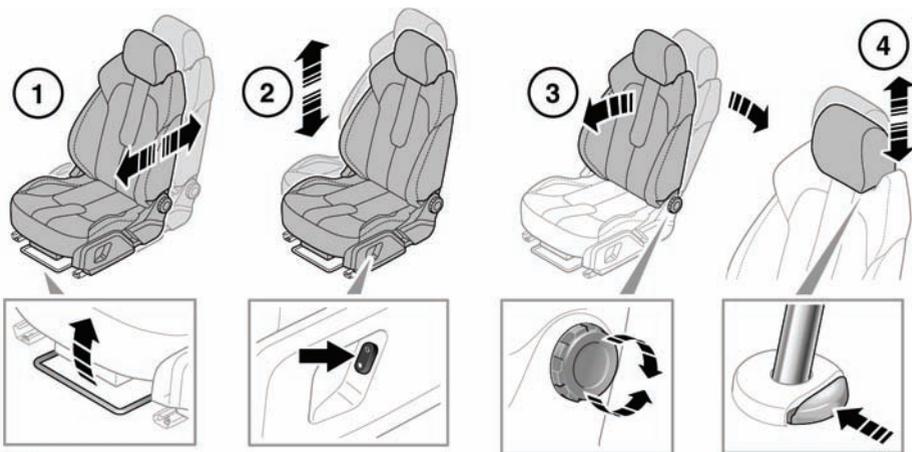


MANUAL SEATS



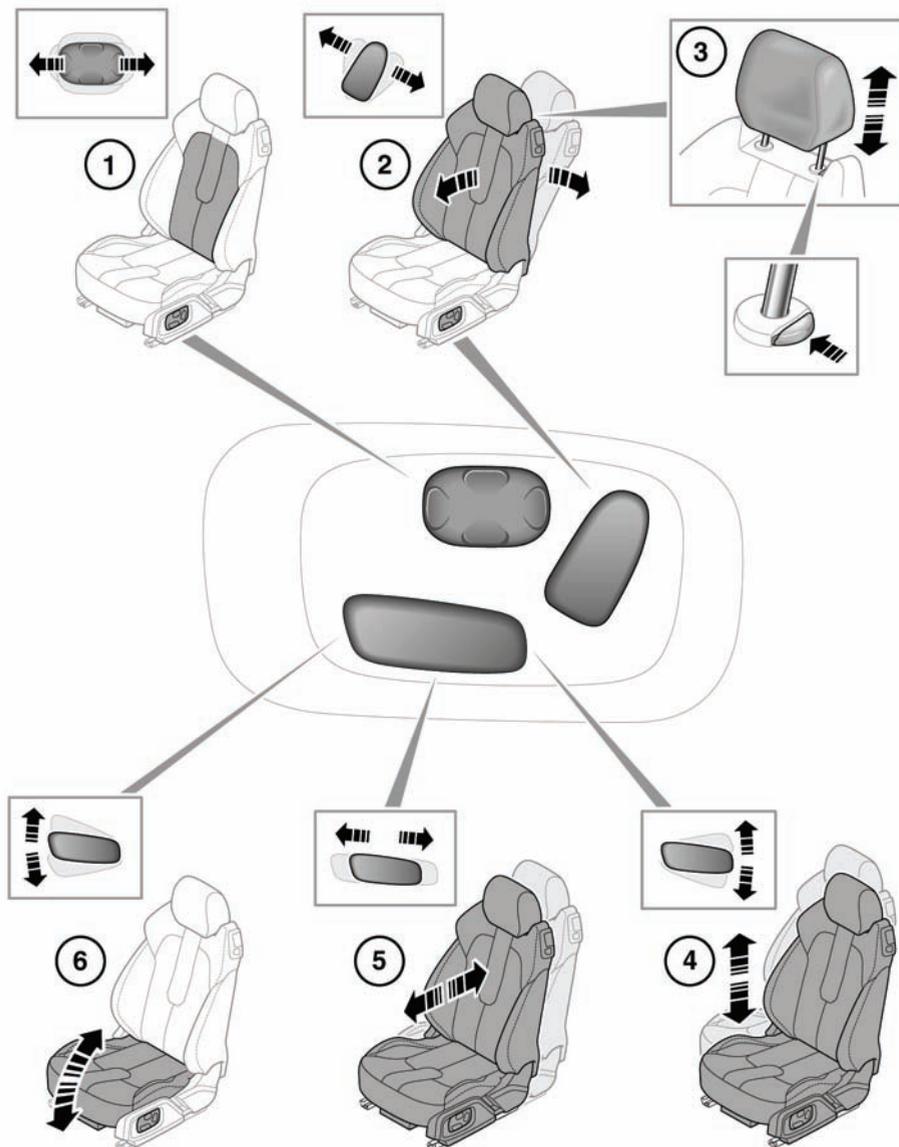
SL1713



Do not adjust the seat while the vehicle is moving. Doing so could cause loss of vehicle control and personal injury.

1. Forward and back adjustment.
2. Height adjustment.
3. Backrest adjustment.
4. Head restraint adjustment.

ELECTRIC SEATS



SL1724

Front seats

1. Lumbar support adjustment.
2. Backrest adjustment.
3. Head restraint adjustment.
4. Height adjustment.
5. Forward and back adjustment.
6. Cushion angle adjustment.

To adjust the seats, the Smart Key must be inside the vehicle.



Do not adjust the seat while the vehicle is moving. Doing so could cause loss of vehicle control and personal injury.

