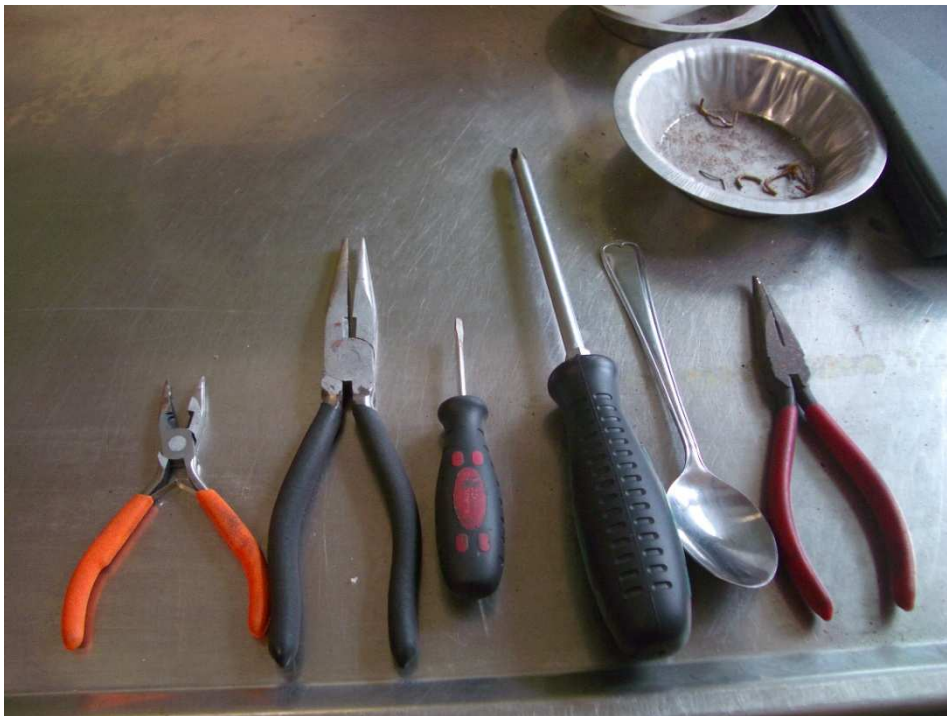


Recaro sport seat strip down and rebuild

So why do this , well I managed to find a set of Recaro's left in a wet shed for over 25 years and Rather than pay for someone to strip these down i decided to have a go myself . So the following is what i found and how the process went. I'm sure there is other tricks to this but it's not to hard. So have a go.

First up part one is the strip down of the main seats with a piece at the end of this doc on stuck screws where the tilt mechanism mounts into the frame.



These are the basic tools needed plus a box cutter with NEW blades (not shown). The spoon is a needed item so don't borrow the wifes best , in fact find an old school item as they are built much tougher.



First up the tilt Knob. The knob on the lever slides off, don't use any tools or lever this off with a screw driver as they are not replaceable. Just use a firm hand. And stash somewhere safe.



Take out the four screws holding the tilt mechanism .If these are seized refer to the end of this doc and I'll show what i had to do. From here on we'll work on basis that these are coming out easy.



On the other side take off the curclip and composite washer, put them aside in a container.



Start with the base, get it up on a table to work on don't muck around with it on a floor. Start with the centre pad front edge (as shown)and using 2 pairs of needle nose pliers start to work on the rings that hold the vinyl to The centre pad edge As shown .



For whatever reason, it is easier to roll the rings in towards the vinyl rather than the other way. DON'T press against the vinyl if you plan to reuse the material. Once the ring rolls you will see the overlap joint using both pairs of piers open this up and then roll back away from the vinyl and slide out.



Once done there is a fibre layer that is stuck to the metal frame, gently pull this away using the cutter at the same time to scrap at the glue. This will come away fairly easily. DON'T slip or the vinyl is toast.



Follow the same process along the edges gently opening and rolling out the metal rings



You will find a second inset set of rings holding the inner edge of the centre cushion. Again gently remove.



