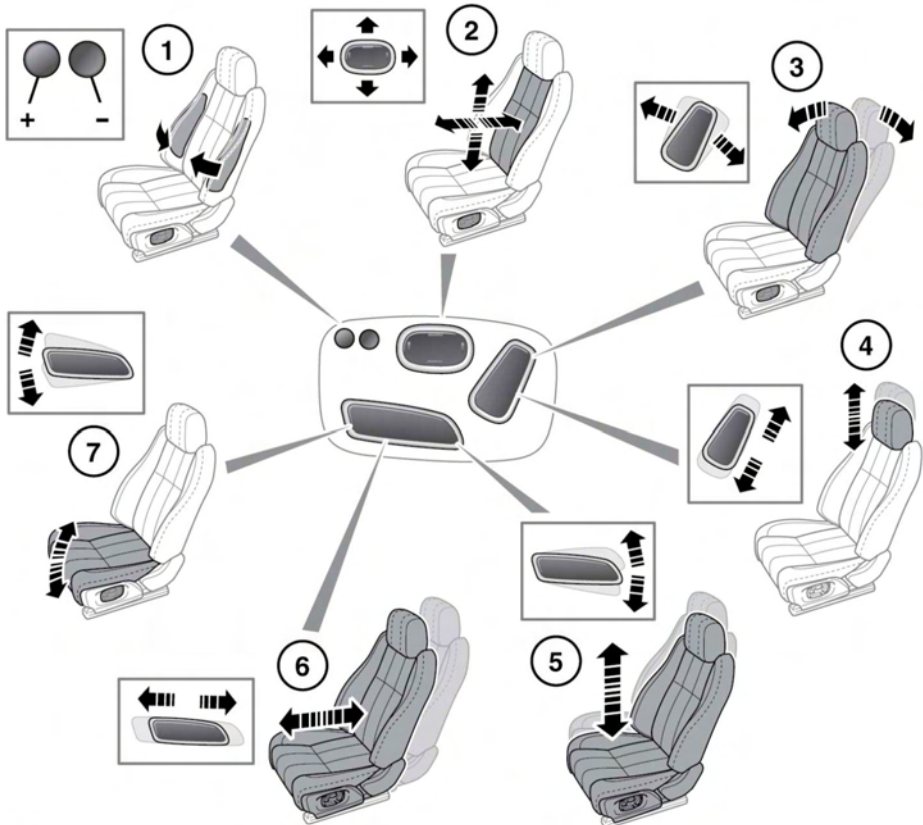


ELECTRIC SEATS



E149890

⚠ WARNING

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

Note: This diagram covers all electric seat controls. Not all of these controls apply to all seats.

1. Bolster inflate/deflate.
2. Lumbar support.
3. Seat back angle.

4. Head restraint height.
5. Seat height.
6. Forward and rearward position.
7. Cushion tilt.

The front seats can also have:

- Heated/climate control (see **80, CLIMATE CONTROL**).
- Seat massage (see **83, SEAT MASSAGE**).

RESTRICTED SEAT TRAVEL

NOTICE

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. When seat movement resumes, hold the button until the end of travel in that direction has been reached. Seat adjustment 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/Authorized Repairer.

SITTING IN THE CORRECT POSITION

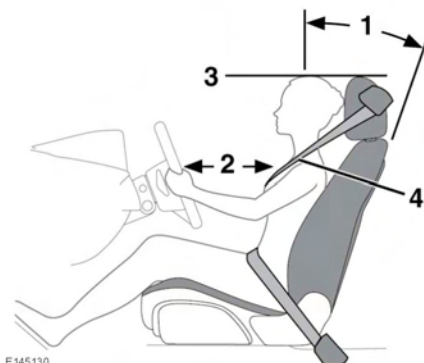
⚠ WARNING

Riding with a reclined seatback increases your chance of serious or fatal injuries in the event of a collision or sudden stop. The protection of your restraint system (seat belts and airbags) is greatly reduced by reclining your seat. Seat belts must be snug against your hips and chest to work properly. The more the seatback is reclined, the greater the chance that an occupant's hips will slide under the lap belt or the occupant's neck will strike the shoulder belt. Drivers and passengers should always sit well back in their seats, properly belted, and with the seatbacks upright.

⚠ WARNING

Never adjust the driver's seat while the vehicle is moving. Any sudden or unexpected movement of the seat could cause you to lose control of the vehicle resulting in an accident.

The seat, head restraint, seat belt and air bags, 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:



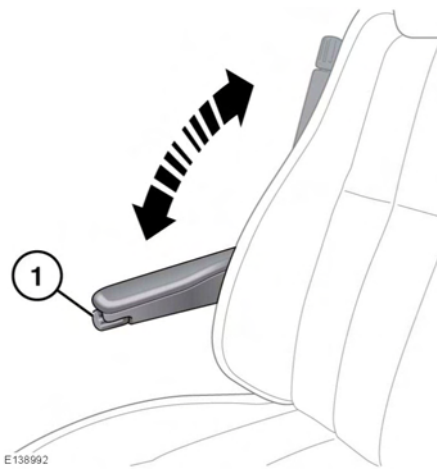
1. Sit in an upright position, with the base of your spine as far back as possible. To achieve optimum benefit of the seat belt in the event of an accident, do not recline the seat excessively.
2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 10 inches (254 mm) is recommended between the breastbone and the steering wheel air bag cover. Hold the steering wheel in the correct position, with your arms slightly bent.
3. Adjust the head restraint so that the top of the head restraint is the same height as the top of the head.
4. Position the seat belt so that it crosses your chest, mid-way between your neck and your shoulder. Fit the strap tightly across your hips, not across your stomach.

Make sure that your driving position is comfortable and enables you to maintain full control of the vehicle

⚠ WARNING

Do not sit or lean unnecessarily close to the air bag. An inflating air bag can cause serious injury or even death. Always fasten your seat belt properly and position the seat so that you can sit as far back as possible from the air bag and still comfortably reach all controls.

FOLDING ARMREST



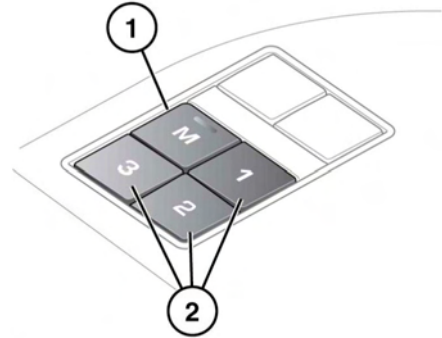
Use the adjuster wheel (1) to set the required height. The folding armrest may be stowed by moving to the vertical position.

SEAT POSITION MEMORY

⚠ WARNING

Before activating the seat memory, ensure that the area immediately surrounding the seat is clear of obstructions and that all occupants are clear of moving parts.

Once you have adjusted the power operated driver's seat, steering column (see 29, **ADJUSTING THE STEERING WHEEL**) and exterior mirrors (see 58, **EXTERIOR MIRRORS**) for your ideal driving position, the settings can be stored for future use.



E139010

1. Press the memory store (M) button to activate the memory function.
2. Press 1 of the preset buttons within 5 seconds to store the current settings. **MEMORY (1, 2 or 3) SETTINGS SAVED** will be displayed in the Message center, accompanied by an audible chime to confirm the settings have been stored.

Note: A seat position will only be set during the 5 second active period.

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

3. To recall a stored position press the relevant preset button. **MEMORY (1, 2 OR 3) RECALLED** will be displayed in the Message center.

Note: The memory function for all passenger seats will not trigger any messages in the Message center.