

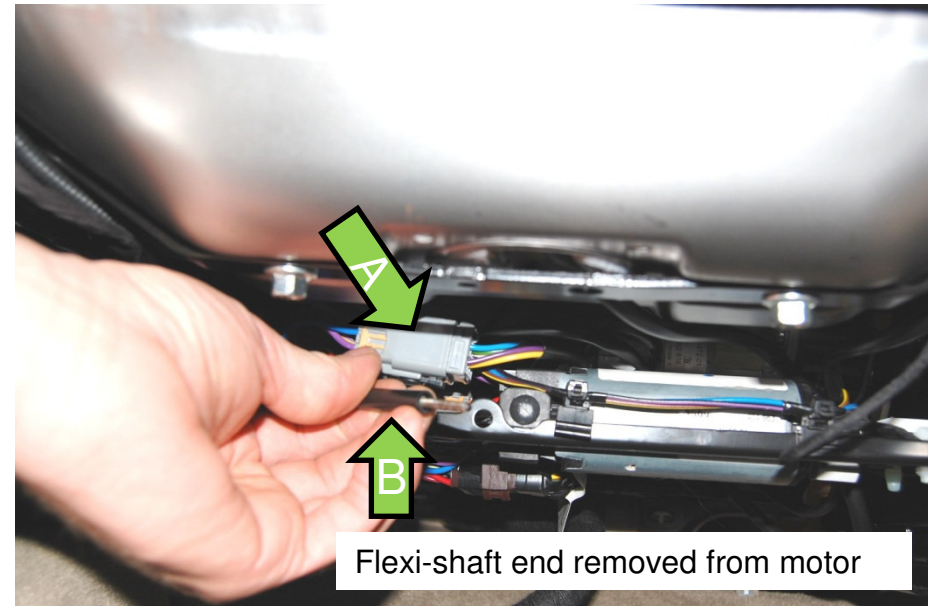
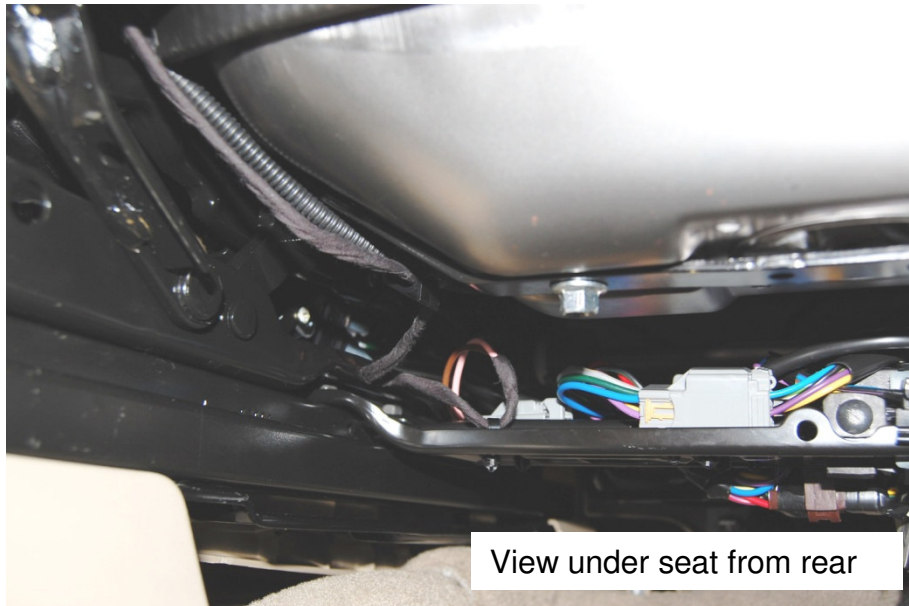
**Range Rover Sport / Discovery 3 / 4  
– LR3 / 4 & Freelander 2 / LR2  
‘Seat Rock’,  
Seat Track Repair Procedure**

# Procedure Overview

- Some front seat assemblies have a small yet detectable 'Seat Rock' movement.
- This same procedure applies to both driver or passenger seats in either LH or RH drive vehicles.
- The purpose of this procedure is to remove the seat occupants awareness of the phenomenon.
- A simple but controlled under-seat adjustment will put the LH and RH track assemblies out of phase for and aft.
- Seat functionality will not change.

