squat to the floor
  - Build up strength and endurance to use for the recommended 3-4 times a week for around 10 minutes a day, breaking it up into shorter intervals initially.
- **Intermediate Workout**
  - With mastery of the correct form, use for at least 10 minutes, 3 -4 times a week for best results
  - Build up strength and endurance to use 3-4 times a week for at least 10 minutes.
- **Advanced Workout**
  - With mastery of the correct form, use for at least 10 minutes, at least 4 times per week for best results.

## Summary Tips:

- Stretching before and after exercise is highly recommended
- Adjust seat guide bar for your height and proportions
- Keep your chest up, arms straight, fingers lightly holding handrails for balance
- Place your heels on the footramps
- Allow your body weight to sit back in your glutes
- Always push through your heels
- Engage your core and squeeze glutes at all times
- Start with small range pulses to activate glutes then alternate ranges of motion

**DOWNLOAD OR APP or visit**  
**[www.theDBmethod.com](http://www.theDBmethod.com) for FREE workouts and**  
**video instructions to FEEL THE SHIFT**

