

# RECARO

## Ergonomic seats



Ergonomics, comfort and design – a new dimension in seating

# Driving in comfort



## Arrive safely and in comfort – feeling your best.

Is your car seat comfortable? Correct posture results in a pleasant journey, you'll arrive at your destination feeling relaxed and comfortable, and thereby able to work more effectively. People who travel frequently are particularly aware of how important it is to be at their best – especially after a long drive – ready for business, for conferences and of course for their families. RECARO makes car seats that adjust to your body – seats that combine ergonomics, comfort, safety and design so that you feel relaxed and healthy, even after a long week's driving.

### RECARO ergonomics:

#### take it easy on long journeys.

The human body was not designed to sit – so it's all the more important on long car journeys to ease the strain on your body, thus protecting your health. With RECARO:

- Ergonomically designed upholstery to support your spine.
- Extendable seat cushion to ease the strain on your thighs.
- Adjustable seat height and tilt ensure an optimum seat position and correct angle of view (certain models only).
- Perfectly shaped side bolsters of the seat cushion and backrest for excellent lateral support.
- Individually adjustable lumbar support with the RECARO Airmatic lumbar system.
- Extra high backrest for maximum spinal support.

### RECARO safety:

#### those who are always on the road need protection.

Constantly improved in crash tests: RECARO seat safety standards:

- Fully upholstered headrests, height and tilt adjustable, protects your head against impact in the best possible way.
- Closed seat structure for improved upper body protection.
- Extra-high backrest for optimal spinal support.
- Special seat cushion design prevents "submarining" under the seat belt in a head-on collision.

### • Universal side airbag:

With its Ergomed range, RECARO offers the world's first retrofit seat with integrated universal side airbag that further enhances the above-average safety of RECARO seats. Working in close partnership with TUV Rheinland and a renowned airbag manufacturer, it has been possible to develop a retrofit seat with universal side airbag that for the first time can be integrated into various vehicle models. The driver can therefore transfer his seat to a new or different car. An overview of the current approved vehicles can be found in our baseframe price list.



Photo: RECARO Ergomed ES  
with universal side airbag

## RECARO comfort:

### something to look forward to on your next car journey.

Ergonomically correct seating results in you sitting comfortably.

And enjoying your journey:

- The special seat cushion design reduces road vibration.
- Perfect seat "climate" thanks to heating and the RECARO Vent system\*\* (certain models only).
- Individual lumbar support.
- Extra high backrest (RECARO Style "Sportline", "Topline" XL) for the taller driver.
- Adjustable seat height and tilt (certain models only).
- Easy operation – electric options.
- easy-to-operate switch pack.

## RECARO design:

### a better seat – even for individualists.

Design must be both functional and attractive. Today, tomorrow, or in ten years – day after day. It has to fit different types of car – and your body profile. RECARO does not follow short-lived trends, but values such as functionality, safety, ergonomics and sporting flair.



### Easy-to-operate switch pack:

The switch pack's position on the outside of the seat cushion and the logical design of the individual switches enhance both comfort and ease-of-use – NOTE: RECARO recommends that the seat is only adjusted when the vehicle is stationary.

## RECARO warranties:

### from the word go and in the long term.

RECARO gives a 24 month warranty on all seats.

## The right baseframe for every vehicle:

### TUV-tested quality.

Only the best materials are used for adaption to the vehicle, guaranteeing a maximum level of safety. In each and every case, RECARO precisely designs the baseframes to suit the characteristics of the vehicle. That's why RECARO seats and baseframes are all TUV approved\*.



## Proven over the years – the patented RECARO Vent system\*\*:

Moisture is transported away from the body by Gore membranes and drawn away through air ducts via vents in the seat. Result: comfortable, dry sitting conditions even at high temperatures – without any draught!

\*Insofar as this relates to fitting a RECARO Ergomed with universal side airbag, vehicles fitted with a side airbag in the seat as standard require TUV acceptance, even if an ABE/TUV has been issued. This can be arranged through your RECARO dealer.

\*\*RECARO Vent system: Not effective with leather covers.



