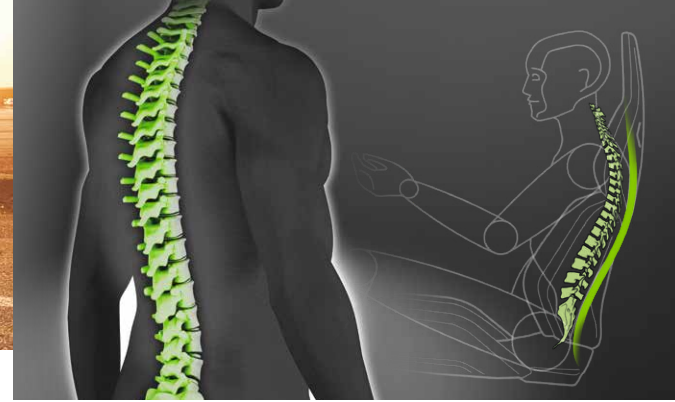




# 21,900

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



## SIT BACK AND RELAX.

You know the feeling all too well. You get into your car, eat up the miles, and arrive seized up and stressed out – just in time for the next meeting. Sitting, sitting and more sitting. With RECARO, you step out of your car feeling relaxed and ready for whatever work can throw at you, even after a long journey. That's because our seats work around your needs. Because

we're experts in ergonomic design. And because we know that comfort is a combination of many factors – an ergonomic seat structure, firm upholstery, intuitive control, comfortable touch and optimum climate to name a few.

We know that human beings aren't built for sitting down. Let alone for hours on

end behind the wheel, where switching to a better posture is not an option. Your seat needs to support your body and relieve the strain. Our unique combination of ergonomics and comfort, together with the right adjustment options, are what makes a RECARO seat your seat.



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

"The function of a product determines its form.

As RECARO designers, our top priority is ergonomics – it's all about the person in the seat:

Form follows human."

## IF YOUR BACK COULD CHOOSE IT WOULD CHOOSE RECARO.

Mobility is synonymous with modern society. More and more people are spending more and more of their time in the car. For many drivers, it's their workplace. The seal of quality from AGR e.V., the German Campaign for Healthier Backs, helps drivers choose back-friendly products. The RECARO Ergomed E, RECARO Style Topline XL, RECARO Sport C and the RECARO Podium carry the AGR seal. 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)  
[www.agr-ev.de/en/back-friendly-products/back-friendly-products/4853-car-racing-shells](http://www.agr-ev.de/en/back-friendly-products/back-friendly-products/4853-car-racing-shells)



## RECARO SEATING TRAINING

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 TAILORED COMFORT

Lumbar support	Extendable seat cushion	Adjustable side bolsters
Height adjustment	Tilt adjustment	Flat seat cushion for getting in and out with ease
Seat heating	Heating and air conditioning (RECARO climate package)	XL seat – ideal for people of large build