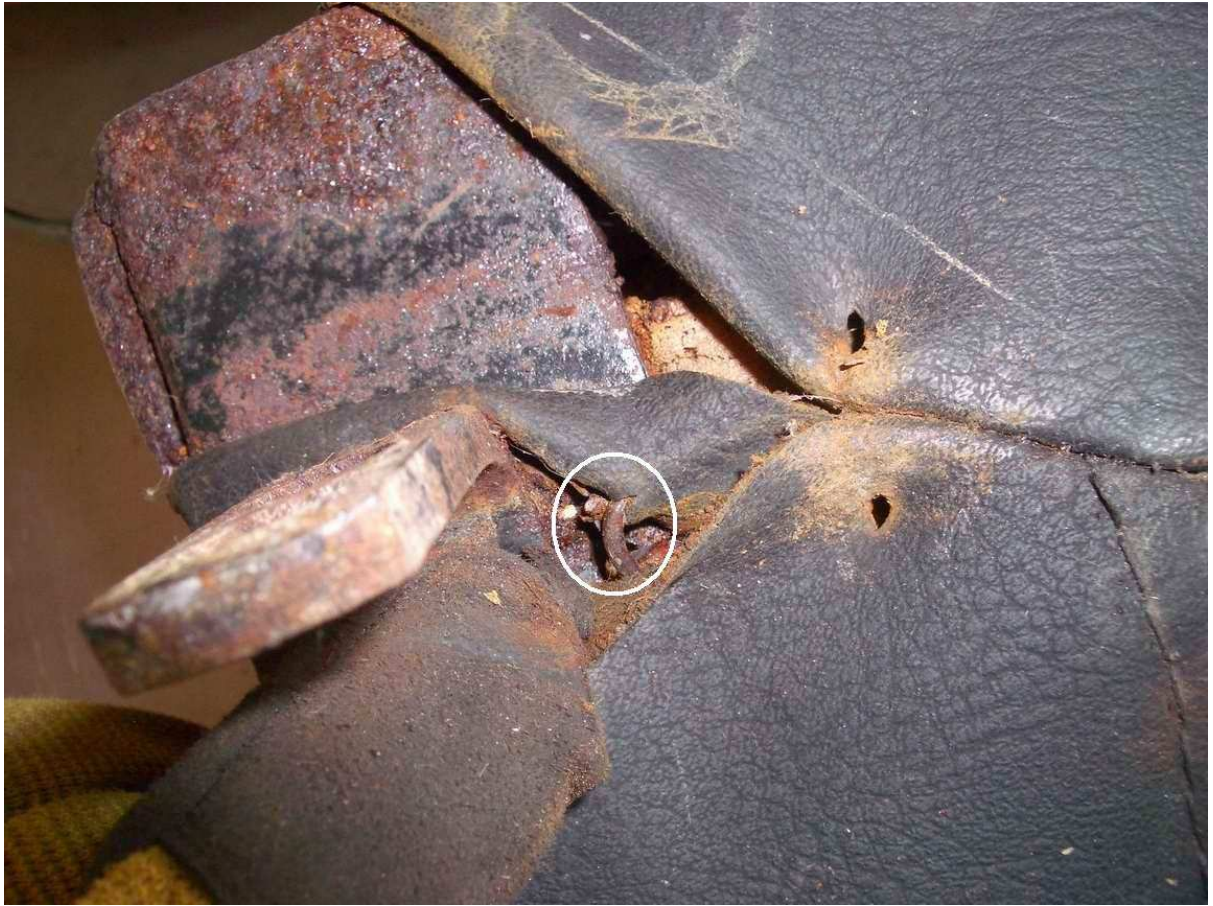
Once you get around the seat you will get to the top edge. Here the centre cushion foam will be lightly held on the frame at the back edge with a light amount of glue. Gently use thumb pressure and touch the cutter against the frame where you will notice white glue fibres. These will fall apart at the cutters touch.



The centre cushion will come away and can be put aside for the removal of the vinyl top later.