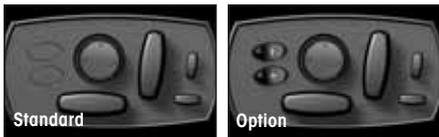
# RECARO Ergomed ES (with/without Airbag)



Also available  
without  
side airbag

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

**Easy-to-operate switch pack:**  
with electric side bolsters adjustment.



Backrest tilt-forward release on both sides for easier operation

Practical seat back pocket

The unique RECARO climate package: integrated heating in seat cushion and backrest relaxes the muscles on cold days. The RECARO Vent system guarantees pleasantly dry sitting conditions in hot weather (**Option**)

**Electrically adjustable side bolsters on backrest and seat cushion**

Seat cushion extension: better thigh support relieves muscle tension

Photo includes options

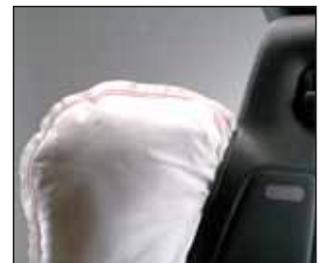


**Universal side airbag** providing even more safety (also available without side airbag)

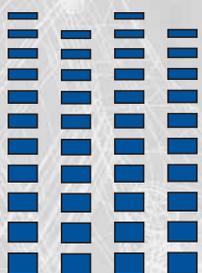
Lumbar support provided by the RECARO Airmatic lumbar system: separate air chamber settings, individual adjustment to the back (electronic adjustment)

Electric backrest adjustment: for easy adjustment to ensure correct positioning

Separately adjustable, electric height and tilt setting: perfect body angle, optimum angle of view



**Options at additional cost:**  
Armrest, RECARO climate package (RECARO Vent system and heating).  
Coverings, see page 19.



## Comfort and ergonomics – ultra-class.

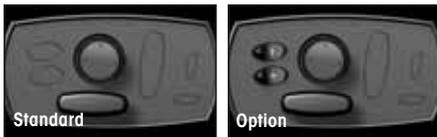
No other seat offers you more comfort: the RECARO Ergomed ES is the top model of the RECARO product range. This is the world's first retrofit seat with universal side airbag for even more safety. For people who need to arrive at their destination feeling fresh – no matter how long the journey, or simply for those that demand the best!

# RECARO Ergomed E (with/without Airbag)



Also available  
without  
side airbag

## Easy-to-operate switch pack:



## Practical seat back pocket

The unique RECARO climate package: integrated heating in seat cushion and backrest relaxes the muscles on cold days. The RECARO Vent system guarantees pleasantly dry sitting conditions in hot weather (**Option**)

Seat cushion extension: better thigh support relieves muscle tension

Photo includes options

## Options at additional cost:

Armrest, RECARO climate package (RECARO Vent system and heating).  
Coverings, see page 19.



Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

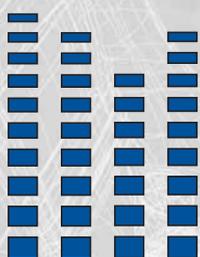
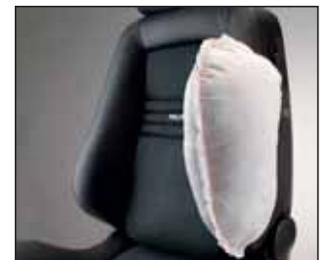
Backrest tilt-forward release on both sides for easier operation

**Universal side airbag** providing even more safety (also available without side airbag)

Lumbar support provided by the RECARO Airmatic lumbar system: separate air chamber settings, individual adjustment to the back (electronic adjustment)

Manual backrest adjustment: the correct position at all times

Separately adjustable electric height and manual tilt setting: perfect body angle, optimum angle of view



## Top ergonomics – top comfort.

The classic among RECARO seats: for sophisticated demands on ergonomic yet comfortable seating. With its extensive standard features and numerous options, the RECARO Ergomed E has everything you require for comfortable journeys. The RECARO Ergomed range is the world's first retrofit family of seats with universal side airbag – for even more safety.

### Easy-to-operate switch pack:

now with power backrest side bolster adjustment.



Standard: the unique RECARO climate package. Integrated heating in seat cushion and backrest relaxes the muscles on cold days. The RECARO Vent system guarantees pleasantly dry sitting conditions in hot weather **(Standard)**

Electrically adjustable backrest adjustment: ensures correct positioning



Photo includes options

### Options at additional cost:

Coverings, see page 19.

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

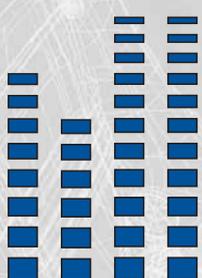
Shoulder support, which can be individually upholstered, relieves stress on your spine

Backrest tilt-forward release on both sides for easier operation

**Electrically adjustable backrest side bolsters: improved lateral support for muscle relaxation**

Lumbar support provided by the RECARO Airmatic lumbar system: separate air chamber settings, individual adjustment to the back (electronic adjustment)

Seat cushion extension: better thigh support relieves muscle tension



## Complete climate package for your health.

Exemplary in terms of ergonomics and seating climate. Extremely low side bolsters and a flat seat cushion enable easy entry and exit; a unique package.

