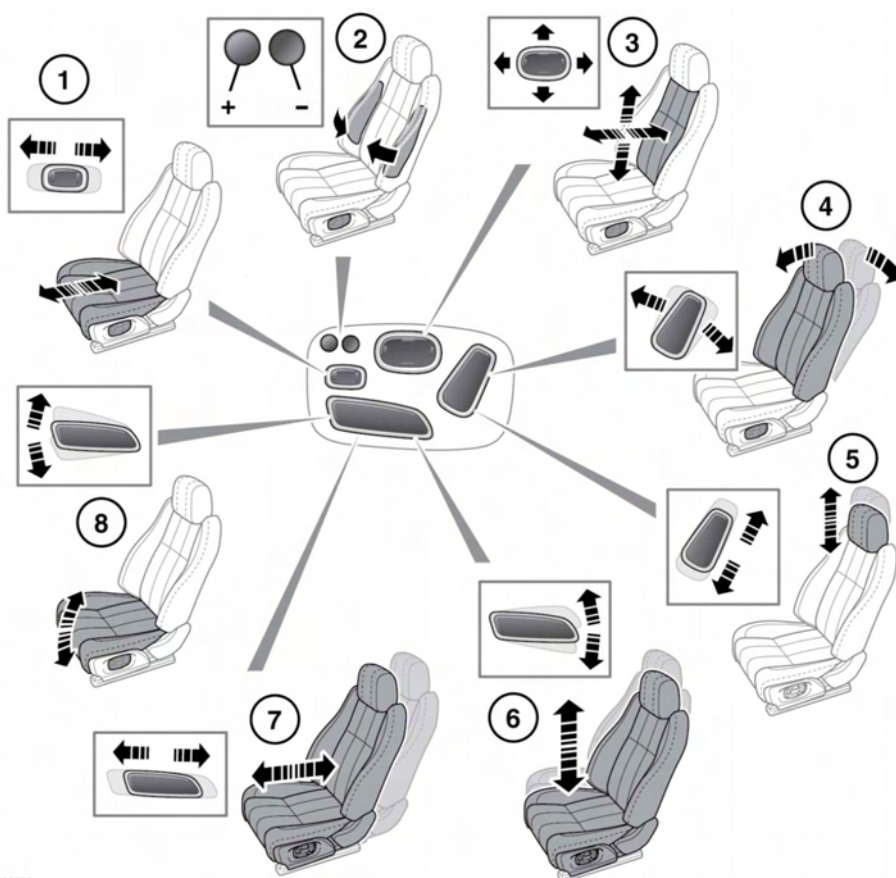


ELECTRIC SEATS



E138990



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. Cushion length.
2. Bolster inflate/deflate.
3. Lumbar support.

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

The front seats also have:

- Heated/climate control (see **71, CLIMATE CONTROL**).
- Seat massage (see **73, SEAT MASSAGE**).

RESTRICTED SEAT TRAVEL



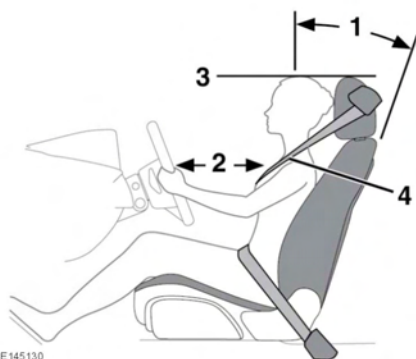
If seat movement stops unexpectedly during adjustment, check for and remove any obstructions.

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

Operate the button again to continue the stalled adjustment. 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/Authorised Repairer.

SITTING IN THE CORRECT POSITION



E145130



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



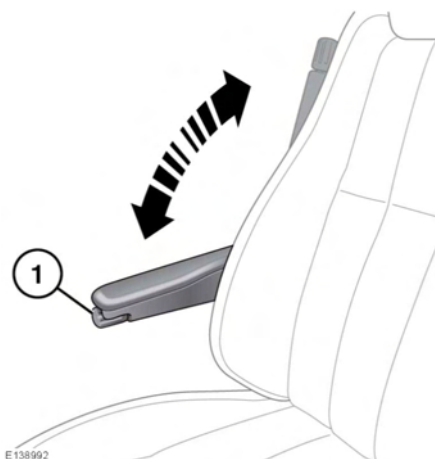
Do not adjust the seat while the vehicle is moving.

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. 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 254 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.
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 is 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

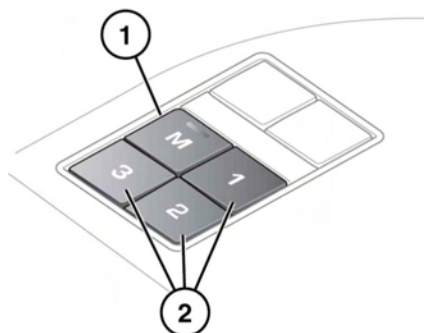
FOLDING ARMREST



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

Once you have adjusted the power operated driver's seat, steering column (see **26, ADJUSTING THE STEERING WHEEL**) and exterior mirrors (see **50, 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 centre, accompanied by an audible chime to confirm the settings have been stored.

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

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

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

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