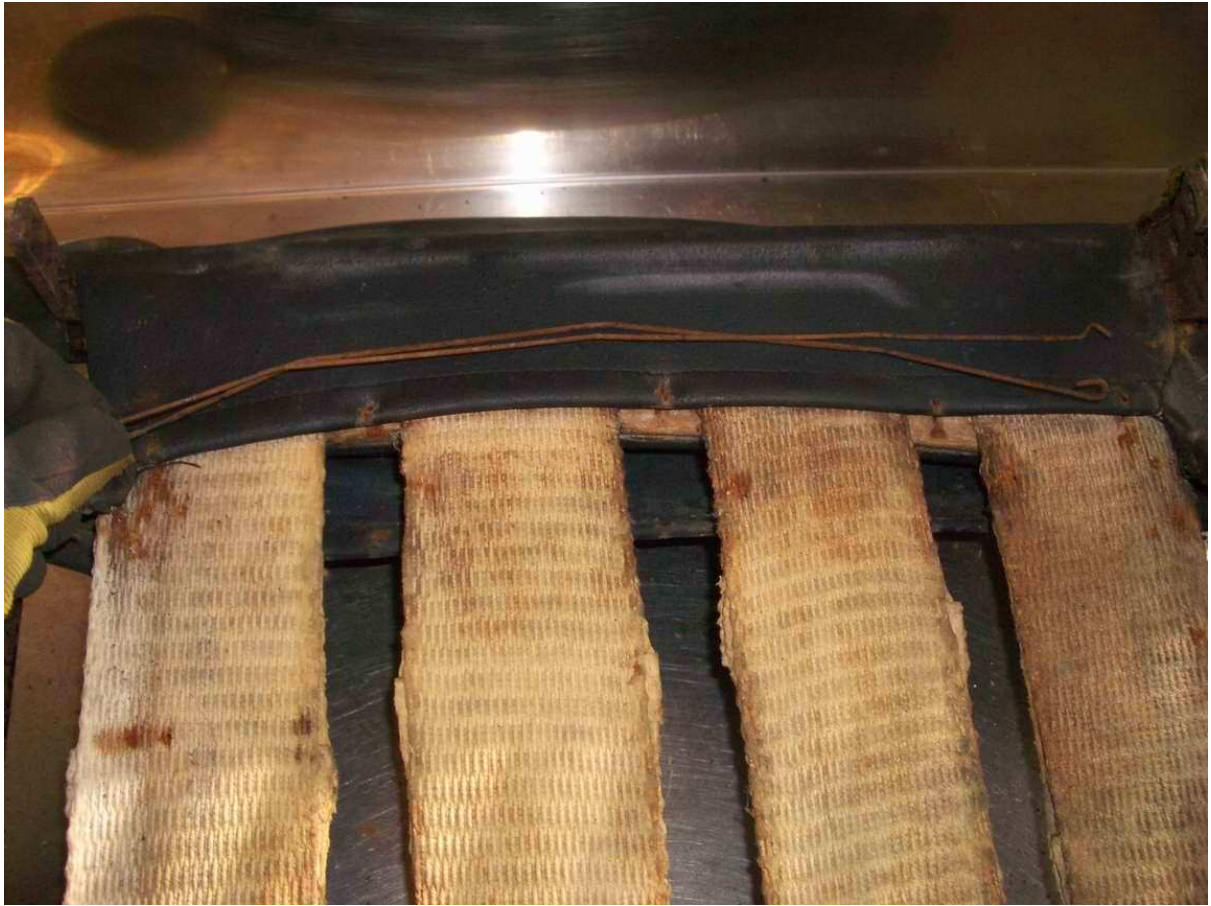
At the rear of the seat there is 2 vinyl tags tucked under, these have a hidden ring that needs removal under the main bolster vinyl. Carefully have a look find them and remove.



Here you can see the little bugger hiding away.



Next along each edge where the rings had been attached there is a thin piece of wire inside the vinyl's edge, each end has been turned into a loop. Check both ends and make sure both are not curled over the vinyl. Using the needle nose pliers gently pull out each one pulling from one end. Why you ask? If you remove these you will find the vinyl easier to roll off the bolster foam.



These are the two wires (one from each side), put these in a safe place if to be reused or if they are rusty keep them for new ones to be made.



Using the spoon (either end) gentle loosen the vinyl from around the frame and foot. Make sure you don't stretch it.



