**7.** Armrest.

## RESTRICTED SEAT TRAVEL

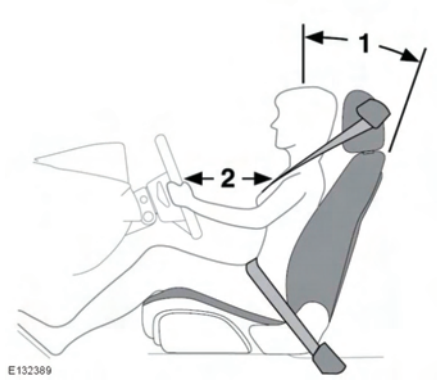
If seat movement stops unexpectedly during adjustment check for, and remove, any obstructions.

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

Operate the button again to continue the stalled adjustment and hold in that position for two seconds. When the 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/Authorised 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:

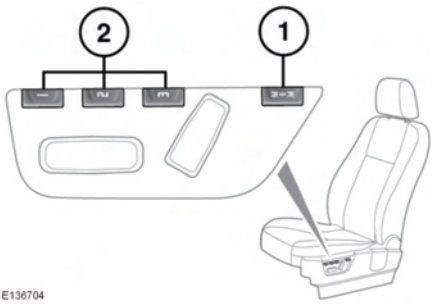
**1.** Sit in an upright position with the base of your spine as far back as possible and the seatback reclined no more than 30 degrees.

**2.** Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 250 mm (10 inches) 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.

## DRIVING POSITION MEMORY

Once you have adjusted the power operated driver's seat and exterior mirrors (see **36, EXTERIOR MIRRORS**) the vehicle can memorise these settings for future use.




1. Press the memory store (M) button to activate the memory function.
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 memorised.
3. To recall a stored position press the relevant preset button. **MEMORY (1, 2 OR 3) RECALLED** will be displayed in the message centre.

A seat position will only be memorised during the 5 second active period.

Any existing settings will be over-written when programming a memory position.