

EIGHT POINTS FOR CORRECT SEATING

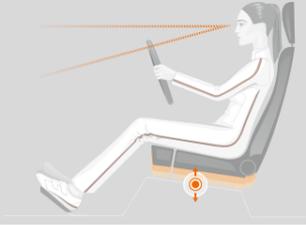
1. Push your bottom as near as possible to the backrest. The distance from the seat to the pedals is adjusted so that your knee is slightly bent when the pedals are fully depressed.



2. Rest your shoulders as closely as possible on the backrest. Set the backrest tilt so that the steering wheel is easy to reach with slightly bent elbows. Shoulder contact must be maintained when the steering wheel is turned.



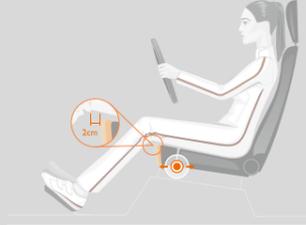
3. Set the seat height as high as possible. This ensures an unobstructed view to all sides and all displays on the instrument panel.



4. Set the seat cushion tilt so that it is easy to depress the pedals fully. The thighs should rest gently on the seat cushion without exerting pressure on it. Check the backrest tilt before starting the engine.



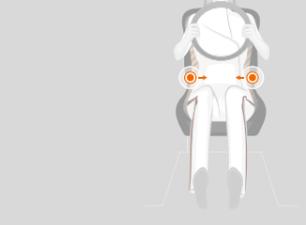
5. Adjust the extendable seat cushion so that the thighs rest on it to just above the knee. Rule of thumb: two to three fingers space between the edge of the seat and the hollow of the knee.



6. The lumbar support has been adjusted correctly when the lumbar part of the back is supported in its natural shape.



7. The seat's side bolsters should fit so snugly to the body that the upper body is supported comfortably at the sides without being restricted.



8. If possible, adjust the upper edge of the headrest to the same height as the top of the head.

Tilt: The distance to the head should be approx. 2 cm.



COMFORT SEATS COMPACT



EXCELLENT POSTURE

When developing our seats, ergonomics and comfort are our top priority. We rely on comprehensive expertise gained over more than 100 years of company history combined with many years of experience in the production of high-quality seating systems for the automotive industry.

Human beings were not designed primarily for sitting down. The main issue is adequate supply to the individual disks in the spine, which is not ensured when a person is sitting.

RECARO products are designed with an ergonomically shaped seat contour which provides the framework for a comfortable sitting experience. Featuring the most important adjustment options, such as adjustable side bolsters on the backrest and seat cushion, extendable seat cushion, a lumbar support (depending on model), and comfort features such as heating or climate control, a RECARO seat, with its exceptional quality, ensures excellent posture in the car.



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RECARO Ergomed E & ES / RECARO Style Sportline & Topline
Certified and recommended by Association Forum Healthy Back – Better Living and Federal
Association of German Back Schools. More information: AGR e.V., Pf. 103, D - 27443
Selsingen, Phone + 49 4284/92 69 990, www.agr-ev.de

ARRIVE SAFELY AND RELAXED

If you are seated well you arrive at your destination more relaxed and productive. And you are able to work with more focus. Frequent drivers in particular know how important it is to be ready for work, appointments, and meetings after a long drive.

Human beings were not designed primarily for sitting down. It is therefore extremely important to take the strain off the body when sitting, especially during long car journeys. Ergonomically shaped padding, extendable seat cushion and seat height and seat tilt adjustment, perfect lateral support and an individually adjustable lumbar support take the strain off the back, support the spinal column, and provide an optimum sitting position.

An ergonomic sitting position also means a comfortable position. RECARO offers total comfort – from our special seat cushion design to the perfect seat temperature thanks to seat heating and active seat climate control. Various models also come equipped with an extra-high backrest for very tall drivers, and optional electrically adjustable operation feature and intuitive controls.

RECARO Ergomed E and ES (with or without airbag)

Highlight:
High-end seat with universal side airbag

- Product benefits:**
- Particularly suitable for frequent drivers with back problems
 - Electro-pneumatically adjustable side bolsters for backrest and seat cushion (Ergomed ES)
 - Height and tilt adjustment for optimum distribution of pressure on backside and thighs
 - Dual-chamber lumbar support allows the seat ergonomics to be smoothly adjusted without pressure points
 - Extendable seat cushion
 - RECARO climate package: seat ventilation and heating create the ideal seat temperature
 - Integrated universal side airbag (transfer to another vehicle possible)



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RECARO Style Trendline Sportline and Topline

Highlight:
Extremely ergonomic seat with a sporty design

- Product benefits:**
- Seat also available in XL for particularly tall people (Sportline and Topline)
 - Adjustable side bolsters for adapting the seat to your body measurements
 - Extendable seat cushion and combined height and tilt adjustment available (Sportline and Topline) for optimum distribution of pressure on backside and thighs
 - Available in Trendline, Sportline and Topline
 - Lumbar support



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RECARO Orthopaed

Highlight:
Flat seat cushion for high vehicles (e.g. transporters) and easy entry and exit

- Product benefits:**
- Electrically adjustable backrest side bolsters for adapting the seat to your body measurements
 - Dual-chamber lumbar support allows the seat ergonomics to be smoothly adjusted without pressure points
 - Extendable seat cushion for optimum support of the thighs
 - RECARO climate package: seat ventilation and heating create the ideal seat temperature



RECARO Expert and Specialist

Highlight:
Modular seat concept ensures an almost unlimited number of applications

- Product benefits:**
- Two backrests and three seat cushions (S,M,L) for a customized seat
 - Available with electric backrest adjustment

RECARO Expert backrest
Pronounced lateral support with individually adjustable backrest side bolsters

RECARO Specialist backrest
Good lateral support due to pre-formed side bolsters

Design S
Short seat cushion particularly suitable for small to medium-sized people

Design M (Easy Access)
Long and very flat seat cushion; suitable for medium-sized to large people, for drivers who have to get in and out of the vehicle often and for vehicles with a high entry and exit point; extendable seat cushion

Design L
Long seat cushion with high side bolsters; ideal for medium-sized to large people who value good, sporty side support when driving; extendable seat cushion



Design S



Design M



Design L



RECARO Expert S



RECARO Specialist M

