



>> 18 ways of relaxing

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Regardless of where you are going, whether short or long distances, whether curved roads or motorway, the car seat must be comfortable and be individually adjustable to your needs. So that the seat fits you well ergonomically it must be variably adjustable to your physical stature. The many different adjustment possibilities of the ergonomics car seats facilitate the individual adjustment and in addition are simple to operate: In the blue box you can read how this is done and which adjustment possibilities are available.

With the 18-way adjustment of the optionally available seats in the new VW Touareg the seats can be adjusted to the physical stature of the driver and front passenger: For example the seat and side flanks, the leg support and the sitting depth and height. A pneumatically adjustable lumbar support helps to relieve the back muscles. For ideal comfort the seats have a seat climate control. Through these adjustment possibilities back pain, tension, neck complaints, fatigue, complaints in the legs, shoulder pain, concentration problems and headache can be reduced or even completely avoided.

Back health always also has something to do with well-being, which is also known by the developers at Volkswagen, therefore the new Touareg can also score points when it comes to the well-being effect. With the generously designed interior space you not only maintain a good overview, the optional massage function of the new ergonomics car seats with their eight different programs also ensure the necessary relaxation, activation and strengthening of your back muscles. So your well-being is also ensured on long journeys.

As already in the Golf, Tiguan, Touran, Passat and Arteon the optionally available seats of the new Touareg from Volkswagen were also recently awarded the seal of quality of the Aktion Gesunder Rücken e. V., as amongst other features they also offer the highest sitting comfort. The third generation of the Touareg can be ordered as of immediately.

Touareg from Volkswagen

This is how you optimally adjust your car seat:

- ▶ Completely move your buttocks towards the backrest of the seat. Now adjust your seat so that with completely pushed pedals the legs are slightly angled.
- ▶ The backrest must be inclined so that the steering wheel can be reached with slightly angled arms. Even with steering movements the shoulders should be in contact with the backrest.
- ▶ You should only adjust the backrest head setting if the normal backrest contour is not sufficient to support the shoulders. Here less is more.
- ▶ Now select the correct seat height: as high as possible, but there should still be a hand width space between the top of the head and the roof liner.
- ▶ Adjust the seating surface inclination so that the thighs easily rest on the seating surface and the pedals can be pressed through without any great exertion of force.
- ▶ After you have adjusted the seating surface length, 2 to 3 finger widths space should be present between the hollow of the knees and the front edge of the seat.
- ▶ Adjust the headrest so that it supports the head but the nape is however not supported. With a rear collision a headrest that is adjusted too low can cause serious head and cervical spine injuries. Ideal: upper edge headrest = upper edge head.
- ▶ Adjustable side flanks of backrest and seating surface should rest against the body without causing constriction.
- ▶ Always adjust of the lordosis support from bottom to the top. The most important support area is the pelvis (belt line).

A pneumatically adjustable lumbar support provides relief for the back muscles.

