

# Torque Specifications

## IMPORTANT

The values below are given in both Newton Meters and Inch-Pounds so make sure you're using the correct values for the torque wrench being used. This table lists general torque specifications for common brands and components. For torque specifications for specific components please contact the manufacturer.

## CRANKSETS

### Crank Bolts

Brand	Newton Meters	Inch - Pounds
FSA® M8 bolt	34-39	304-347
FSA® M14 bolt	49-59	434-521
FSA® MegaExo crank adjusting cap	0.4-0.7	32-53
FSA® MegaExo crank bolt pinch screws	9.8-11.2	87-100
Campagnolo® (3-piece)	32-38	282-336
Campagnolo® Ultra-Torque	42	371
Race Face®	54	480
Shimano®	34-44	305-391
Shimano® Octalink XTR crank arm bolt	40.3-49	357-435
Shimano® Hollowtech II crank bolt pinch screws	9.9-14.9	88-132
Syncros®	27	240
Truvativ® ISIS drive	43-47	384-420
Truvativ® square spindle	38-42	336-372
White Industries®	27-34	240-300
Truvativ® Powerspline	38-42	336-372

### Crank Bolts (One Key Release)

Brand	Newton Meters	Inch - Pounds
Shimano®	5-6.8	44-60
Truvativ®	12.1-14	107-124

## BOTTOM BRACKETS

### Bearing cups

Brand	Newton Meters	Inch - Pounds
Shimano® Hollowtech II	34.5-49.1	305-435
Campagnolo® (3-piece)	70	612
Campagnolo® Ultra-Torque cups	35	310
FSA®	39.2-49	347-434
Race Face®	47.5	420
Shimano®	49-69	435-610

### Cartridge Bottom Brackets

Brand	Newton Meters	Inch - Pounds
Truvativ®	33.9-40.1	300-360
White Industries®	27	240

## BRAKES

### Brake Pads (Threaded Stud)

Brand	Newton Meters	Inch - Pounds
Avid®	5.9-7.8	52-69
Cane Creek®	6.3-6.7	56-60
Campagnolo®	8	71
Mavic®	7-9	62-80
Shimano®	5-7	43-61
SRAM®	5.7-7.9	50-70

### Brake Pads (Smooth Stud)

Brand	Newton Meters	Inch - Pounds
Shimano®	7.9-8.8	70-78

### Brake Pads (Side Pull, Dual Pivot)

Brand	Newton Meters	Inch - Pounds
Cane Creek®	6.3-6.7	56-60
Shimano®	6-8	52-69

**Cable Pinch Bolt (Cantilever, V-Brake)**

<b>Brand</b>	<b>Newton Meters</b>	<b>Inch - Pounds</b>
Avid® M6 bolt	5.9-7.8	52-69
ControlTech®	4.5-6.8	40-60
Shimano®	6-7.8	53-69
Shimano® M6 bolt	5.6-8.5	50-75
SRAM®	5.6-7.9	50-70

**Cable Pinch Bolt (Side Pull, Dual Pivot)**

<b>Brand</b>	<b>Newton Meters</b>	<b>Inch - Pounds</b>
Cane Creek®	7.7-8.1	68-72
Campagnolo®	5	44
Mavic®	7-9	62-80
Shimano®	6-8	52-69

**Caliper Mounting Bolt (Cantilever, V-Brakes)**

<b>Brand</b>	<b>Newton Meters</b>	<b>Inch - Pounds</b>
Avid®	4.9-6.9	43-61
ControlTech®	11.3-13.6	100-120
Shimano®	8-10	69-87
SRAM®	5.7-7.9	50-70

**Caliper Mounting Bolt (Side Pull, Dual, Center Pull)**

<b>Brand</b>	<b>Newton Meters</b>	<b>Inch - Pounds</b>
Cane Creek®	7.7-8.1	68-72
Shimano®	7.84-9.8	70-86

**Cantilever Straddle Wire (M5 Thread)**

<b>Brand</b>	<b>Newton Meters</b>	<b>Inch - Pounds</b>
ControlTech®	7.7-8.1	40-60
Shimano®	3.9-4.9	35-43

## DISC BRAKES

### Caliper Mount

Brand	Newton Meters	Inch - Pounds
Avid®	9-10.2	80-90
Magura®	5.7	51
Shimano®	6-8	53-69

### Disc Mounting Bolts (6 M5 Bolts)

Brand	Newton Meters	Inch - Pounds
Avid®	6.2	55
Hayes®	5.6	50
Magura®	3.8	34
Shimano®	2-4	18-35

### Disc Mounting Lockring (Rotor to Hub)

Brand	Newton Meters	Inch - Pounds
Shimano®	40	350

## CASSETTE & FREEHUB BODY

### Cassette Lockring

Brand	Newton Meters	Inch - Pounds
Campagnolo®	50	442
Shimano®	29.4-49	260-434

### Freehub Body

Brand	Newton Meters	Inch - Pounds
Bontrager®	45	400
Shimano®	35-50	305-434
Shimano® FH-M975/970 (14mm)	45-50	392-434