## RECARO Style "Trendline"

Extendable, fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Contoured shoulder area to relieve muscle tension

Adjustable side bolsters: optimal side support prevents muscle tension

Well-defined side bolsters for a firmer sitting position offering support when cornering

Seat cushion extension: better thigh support to relieve muscle tension

Handwheel for backrest adjustment on both sides

Backrest tilt-forward release on both sides for easy operation

Bearing-mounted seat cushion reduces road vibration



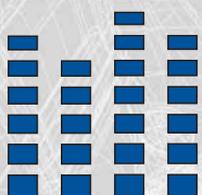
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### Options at additional cost:

Coverings, see page 19, specified seat material.

### Comfort and design in perfect harmony.

The RECARO Style "Trendline" appeals to demanding individualists for whom lifestyle doesn't stop outside the car door. Revolutionary technology, providing high comfort and optimum safety.



# RECARO Style "Sportline" and XL

**RECARO Style for average-sized drivers  
Extra high backrest (RECARO Style XL)  
for the much taller driver**

## Easy-to-operate switch pack



Contoured shoulder area to relieve muscle tension

Lumbar support provided by the RECARO Airmatic lumbar system: twin air chambers featuring individual electrical adjustment (electronic adjustment)

Bearing-mounted seat cushion reduces road vibration

Seat cushion extension: better thigh support to relieve muscle tension

Photo includes options

## Options at additional cost:

Coverings, see page 19, specified seat material.



Extendable, fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

RECARO Style XL: 60 mm higher than RECARO Style.  
Backrest + 40 mm, headrest extends by an additional 20 mm

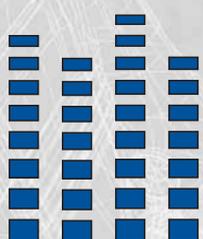
Adjustable side bolsters: optimal side support prevents muscle tension

Handwheel for backrest adjustment on both sides

Backrest tilt-forward release on both sides for easy operation

Electric height adjustment with interated tilt adjustment: correct body angle, the best possible angle of vision; touch control switch element

**RECARO Style XL:  
+ 60 mm higher**



## Sporting comfortable and ergonomical

The RECARO Style "Sportline" offers the following additional equipment to the "Trendline"; a combined electrical height and tilt adjustment and the RECARO Airmatic lumbar system – for sporty driving with comfort and ergonomics. RECARO's "Sportline" XL style is also available for very tall drivers.

# RECARO Style "Topline" and XL

RECARO Style for average-sized drivers  
Extra high backrest (RECARO Style XL)  
for the much taller driver

## Blindbedienbares Schalterelement



Contoured shoulder area  
to relieve muscle tension

Lumbar support provided by the RECARO  
Airmatic lumbar system: twin air chambers  
featuring individual electrical adjustment  
(electronic adjustment)

Backrest tilt-forward release on  
both sides for easy operation

Bearing-mounted  
seat cushion reduces  
road vibration

Seat cushion extension:  
better thigh support to  
relieve muscle tension

Photo includes options

## Options at additional cost:

Coverings, see page 19, specified seat material.



Extendable, fully upholstered  
headrest, adjustable for height and tilt  
providing optimised crash protection

RECARO Style XL: 60 mm  
higher than RECARO Style.  
Backrest + 40 mm, headrest  
extends by an additional 20 mm

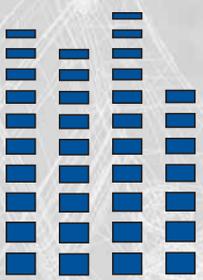
Adjustable side bolsters:  
optimal side support  
prevents muscle tension

Electric height adjustment  
with interated tilt adjustment:  
correct body angle, the best  
possible angle of vision; touch  
control switch element

RECARO Vent system  
for a pleasant seat climate  
(electronic adjustment)

electric recline and  
seat heating

RECARO Style XL:  
+ 60 mm higher



## Top equipment – top comfort.

The RECARO Style "Topline" offers the following equipment over and above the "Sportline" variant; the RECARO Vent system, seat heating and electric recline adjustment. The seat combines comfort and ergonomics. RECARO's "Sportline" XL style is also available for very tall drivers.



Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

Lumbar support, which can be individually upholstered, relieves stress on your spine

**RECARO Expert:**  
excellent lateral support, via adjustable side bolsters

Manual backrest adjustment: the correct position at all times

**Model "S":**  
short seat cushion with less pronounced lateral support for easy entry and exit

Photo includes options

### Options at additional cost:

Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.