Using the spoon over the foot gently get the point in to the opening in the vinyl around the foot .Then slowly slide the vinyl up and over with the spoon making sure you don't stretch or tear the stitching. It is easy .just work the whole vinyl material around the area.



Once over the foot the vinyl will just peel away and can be put aside.



And once one end is off the other end will have heaps of slack to lift over the foot.



The seat now has just the foam and webbing supports.



Using your thumb loosen the foam away from the main frame. There is not lot of glue here it is mostly along the bolster front edge to the frame and where the foam is glued to itself.



At the back you can just gentle scrap along the frame to loosen the foam.



Along the bolster where the form is rolled over itself gently pull the foam with one hand and touch the knife to the glue strands and they will part easily.



Once done the foam will slide off and put to one side if you are planning to use again.



Take your pliers and roll out each clip holding the webbing and you're done on the base.





Next up the seat back, start at the bottom end where the rear vinyl overlaps the insert material.



Using a small flat head screw driver gently slide under each staple to raise one end ONLY. Then use the pliers to pull out each one. Be careful when doing this not to go under at an angle into the vinyl or twist the screw driver. Just slide under until an end lifts .these staple are not stapled straight but each side flares out.



Once the first edge is done, fold back and there is a second set of staples along the next edge to remove.



Once this is done and the material is again folded back you will see a fibre material cello taped (yep Porsche when all out here) to the frame, this holds the staples used and will have to be replaced when re building.



You can cut this away now or (and I would) leave for later.



This releases the centre insert which shows the next lot of rings underneath.

This can't be removed any further as it is stitched to the vinyl back.



Look carefully for any staples missed and remove.



This lower end is now clear



Next up and stopping the insert from folding back any further is the plastic head rest bar inserts. These are not replaceable and fragile!!! DON'T use any tools to remove just apply pressure down wards to loosen the fabric .



Slide two fingers side by side gently under and it will just pop out.



Now the insert will fold right back and show yet more rings to remove and the high density foam top.



Start again and remove the rings remembering to roll into the vinyl and using two pliers to open and roll out.



Once the rings are all done head to the top of the back, find the insert wire running down the inside edge of the bolster vinyl. Gently pull out and put aside if to be reused or to copy if replacing.



Gently apply pressure to the foam bolster and use the knife to lift the foam off the bolster frame .just touch the glue strands and these will just full apart .



At the top there is three edges of foam glued down to the high density foam .If you put gentle pressure on the top you can see the edges and the glue strands show up again as white strands . With a sharp knife again just touch these strands and the foam will pull away.



At this stage the foam can be lifted away and put aside.



Once you have done both sides you are left with the frame, foam strips on each side and top (lightly scrape the blade along to remove) and the cello taped fibre material on the lower edge. (again just cut the tape and remove)



There are two clips inserted in the grooves shown, to remove these use the pliers and roll the lower leg of the clip down and toward the top. The metal backing you see is not fixed at the top and will flex down as you apply pressure to the clip.

Now if you are not planning to remove the hi density foam and just repaint the frame then you are done. BUT if you (like me) want to completely clean and repaint all the metal work then continue.



