

Torque Specification - last update 01.09.2009

BB	
Shimano Square	50 – 70 Nm
Shimano Octalink	50 – 70 Nm
Shimano Hollowtech II	35 – 50 Nm
FSA	39 – 49 Nm
Truativ	34 – 41 Nm
Sram Force	34 – 41 Nm
Race Face	35 – 50 Nm

Crankset		
Shimano Square	34-44 Nm	
Shimano Octalink	35-40 Nm	
Shimano Hollowtech II		
- Cap	bis 1,5 Nm	
- Crank	12-15 Nm	
Shimano Pressfit		
- Cap	bis 1,5 Nm	
- Crank	12-15 Nm	
FSA	35-40 Nm	
Truativ	38-42 Nm	
Race Face	50-70 Nm	to the maximum
Sram Force/Red	48-54 Nm	
Campa	42 Nm	

Derailleur		
Rear Derailleur	8-10 Nm	
Rear Derailleur / Bowden Cable	4-6 Nm	
Front Derailleur/Clamp	5-7 Nm	
Umwerfer/Screw on	5-7 Nm	
Front Derailleur / Clamp with Carbon frames	3-4 Nm	only for Campagnolo!
Front Derailleur/Bowden Cable	5-7 Nm	
Lock Ring Cassette	40 Nm	
Lock Ring Centerlockadapter Magura	40 Nm	



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Brakes	
Brake caliper Roadbike	8-10 Nm
V-Brake	8-10 Nm
Bowden Cable	5-7 Nm
Disc Caliper / frame	10-12 Nm
Disc Caliper / adapter	6-8 Nm
Disc Rotor Hayes	5-6 Nm
Disc Rotor Magura	4 Nm
Disc Rotor Juicy	6,2 Nm
Disc Rotor Formula	5-6 Nm
Disc Rotor Shimano 6-Bolt	2-4 Nm
Disc Rotor Shimano Centerlock	40 Nm
Brakelever Hayes	2-4 Nm
Brakelever Magura	4 Nm
Brakelever Shimano	4-6 Nm
Brakelever Juicy	2,5 - 3,5 Nm
Brakelever Formula	2,5 Nm

STI	
STI Shimano MTB	4-6 Nm
STI Shimano Road	5-6 Nm
STI Campa Road	6-8 Nm

Caution: When using carbon handlebars - MTB: 2 Nm / Road: 3-5 Nm

Especially when using Sram XO or X9 Triggers!

use DYNAMIC - friction paste from Syntace. Just apply thin and evenly to the degreased clamping surfaces on the used parts.



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Stem	Bar	Fork
Syntace	6-8 Nm	6 Nm
FSA	6 Nm	8 Nm
Ritchey	5 Nm	5 Nm
RFR/Scape	6 Nm	8 Nm

Seatpost / Saddle	
Ritchey	8-10 Nm
Scape/RFR	8-10 Nm
Deda	8-10 Nm
Truvativ	5-7 Nm
Thomson	4-6 Nm

Seatclamp	
Aluminium frame	5-8 Nm
Carbon frame	5-6 Nm
Titanium frame	5-8 Nm

Others	
Star nut	6 Nm
Aheadset - Conical clamp (for road racing or carbon steerer tubes)	7-8 Nm
Pedal	30 Nm
Bottle cage screws	3 Nm
Cable guide clamp top-/downtube	3 Nm
Carrier	6 Nm

Information is subject to change without prior notice!



Torque Specification - Fullsuspension frames - last update: 01.09.2009

AMS 100 / AMS 125 / XMS	
rear shock mounting	8 Nm / Threadlocker Loctite medium strength
Main pivot bearing	12 Nm / Threadlocker Loctite medium strength
Horstlink	8 Nm / Threadlocker Loctite medium strength
Linkage	8 Nm / Threadlocker Loctite medium strength

Sting / Stereo / Fritzz - 2008 and older	
Rear shock mounting - downside	10-12 Nm / Threadlocker Loctite medium strength
Rear shock mounting at pivot arm	8 Nm / Threadlocker Loctite medium strength
Main pivot bearing	5 Nm / Threadlocker Loctite medium strength
Horstlink	8 Nm / Threadlocker Loctite medium strength
Linkage	8 Nm / Threadlocker Loctite medium strength

Sting SHPC / Stereo SHPC / Stereo / Fritzz - 2009/2010	
Rear shock mounting - downside	12 Nm / Threadlocker Loctite medium strength
Rear shock mounting at pivot arm	10 Nm / Threadlocker Loctite medium strength
Main pivot bearing	15-18 Nm / Threadlocker Loctite medium strength
Horstlink	8 Nm / Threadlocker Loctite medium strength
Linkage / seat stay	8 Nm / Threadlocker Loctite medium strength
Linkage clamp screw	6 Nm / Threadlocker Loctite medium strength

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