# Procedure Detail

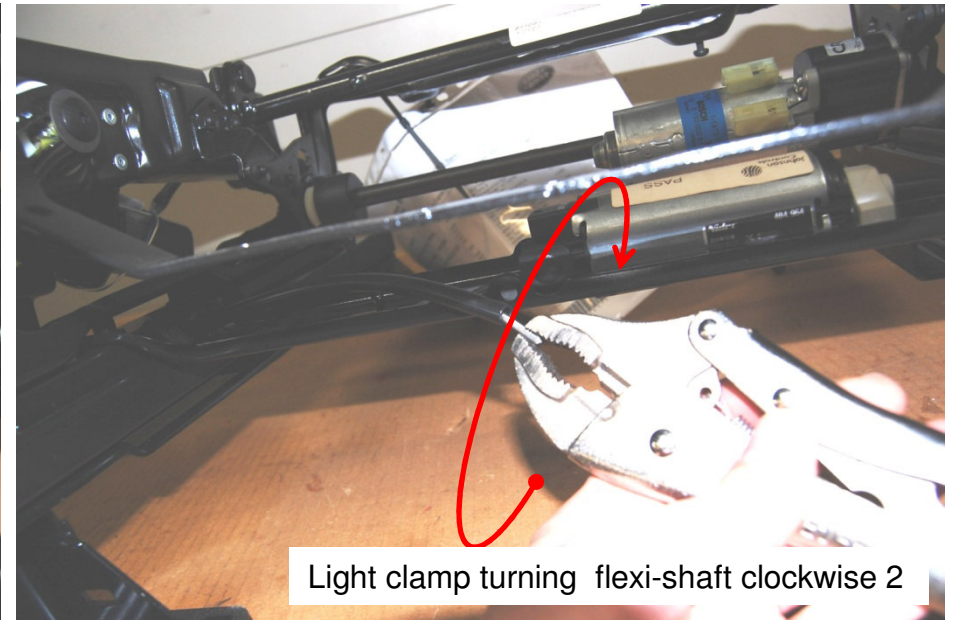
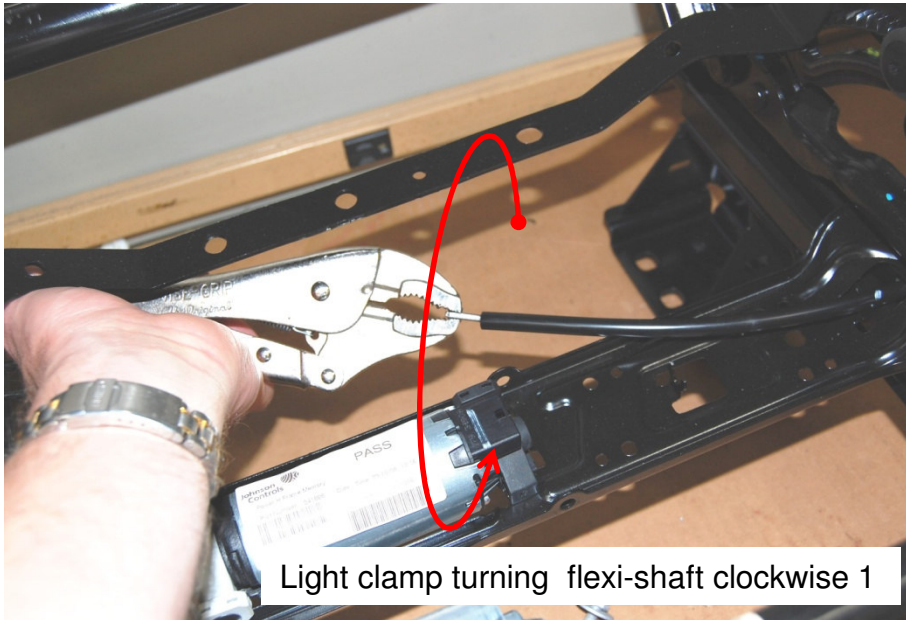
- 1) On the seat to be adjusted, raise the cushion to full height. Remove vehicle keys.



*Working from the back of the seat:*

- 2) If necessary, remove the connector (Arrow A) from the seat track motor bracket to gain access to the longer (Arrow B). Note:-This is the Left-hand of the two seat track drive cables when sitting in the seat.
- 3) Remove this cable end from the seat track motor, keeping the other end engaged into the track drive gear assembly. Note the rotational position of the cable end – this is important for re-assembly

# Procedure Detail continued



- 4) Connect a suitable pair of locking pliers to the end of the drive cable. *Ensure a light grip is used as cable end is easily damaged.*
- 5) Turn the drive cable **Clockwise 13 Full rotations.**

# Procedure Detail continued

- 6) Refit flexi-shaft.

***Care should be taken to ensure shaft end is inserted fully home into the Seat motor shaft. Under no circumstances attempt to run motor to refit as shaft damage will result.***

- 7) Re-fit connector (If removed earlier). Visually check that all looms appear to be located correctly.

# Reference Information

Prior to adjustment, track uppers will be aligned to  $\pm 0.5\text{mm}$ .

Each full revolution of the flexi-shaft will generate a 0.4mm forward movement of the LH track upper.

**NEVER** run the motor with a flexi-shaft removed. Seat structural damage may occur.