## CHAINRINGS & SPIDERS

### Chainring Bolt (Steel)

Brand	Newton Meters	Inch - Pounds
Campagnolo®	8	71
Race Face®	11.3	100
Shimano®	7.9-10.7	70-95
Truvativ®	12.1-14	107-124

### Chainring Bolt (Aluminium)

Brand	Newton Meters	Inch - Pounds
Shimano®	5-10	44-88
Truvativ®	8.1-9	72-80

### Chainring Spider to Crank Arm

Brand	Newton Meters	Inch - Pounds
Shimano®	50-70	443-620

## WHEELS & HUBS

### Axle Wheel Mount Nuts

Brand	Newton Meters	Inch - Pounds
Shimano®	29.4-44.1	260-390
SRAM®	30.1-39.6	266-350

### Hub Cone Locknut

Brand	Newton Meters	Inch - Pounds
Bontrager®	17	150
Chris King®	12.2	100
Shimano®	9.8-24.5	87-217

## DERAILLEURS (FRONT & REAR)

### Front Derailleur Bolt (Braze-on)

Brand	Newton Meters	Inch - Pounds
Campagnolo®	7	62

### Front Derailleur Clamp

Brand	Newton Meters	Inch - Pounds
Campagnolo®	7	62
Mavic®	2.9-4	26-35
Shimano®	5-7	44-60
SRAM®	5-7	44-60

### Front Derailleur Cable Pinch

Brand	Newton Meters	Inch - Pounds
Campagnolo®	5	44
Mavic®	5-7	44-62
Shimano®	5-7	44-60
SRAM®	4.5	40

### Rear Derailleur Mounting Bolt

Brand	Newton Meters	Inch - Pounds
Campagnolo®	15	133
Shimano®	8-10	70-90
SRAM®	8-9.6	70-85

### Rear Derailleur Cable Pinch

Brand	Newton Meters	Inch - Pounds
Campagnolo®	6	53
Shimano®	3.9-5.9	35-52
SRAM®	4-5.1	35-45

### Rear Derailleur Pulley Wheel

Brand	Newton Meters	Inch - Pounds
Shimano®	3	20

## BRAKE LEVERS

### Drop Bar Levers

Brand	Newton Meters	Inch - Pounds
Campagnolo®	9.9	88
Mavic®	7-9	62-80
Shimano®	6-7.8	53-69

### Mountain Bike Levers

Brand	Newton Meters	Inch - Pounds
Avid® built-in clamp	4.5-6.8	40-60
Avid® strap-type	3.2-4.1	28-36
Cane Creek®	6-9	53-80
Shimano®	6-7.8	53-69
SRAM®	3.4	30

## GEAR SHIFTERS

### Drop Bar Shifters

Brand	Newton Meters	Inch - Pounds
Campagnolo®	10	89
Shimano® STI	6-8	52-69

### Flat Bar Shifters

Brand	Newton Meters	Inch - Pounds
Shimano®	5-7.4	44-69

## HANDLEBARS

### Handlebar End Extensions

Brand	Newton Meters	Inch - Pounds
Cane Creek® Gripnut	7.9	70
ControlTech®	16.3	144

## HEADSETS

### Threaded Lockrings

Brand	Newton Meters	Inch - Pounds
Chris King® Gripnut	14.6-17	130-150
Tange-Seiki®	24.5	217

## STEMS

### Threaded Stem Bolt (Quill Type)

Brand	Newton Meters	Inch - Pounds
ControlTech®	16.3-19	144-168
Shimano®	19.6-29.4	174-260

### Threadless Stem (Fork Column Bolts)

Brand	Newton Meters	Inch - Pounds
ControlTech®	13.6-16.2	120-144
Deda®	8	71
FSA® Carbon	8.8	78
Syncros® cotter bolt	10.1	90
Thomson®	5.4	48
Time® Monolink	5	45
Race Face®	6.2	55

### Threadless Stem (Pinch Bolts)

Brand	Newton Meters	Inch - Pounds
ControlTech®	13.6-16.3	120-144
Shimano®	19.6-29.4	174-260

### Threadless Stem (4 Handlebar Bolts)

Brand	Newton Meters	Inch - Pounds
ControlTech®	13.6-16.2	120-144
Deda®	8	71
FSA® Carbon	8.8	78
Syncros® cotter bolt	10.1	90
Thomson®	5.4	48
Time® Monolink	5	45



## PEDALS

Brand	Newton Meters	Inch - Pounds
Campagnolo®	40	354
FSA® Cranks	29-34	257-301
Ritchey®	34.7	307
Shimano®	35	304
Truvativ®	31.2	276

## SEATS & SEATPOSTS

### Seat Rail Clamp

Brand	Newton Meters	Inch - Pounds
Campagnolo®	22	194
ControlTech® 1 bolt	33.9	300
ControlTech® 2 bolt	16.3	144
Shimano®	20-30	174-260
Syncros®	5	45
Time® Monolink	5	44
Truvativ® M6 Bolt	6-7.1	53-63

### Seatpost Clamp

Brand	Newton Meters	Inch - Pounds
Campagnolo®	4-6.8	36-60