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Torque Specification Sheet

INS-14000

Adjuster Nut Torque Specifications:	* Torque ft./lbs <u>w/ 30 wt oil</u>	* Torque ft./lbs <u>w/ ARP Moly</u>	* Torque N m <u>w/ 30 wt oil</u>
Cup Adjuster, 5/16-24 Thread	25	20	34
Cup Adjuster, 3/8-24 Thread	26	21	35
Ball Adjuster, 3/8-24 Thread	32	26	43
 Shaft Bolts Specifications:			
5/16-18 Torx 45 Head	26	21	35
5/16-18 ARP 12pt Head	35	28	47
3/8-16 Torx 50 Head	45	36	61
3/8-24 ARP 12pt Head	55	44	75
 Stand Bolts Specifications:			
8mm Hex Head	22	18	30
5/16-18 Torx Head	26	21	35
3/8-16 Torx Head	45	36	61
7/16-14 (Cast Iron Head)	70	56	95
7/16-14 (Aluminum Head w/ Thread Inserts)	65	52	88
7/16-14 (Aluminum Head w/ Tapped Threads)	60	48	81
 J2K Stud Torque Specifications:			
5/16 Stud, L19 (Gold Color)	32	26	43
5/16 Stud, ARP 2000 (Silver Color)	28	22	38
5/16 Stud, Black Oxide	25	20	34
3/8 Stud, ARP 2000 (Silver Color)	50	40	68
3/8 Stud, Black Oxide	45	36	61
7/16 Stud, Black Oxide	70	56	95
 Belt Drive Torque Specifications:			
1/4-20 Nylon Thrust Plate Nut	12	10	16
5/16-24 Flanged Upper Pulley Nut	22	18	30
5/18-18 Cam Adaptor Bolt	26	21	35
3/8-16 Cam Adaptor Bolt	45	36	61
7/16-20 LH Thread Cam Bolt	70	56	95

*THE TORQUE VALUES LISTED ARE INTENDED TO BE FOR GENERAL INFORMATION.
ACTUAL TORQUE VALUES MAY VARY DEPENDING UPON YOUR APPLICATION.

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