STALLED ADJUSTMENT



If seat movement stops unexpectedly during adjustment check for any obstructions and remove.

Once any obstructions have been removed the seat adjustment mechanism can be reset as follows.

Operate the button again to continue the stalled adjustment. When seat movement resumes hold the button until the end of travel in that direction has been reached. The seat position can now be carried out as normal.

Note: If no obstructions can be seen, but normal adjustment cannot be carried out without stalling, contact your Land Rover Dealer/Approved Repairer.

SITTING IN THE CORRECT POSITION



The driver and front seat passenger must not ride with the seat fully reclined.



Do not adjust the seat while the vehicle is moving.

The seat, head restraint, seat belt and airbags, all contribute to the protection of the user. Correct use of these components will give you greater protection. Therefore, you should always observe the following points:

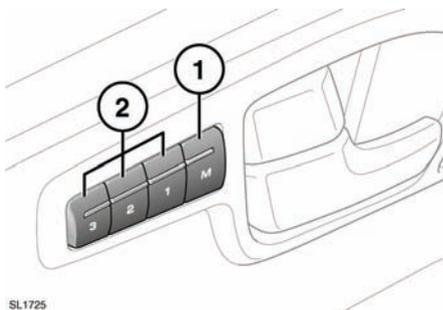


1. Sit in an upright position with the base of your spine as far back as possible and the seatback reclined no more than 30 degrees.
 2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 254mm (10in) is recommended between the breastbone and the steering wheel airbag cover. Hold the steering wheel in the correct position, with your arms slightly bent.
- Adjust the head restraint so that the top of the head restraint is above the centre line of the head.
 - Position the seat belt so that it is mid-way between your neck and your shoulder. Fit the strap tightly across your hips, not across your stomach.
 - Ensure that your driving position is comfortable and enables you to maintain full control of the vehicle.

MEMORY SEATS

Front seat positions can be saved to vehicle memory.

Once you have adjusted the power operated driver's seat and the exterior mirrors, the vehicle can memorise the settings for future use. See **48, EXTERIOR MIRRORS**.



SL1725

1. On the driver's seat, press the memory store button to activate the memory function. The switch indicator will illuminate.
2. Press one of the preset buttons within 5 seconds to memorise the current settings. **Memory (1, 2 or 3) Settings Saved** will be displayed on the message centre, accompanied by an audible chime to confirm the settings have been saved to memory.

Note: A seat position will be saved to memory only during the 5 second active period.

Note: Any existing settings will be over-written when a new position is saved to memory.

To recall a saved position, press the relevant preset button (2). **Memory (1, 2 or 3) Recalled** will be displayed in the message centre.

For the passenger seat of a Coupe model, press the memory button to store the current settings. If the seat adjustment is subsequently changed, press the memory button to restore the original settings.

EASY ENTRY/EXIT

When Easy entry/exit is configured, the driver's seat will automatically lower when the ignition is switched off and the door release lever is used. Upon returning to the vehicle, when the driver's door is closed and the seat belt is fastened, the seat will return to its previously set position.

Note: Some vehicle specifications require the ignition to be turned on.

See **56, VEHICLE INFORMATION AND SETTINGS MENU**.

HEAD RESTRAINTS



Adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.



Do not drive, or carry passengers with the head restraints removed from occupied seats. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision.

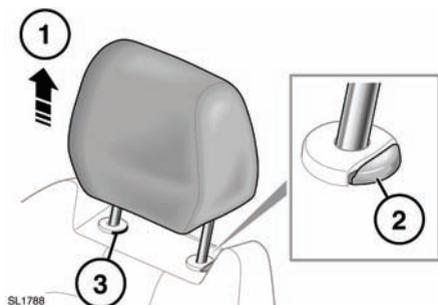


Never adjust the head restraints while the vehicle is in motion.



Always store a removed head restraint securely.

Front seats



1. Move the head restraint up or down to the required position.
2. Press the locking collar to adjust the restraint downwards.

Manual head restraints can be removed, if required. Raise the head restraint to its uppermost position and press the locking collar (3). Lift the restraint out of the seatback.

Note: Head restraints fitted with Rear seat entertainment screens must NOT be removed.

Ensure the head restraint is refitted before the seat is used by a passenger.

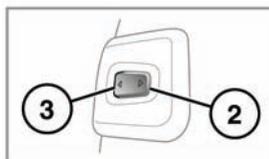
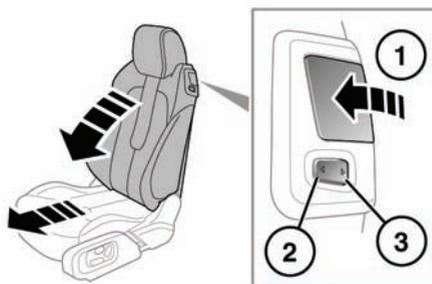
To refit the head restraint, ensure it is facing the correct direction, insert the stems of the head restraint into the sockets and push it downwards until at least the first click.

INTEGRATED HEAD RESTRAINTS

Models with 'sports' seats have non adjustable and non removable head restraints.

REAR SEAT ACCESS (COUPE MODELS)

The front seats tilt and power slide forwards for entry to and exit from the rear seats. Operation is controlled by a lever and switch.



SL1747

1. Lift the locking lever and pivot the seatback forwards.
2. Press the front of the switch to power the seat forwards.
3. To return the seat, pivot the seatback until it locks into its previous position, then press and hold the rear of the switch to power the seat rearwards until it locks into position.