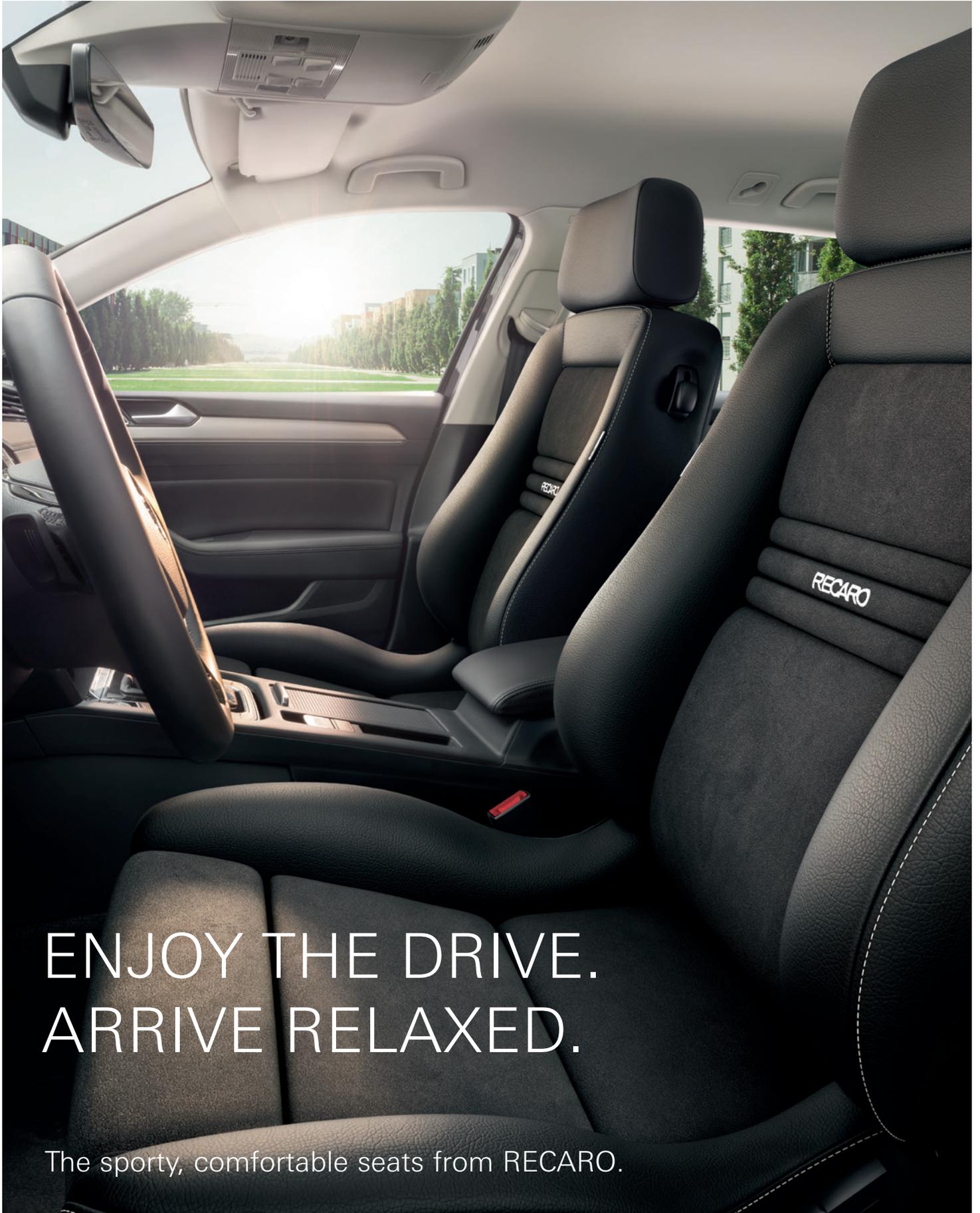


# RECARO

PREMIUM COMFORT SEATS



ENJOY THE DRIVE.  
ARRIVE RELAXED.