### SYMBOLS SAFETY

Seat with ABE (German general type approval) component certification	Available with optional universal side airbag
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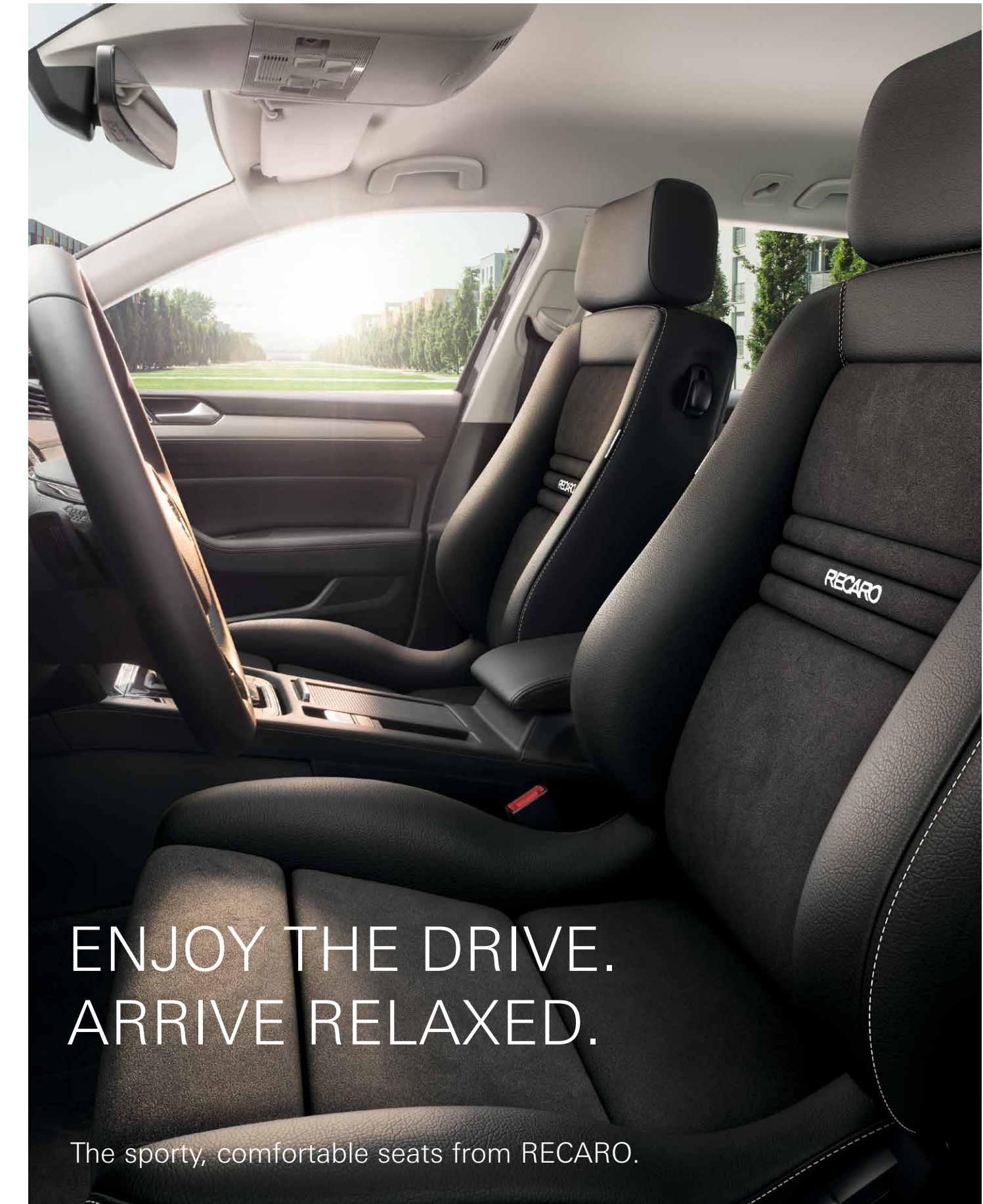
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## ENJOY THE DRIVE. ARRIVE RELAXED.

The sporty, comfortable seats from RECARO.



# CUSTOM SEATS. TAILORED FOR PERFECTION.

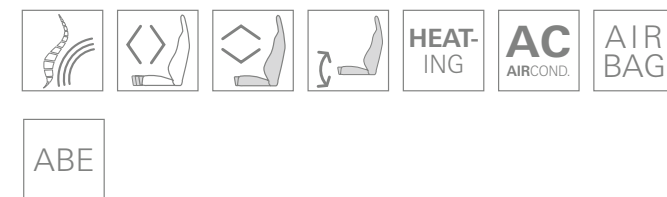
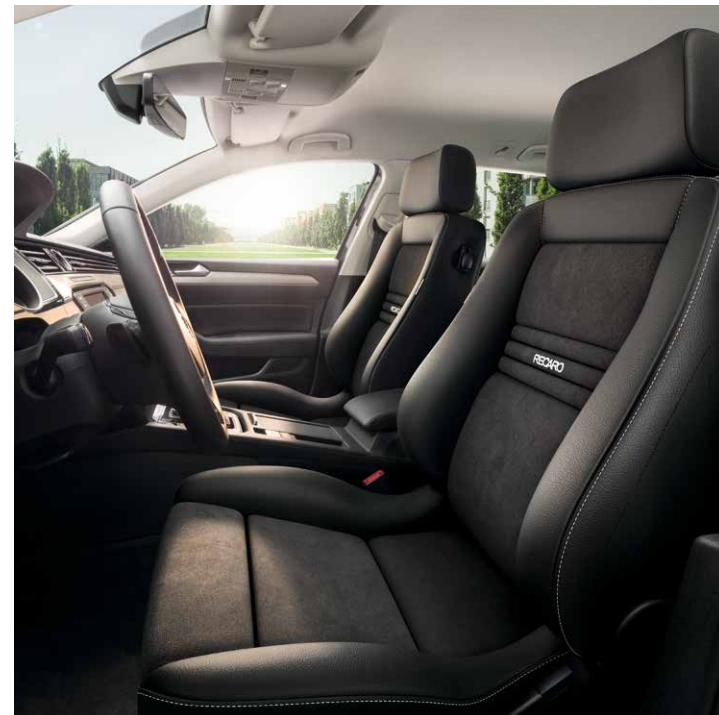
A RECARO seat is like a tailor-made suit. It fits perfectly, effortlessly underlining your unique personality by combining elegance, premium quality and individual style. Only products made with passion and skill make you feel this special. Crafted to perfection using the finest materials and consistent down to the tiniest detail, they say it all.