### The expert for mobile seating – model "S".

The RECARO Expert S, its short seat cushion with less pronounced lateral support, combined with adjustable backrest side bolsters is particularly suitable for **small to medium-sized persons**.

# RECARO Expert M

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

Lumbar support, which can be individually upholstered, relieves stress on your spine

**RECARO Expert:**  
excellent lateral support, via adjustable side bolsters

Seat cushion extension: better thigh support to relieve muscle tension

Manual backrest adjustment: the correct position at all times

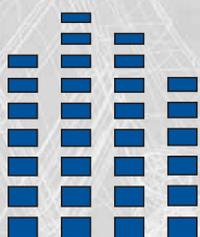
**Model "M":**  
long seat cushion with very flat side bolsters for easy entry and exit



Photo includes options

### Options at additional cost:

Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.



### The expert for mobile seating – model "M".

Just like the RECARO Expert S, the Expert M also offers adjustable backrest side bolsters. The long and flat seat cushion is particularly suitable for **medium-sized to large persons, for drivers who frequently get in and out of their vehicles and for vehicles with a high entry position.** (4x4 vehicles, vans etc.).

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

Lumbar support, which can be individually upholstered, relieves stress on your spine

**RECARO Expert:**  
excellent lateral support, via adjustable side bolsters

Seat cushion extension: better thigh support relieves muscle tension

Manual backrest adjustment: the correct position at all times

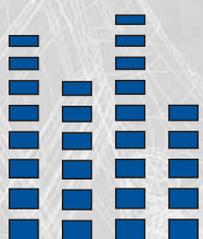
**Model "L":**  
long seat with pronounced lateral support for very good side support



Photo includes options

### Options at additional cost:

Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.



### The expert for mobile seating – model "L".

With its individually adjustable backrest side bolsters (which allow the seatback to be adjusted to suit the driver) and a long seat with pronounced side bolsters, the RECARO Expert L is ideal for **medium-sized to large persons** who value **very good side support** while driving. The seat carries a more sporty design.

# RECARO Specialist S

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

**RECARO Specialist:** pre-shaped side bolsters offering great support

Lumbar support, which can be individually upholstered, relieves stress on your spine

Manual backrest adjustment: the correct position at all times

**Model "S":** short seat cushion with less pronounced lateral support for easy entry and exit



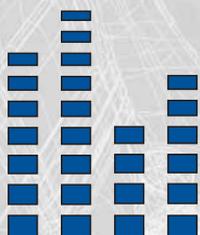
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## Options at additional cost:

Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.

## Ergonomic seating – model "S".

The RECARO Specialist S, its short seat cushion featuring less pronounced side support, combined with a comfortable and supportive backrest is particularly suitable for **small to medium-sized persons**.



# RECARO Specialist M



Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

**RECARO Specialist:** pre-shaped side bolsters offering great support

Lumbar support, which can be individually upholstered, relieves stress on your spine

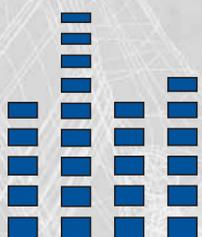
Manual backrest adjustment: the correct position at all times

Seat cushion extension: better thigh support relieves muscle tension

**Model "M":** long seat cushion with very flat side bolsters for easy entry and exit

## Options at additional cost:

Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.



## Ergonomic seating – model "M".

Like the RECARO Specialist S, the Specialist M also offers a comfortable and supportive backrest to ensure an ergonomically correct posture. The long and flat seat cushion is particularly suitable for **medium-sized to large persons, for drivers who frequently get in and out of their vehicles and for vehicles with a high entry position.** (4x4 vehicles, vans etc.).

# RECARO Specialist L

Fully upholstered headrest, adjustable for height and tilt providing optimised crash protection

Preformed backrest contour for ergonomically correct support

Backrest tilt-forward release on both sides for easier operation

**RECARO Specialist:** pre-shaped side bolsters offering great support

Lumbar support, which can be individually upholstered, relieves stress on your spine

Manual backrest adjustment: the correct position at all times

Seat cushion extension: better thigh support relieves muscle tension

**Model "L":** long seat with pronounced lateral support for very good side support

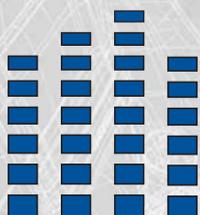
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## Options at additional cost:

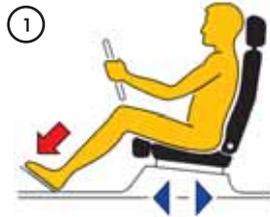
Electric backrest adjustment (in either 12 V or 24 V). Coverings, see page 19.