The sporty, comfortable seats from RECARO.

# YOUR SEAT. TAILOR MADE FOR YOU.



The best way to think about a RECARO seat is to compare it to a tailor-made suit. It fits perfectly. With its combination of elegance, premium quality and individual style, it effortlessly underlines your individual personality. Only products made with passion and expertise can provide this special experience. With excellent craftsmanship and the finest materials, they say everything that needs to be said and are consistent to the tiniest detail.

RECARO is the brand for exclusive seats made precisely to your tastes. They boast both perfect fit and an intelligent design that combines functionality, ergonomics and looks. RECARO seats are available in a wide range of cover materials and colors. We can also use custom cover materials or the original materials of the vehicle manufacturer upon request, so that we can adjust your new seats to your personal preferences.

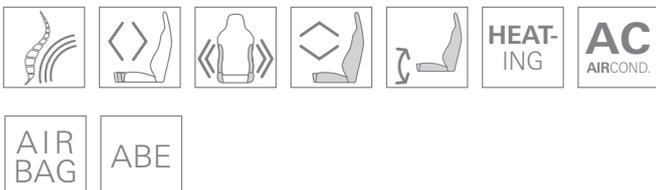
## RECARO Ergomed E and ES (with or without airbag)

### 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 (Ergomed ES, option Ergomed E)
- Option: Integrated universal side airbag (transfer to another vehicle possible)



### RECARO Ergomed E & ES

The AGR quality cachet (Aktion Gesunder Rücken = Campaign for Healthier Backs): Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.  
More information: AGR e.V., Stader Str. 6, D - 27432 Bremervörde, Phone +49 4761/92 63 580, [www.agr-ev.de](http://www.agr-ev.de)



# 21,900

hours.

That is how much time a person spends in a vehicle on average in their lifetime.

## READY FOR ANYTHING.

You know the feeling all too well. You get in your car, eat up the miles and arrive cramped and stressed out – just in time for the next meeting. Sitting, sitting and more sitting. With RECARO, you can get out of your car feeling relaxed and ready for whatever work has to throw at you, even after a long journey.

That is because our seats work around your needs. Because we are experts for ergonomic design. And because we know that comfort is a combination of many factors, including an ergonomic seat structure, firm upholstery, intuitive control, comfortable touch, optimum climate, and many more.

For over 110 years, our products have combined innovation, quality and craftsmanship. Every detail counts, and every millimeter is painstakingly planned. Innovation by tradition. Since 1906.

**“The function of a product determines its form.  
For us RECARO designers, ergonomics  
is our top priority, as it puts people  
at the heart of things. Form follows human.”**



**Frank Beermann**  
Chief Engineer Industrial Design  
RECARO Automotive Seating

## THE BEST DECISION FOR YOUR BACK.

Mobility is synonymous with modern society. More and more people are spending more and more time in their cars. For many drivers, the car seat is their workplace. The seal of quality from Aktion Gesunder Rücken e. V., a German back health organization, helps drivers choose back-friendly products. The seal has been awarded to the RECARO Ergomed E, Ergomed ES and the RECARO Style Sportline and Topline. For more information, please visit:

[www.agr-ev.de/en/back-friendly-products/back-friendly-products/2903-carseats](http://www.agr-ev.de/en/back-friendly-products/back-friendly-products/2903-carseats)



## RECARO Orthopaed

### Highlight:

Flat seat cushion for getting into and out of high vehicles easily (e.g. vans).

### 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



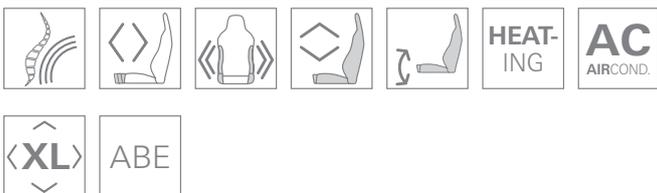
## RECARO Style Trendline Sportline and Topline

### 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 (Sportline and Topline)



### RECARO Style Sportline & Topline

The AGR quality cachet (Aktion Gesunder Rücken = Campaign for Healthier Backs): Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.