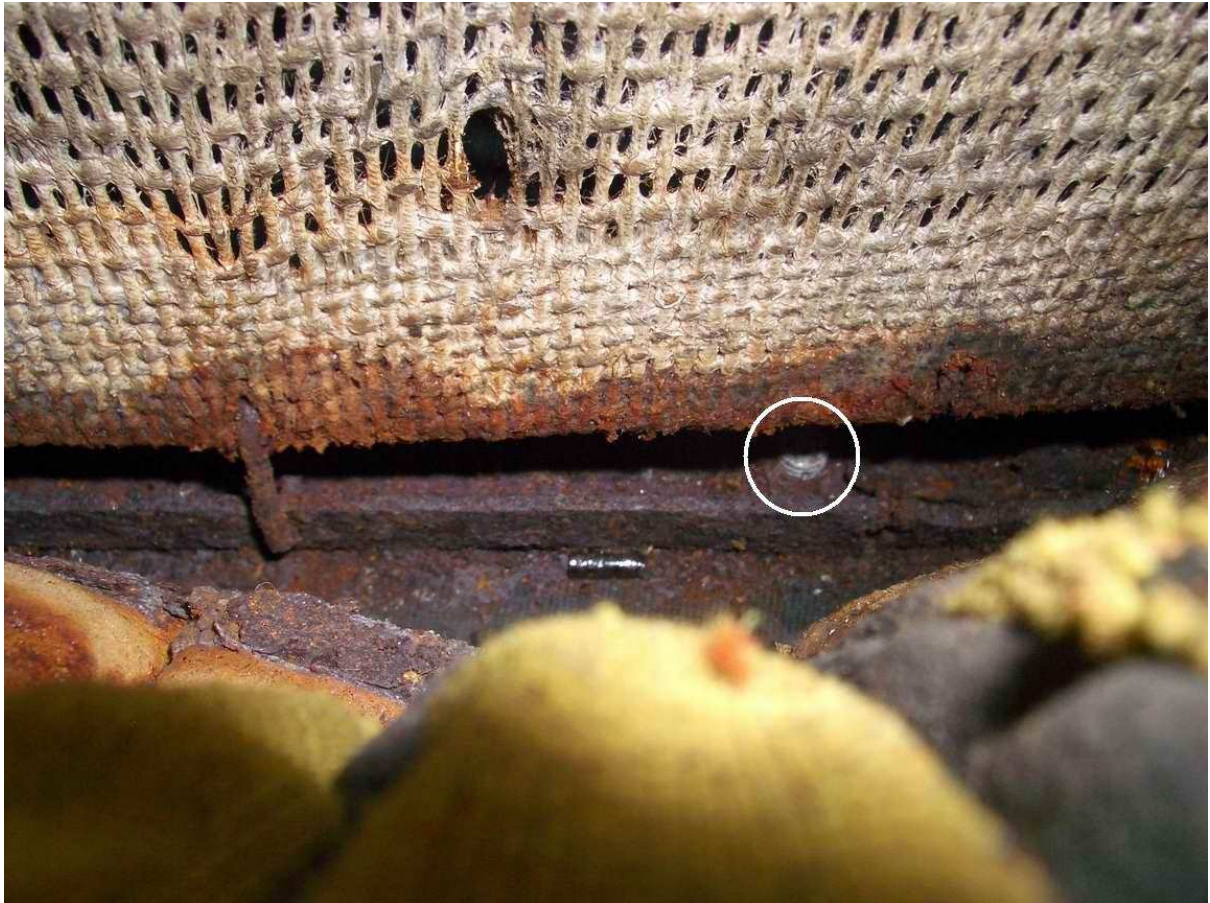
If you want to save the foam top to use to produce a mold to redo the hi density foam then continue . other wise you can burn it away with a gas torch from the metal (do this outside , the foam melts). With your knife and a new blade cut along the inside edge of the foam from one side to the other . Using your thumb lift the edge and start to cut away like you are filleting a fish (if you have a fishing friend ask him to do it)follow right around and along each outside edge and it will come away and can be used for a mold . this leaves a banded holely metal strip (As you can see) you can then burn it out or use another method.(haven't found one as the foam doesn't melt with any solvent i have)



WHAT IF THE BOLTS ARE SEZIED IN THE FRAME

Well there is 3 options.

- 1- Spray the outside and inside with wd40 / crc or sim and wait to see if they will loosen over time
- 2- Using a pen gas torch heat the nut on the inside of the frame until the expanded metal releases the rust and the screw can be removed.
- 3- Using a cut off air tool with a thin 1mm blade cut a groove through the nut without hitting the frame , grab a hammer and cold chisel and punch the screw ends into the centre of the groove , it will release enough thread area that you can now unscrew the screw.



The trick to getting to the bolt is to do all the steps possible as above and if it is the back of the seat use your hand to pull gentle the foam away from the inside of the seat , using pliers release the clips holding the webbing and fold back , this gives just enough of a space to work one of the ways listed.

If it is the base, again do all the steps and work from the back of the base, release the webbing clips and you can get good access.

If you chop both the nut and the screw these will have to be replaced but they often need replacing any way.





That's it !! easy !!

Part two soon - cleaning up the frames and welding in braces, new nuts and fixing cracks.