

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)

Brand	Newton Meters	Inch - Pounds
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)

Brand	Newton Meters	Inch - Pounds
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)

Brand	Newton Meters	Inch - Pounds
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)

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

Cantilever Straddle Wire (M5 Thread)

Brand	Newton Meters	Inch - Pounds
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