BMW CONNECTEDDRIVE.
GET STARTED GUIDE.
ADAPTIVE M SUSPENSION.
ADAPTIVE M SUSPENSION.  
YOUR BMW. YOUR DRIVING STYLE.

Adaptive M Suspension provides excellent handling with the highest levels of driving performance, allowing the driver an impressive amount of control of the vehicle. Using sensor-controlled technology, the vehicle adapts to your respective driving and road conditions. Whether on a bumpy street or navigating a sharp curve – enjoy a dynamic drive in complete comfort and control of your vehicle.

EVERYTHING UNDER CONTROL

Adaptive M Suspension enhances the characteristics of SPORT and SPORT+ modes which adjust the setting of the BMW dampers. Choose the MODE you wish to activate and optionally adjust the steering preferences in the settings.

In SPORT mode, the driving experience is notably different, with reduced wheel movement and more direct road surface contact. The Sport mode creates the balance between comfort and the true athletic suspension, with perfect control of turns and movement on an uneven road surface.

In SPORT+ mode the driving experience is pushed to its limits with the ultimate sports car experience and feel, allowing for precision and control to be heightened with minimal wheel and body movement. This mode is best for flat roads.
ACTIVATING THE SUSPENSION MODE.

For vehicles that are equipped with Adaptive M Suspension, follow below to learn more about activating Sport and Sport+ Mode driving dynamics.

The MODE can be selected on the center console. With a touch, the driver can select SPORT or SPORT+ mode and then confirm on iDrive screen/instrument cluster the selection. SPORT+ requires two presses of SPORT to activate.

1. The driver may have to activate Adaptive M Suspension in their vehicle if using for the first time. To do this, click the "CAR" menu item, go to "Settings", and then select "Driving Mode". Follow the prompts to enjoy this feature.

2. Press the mode you wish to activate on the center console.

3. The Driving experience control menu will appear on the iDrive screen. Allow for the vehicle to automatically determine the dynamics for the chosen mode or adjust the configurations as desired.

4. Now you are all set to enjoy the Adaptive M Suspension feature.
ADAPTIVE M SUSPENSION.
FREQUENTLY ASKED QUESTIONS.

1. **What is Adaptive M Suspension?**

   The Adaptive M Suspension enables you to choose freely between comfortable or sport driving styles. The Driving Dynamics Control switch allows you to manually apply the basic settings for your driving style yourself and you can change these at any time.

2. **What are the requirements for Adaptive M Suspension?**

   Adaptive M Suspension is currently available on most Model Year 2019 and newer X5 and X6 vehicles, with vehicle software 19-11 or newer. Please note it is not available for vehicles with the following factory options: 2VF (Adaptive M Suspension), 2VR (2-axle air suspension), or 2VW (Adaptive M Suspension Professional). To confirm whether this is available on your vehicle, visit the ConnectedDrive store at [https://www.bmwusa.com/mybmwconnecteddrive](https://www.bmwusa.com/mybmwconnecteddrive).

3. **How does Adaptive M Suspension work?**

   The sensor-controlled Adaptive M Suspension adapts to respective conditions in split seconds. Whether on a bumpy street, sharp curve or braking hard, enjoy a dynamic drive in complete comfort.

4. **What makes the Adaptive M Suspension different than the standard suspension?**

   The Adaptive M Suspension unlocks the customizability of the dampening from within the car. The driver will get to decide, with the touch of a button, which style of driving they prefer ultimate comfort or a dynamic, sporty feel.