## Ergonomic seating – model "L".

The RECARO Specialist L is the ideal solution for **medium-sized to large persons** who are looking for an ergonomic seat. With its comfortable and supportive backrest and long seat cushion with high side bolsters, it ensures an ergonomically correct posture whilst offering **very good side support** during driving. The seat carries a more sporty design.



Eight points for correct sitting:



1 Press the base of your spine back until it is in contact with the back of the seat. The distance from the edge of the seat to the pedals should be adjusted so that your knees are slightly bent when the pedals are fully depressed.



5 Set the length of the seat so that your thighs are supported to just above your knees. Rule of thumb: 2 – 3 fingers' width gap between the edge of the seat and the back of your knees.



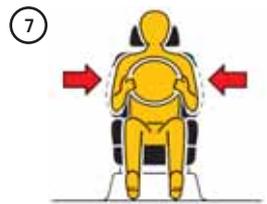
2 Press your shoulders back as firmly as possible against the seat back. The angle of the seat back should be set so that you can reach the steering wheel comfortably with your elbows slightly bent. Shoulder contact must be maintained when turning the steering wheel.



6 The RECARO Airmatic lumbar system is correctly adjusted when your lower spine is supported in its natural position.



3 Set the seat height as high as possible. This ensures a clear view of the instruments and good all round vision.



7 The side bolsters of the seat should be so close that your upper body is supported comfortably at the sides without undue pressure.

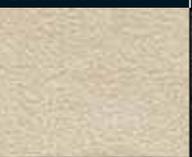


4 Adjust the seat cushion tilt so that the pedals can be depressed easily. Your thighs should rest lightly upon the seat cushion, without undue pressure. Check the seat back angle before moving off.



8 The top of the head rest should be set to exactly the same height as the top of your head. Tilt: the distance to the back of your head should be approx. 2 cm.

RECARO Coverings

Artista	Nardo	Dinamica Suede	Ambia-Leather	Leather		
						
						
<b>Artista:</b> The timelessly elegant material for a refined visual appearance in the vehicle interior. Guarantees longevity and durability.	<b>Nardo:</b> In combination with the Artista covers, these extremely durable materials ensure the longevity of the side bolsters.	<b>Dinamica-Suede:</b> These exclusive suede covers are highly durable and easy-care. Makes for a high-quality and sporty ambience in the vehicle.	<b>Ambia-Leather:</b> RECARO's artificial leather is a high-quality alternative to real leather. Highly-durable and easy-care.	<b>Leather:</b> RECARO's leather is a high-quality natural product that satisfies the most exacting demands in a vehicle interior.		

## Cover choice

RECARO Ergomed ES, Ergomed E and Orthopaed							
Fabrics (Standard)		Leather/Suede-effect					Fabric/Leather
							
Nardo black	Nardo light grey	Leather black	Leather black	Leather black	Leather black	Leather black	Leather black
Artista black	Artista light grey	Dinamica Suede red	Dinamica Suede blue	Dinamica Suede black	Dinamica Suede beige	Dinamica Suede silver	Artista black
Leather	Accessories						
		* Not for RECARO Orthopaed					
Leather black	Armrest*						
	Fabric or Leather						

RECARO Style „Trendline“, „Sportline“, „Topline“ and XL							
Fabrics (Standard)		Leather/Suede-effect					Leather
							
Nardo black	Nardo light grey	Leather black	Leather black	Leather black	Leather black	Leather black	Leather black
Artista black	Artista light grey	Dinamica Suede red	Dinamica Suede blue	Dinamica Suede black	Dinamica Suede beige	Dinamica Suede silver	

RECARO Expert (L, M, S) and Specialist (L, M, S)							
Fabrics (Standard)		Ambla-Leather/Suede-effect					Fabric/Ambla-L.
							
Nardo black	Nardo light grey	Ambla-Leather black	Ambla-Leather black	Ambla-Leather black	Ambla-Leather black	Ambla-Leather black	Ambla-Leather black
Artista black	Artista light grey	Dinamica Suede red	Dinamica Suede blue	Dinamica Suede black	Dinamica Suede beige	Dinamica Suede silver	Artista black
Ambla-Leather	Accessories						
		* Not for RECARO Expert					
Ambla-Leather black	Armrest*: Fabric or						
	Ambla-Leather						



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Id.-No. 7215552 • Status 03/08 • >> fact | [factnet.de](http://factnet.de)  
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