RECARO is the brand for exclusive seats made precisely to your tastes. Alongside perfect fit, they boast intelligent design that combines the ultimate in functionality, ergonomics and looks. RECARO seats are available in a wide range of upholstery materials and colors. You can even request custom or OEM materials! We'll tailor your new seats to suit your personal preferences.

## RECARO Ergomed E (with or without airbag)

**Highlight:**  
High-end seat with universal side airbag

- Product benefits:**
- Particularly suitable for frequent drivers with back problems
  - 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
  - Option: RECARO climate package – heating and air conditioning create the ideal seat temperature
  - Option: Integrated universal side airbag (transfer to another vehicle possible)

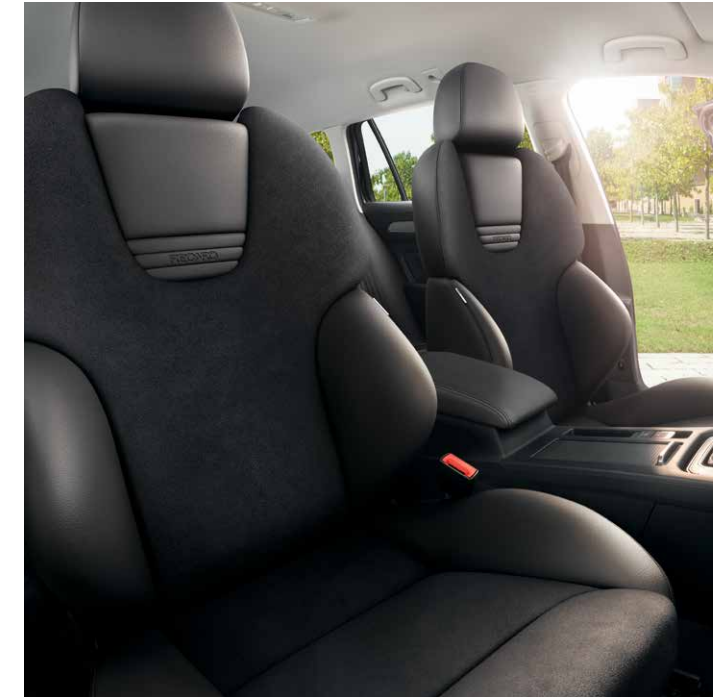
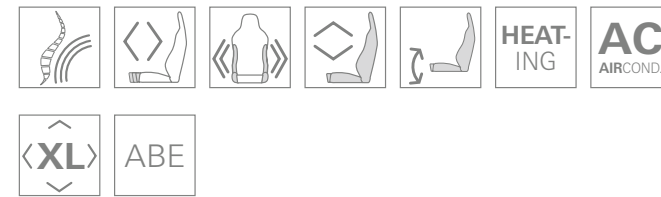


**RECARO Ergomed E**  
The AGR quality cachet (Aktion Gesunder Rücken – Campaign for Healthier Backs): Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.  
More information: AGR e.V., Stader Str. 6, D - 27432 Bremervörde, Phone +49 4761/92 63 580, www.agr-ev.de/en/back-friendly-products/back-friendly-products/2903-carseats

## RECARO Style Topline XL

**Highlight:**  
Extremely ergonomic seat with a sporty design

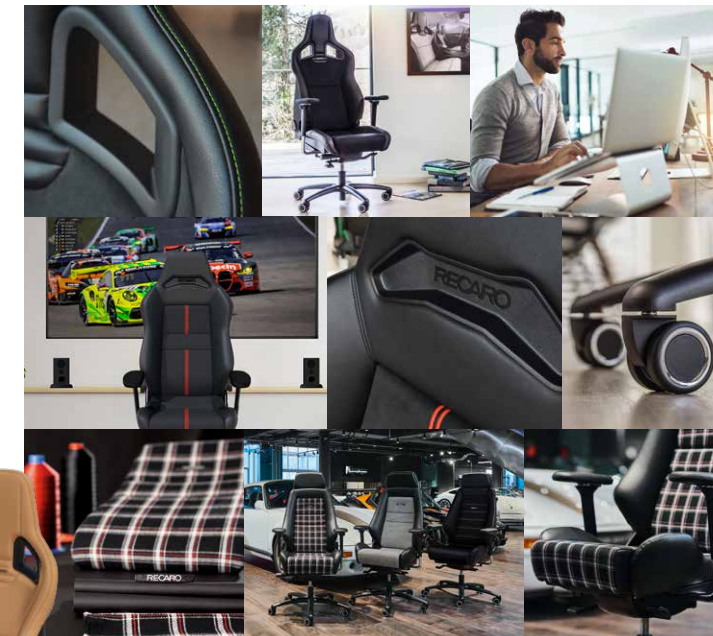
- Product benefits:**
- Particularly suitable for tall people
  - Adjustable side bolsters for adapting the seat to your body measurements
  - Extendable seat cushion and combined height and tilt adjustment available for optimum distribution of pressure on backside and thighs
  - Lumbar support



**RECARO Style Topline XL**  
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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## FOR TRUE FANS OF THE BRAND: RECARO AUTOMOTIVE SWIWEL CHAIRS.

