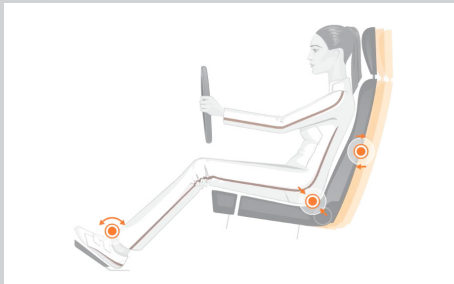


RECARO SEAT TRAINING

Eight Steps to the Correct Sitting Position

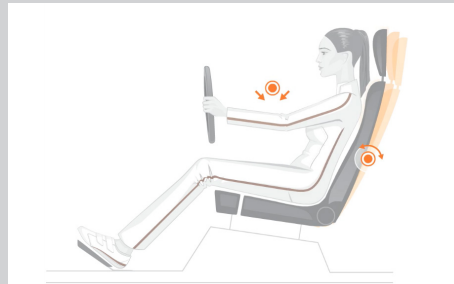
STEP 1

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



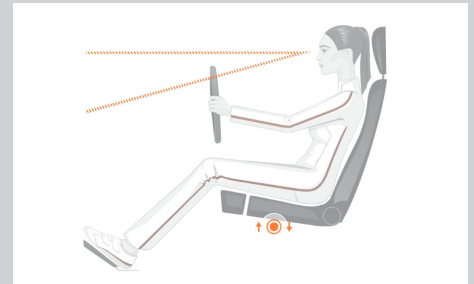
STEP 2

Rest your shoulders as near as possible to the backrest. Set the backrest tilt so that the steering wheel is easy to reach with slightly bent elbows and your shoulders stay in contact when turning the wheel.



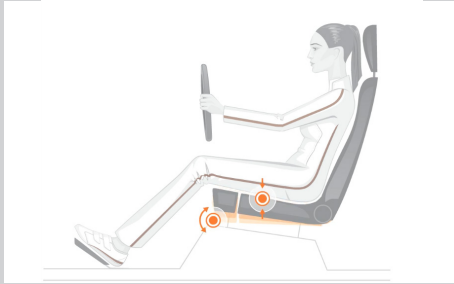
STEP 3

Set the seat height as high as possible for an unobstructed view of all sides and all the instrument panel displays.



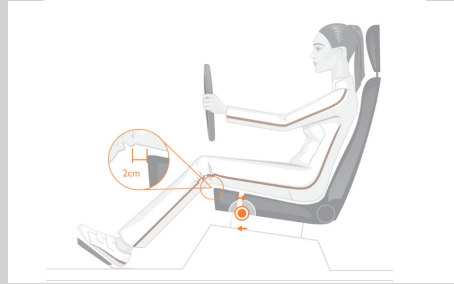
STEP 4

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



STEP 5

Adjust the extendable seat cushion so that your thighs rest on it to just above the knee. The rule of thumb is two to three fingers' clearance between the seat edge and the hollow of the knee.



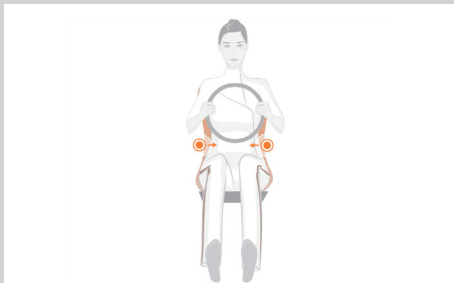
STEP 6

The lumbar support has been adjusted correctly when it supports the natural curve of your lumbar spine.



STEP 7

The seat's side bolsters should fit snugly enough to support your upper body at the side without restricting it.



STEP 8

If possible, adjust the upper edge of the headrest to the same height as the top of your head. Tilt: The distance to your head should be approx. 2 cm.