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## RECARO Expert

### Highlight:

Optimal adaptation by adjustable backrest side bolsters and three different seat cushions.

### Product benefits:

- Pronounced lateral support with individually adjustable backrest side bolsters
- Three seat cushions (S,M,L) for a customized seat
- Available with electric backrest adjustment

### Design S

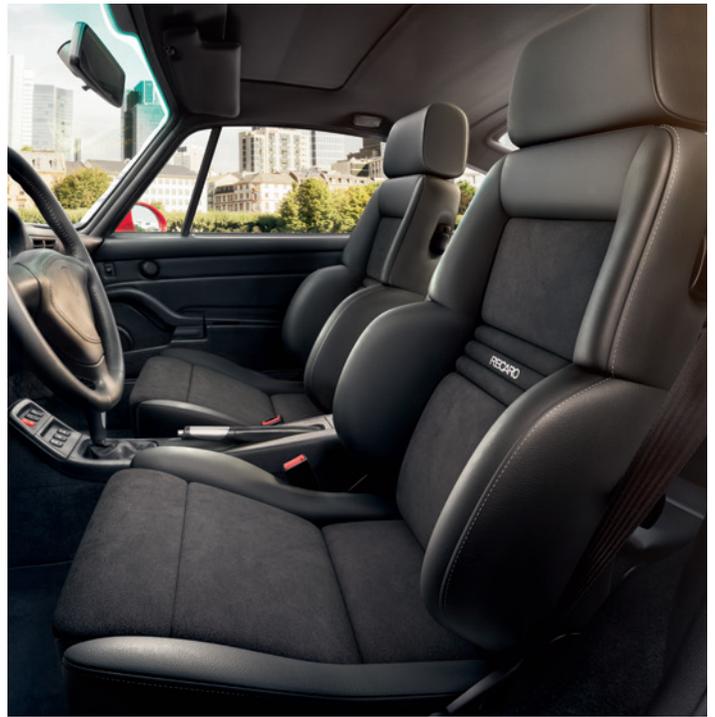
Short seat cushion particularly suitable for small to medium-sized people

### 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 Specialist

### Highlight:

Modular seat concept ensures an almost unlimited number of applications

### Produktvorteile:

- Good lateral support due to pre-formed backrest side bolsters
- Three seat cushions (S,M,L) for a customized seat
- Available with electric backrest adjustment

### 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



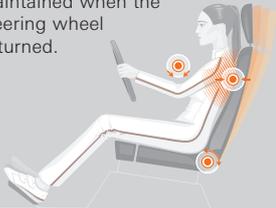
Design L

# RECARO SEATING SCHOOL

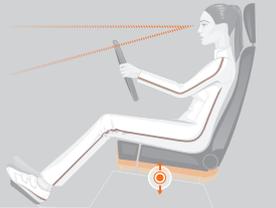
**1.** Push your bottom as near as possible to the backrest. The distance from the seat to the pedals is adjusted so that your knee is slightly bent when the pedals are fully depressed.



**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.



## SYMBOLS PERSONAL COMFORT

 Lumbar support	 Extendable seat cushion	 Adjustable side bolsters	 Height adjustment	 Tilt adjustment
 Seat heating (RECARO climate package)	 Seat vent (RECARO climate package)	 XL seat – ideal for people of larger build	 Easy to get in and out thanks to flat seat cushion	

## SYMBOLS SAFETY

 Seat with German ABE (general type approval) and TÜV component certification	 With universal side airbag as an option	 Suitable for 3-point belt	 Suitable for 4-point belt
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## SYMBOLS LIGHTWEIGHT CONSTRUCTION

 Seat made from lightweight, environmentally friendly composites	 Seat shell made of carbon fiber reinforced polymer	 Seat shell made of carbon and aramid fiber reinforced polymer	 Seat shell made of glass fiber reinforced polymer
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