You know that feeling you get with RECARO of owning something special? Well you can now experience that feeling beyond your car: With the RECARO Automotive Swivel Chairs, we are bringing our dynamic, high-performance brand directly from the road and the racetrack right into your home!



### RECARO LIFESTYLE CHAIRS

→ [shop.recaro-automotive.com](http://shop.recaro-automotive.com)



## RECARO Expert

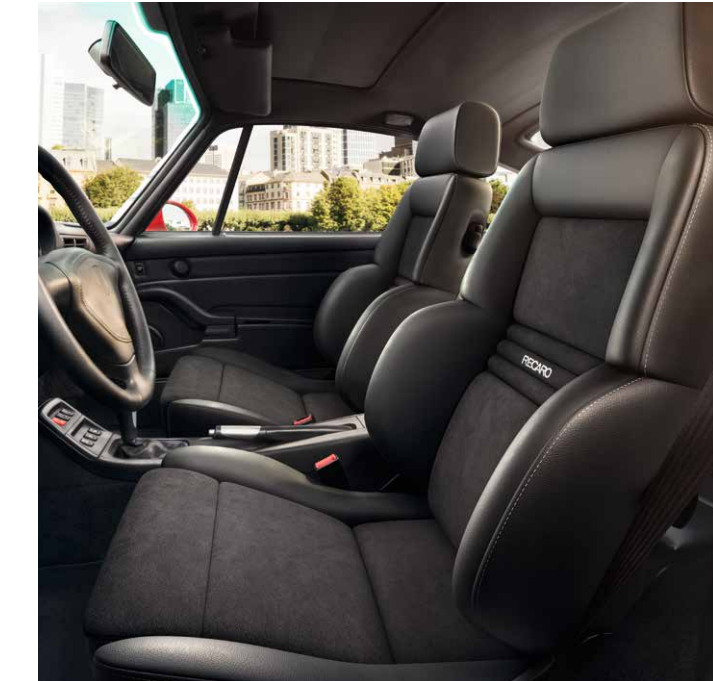
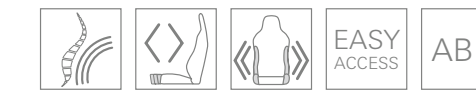
**Highlight:**  
Optimal adaptation by adjustable backrest side bolsters and three different seat cushions.

- 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

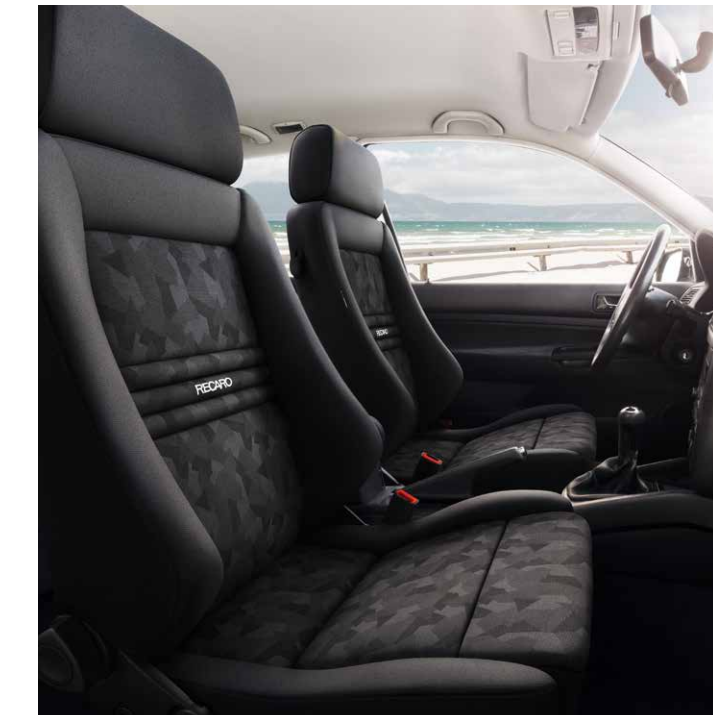
**Highlight:**  
Modular seat concept ensures an almost unlimited number of applications

- 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