

## United Bicycle Institute Torque Chart

Component	inch-pound	Nm
<b>Rear Derailleur</b>		
<i>mounting bolt</i>		
Shimano	70 - 86	7.9 - 9.7
SRAM	70 - 85	7.9 - 9.6
<i>cable anchor bolt</i>		
Shimano	44 - 60	5.0 - 6.8
SRAM	35 - 45	4.0 - 5.1
<i>pulley cage bolt</i>		
Shimano	27 - 34	3.1 - 3.8
SRAM	22	2.5
<b>Front Derailleur</b>		
<i>clamp bolt</i>		
Shimano	44 - 60	5.0 - 6.8
SRAM	44 - 62	5.0 - 7.0
<i>cable anchor bolt</i>		
Shimano	52 - 60	5.9 - 6.8
SRAM	44	5.0
<b>Shifter - grip type</b>		
<i>mounting bolt</i>		
Shimano	53 - 70	6.0 - 7.9
SRAM	15	1.7
<b>Shifter - Integrated (road)</b>		
<i>mounting bolt</i>		
Shimano	50 - 70	5.6 - 7.9
<b>Shifter - Integrated (mtn)</b>		
<i>mounting bolt</i>		
Shimano	52 - 69	5.9 - 7.8
<b>Shifter - Thumb lever (mtn)</b>		
<i>mounting bolt</i>		
Shimano	44	5.0
SRAM X7	22 - 35	2.5 - 4.0
SRAM ELSE	44	5.0
<b>Down tube adapters</b>		
Shimano	13 - 18	1.5 - 2.0
<b>Brake Levers (mtn)</b>		
<i>mounting bolt</i>		
Shimano Deore	53 - 69	6.0 - 7.8
Avid	30 - 40	3.4 - 4.5
<b>Brake Levers (road)</b>		
<i>mounting bolt</i>		
Shimano	52 - 69	5.9 - 7.8
<b>Brake Levers (hydraulic disc)</b>		
<i>mounting bolt</i>		
Hayes	15 - 35	1.7 - 4.0
Avid	30 - 40	3.4 - 4.5
<b>Mechanical (disc)</b>		
<i>cable anchor bolt</i>		
Avid	70 - 90	7.9 - 10.2

Component	inch-pound	Nm
<b>Brake Caliper (road)</b>		
<i>mounting bolt</i>		
Shimano	69 - 87	7.8 - 9.8
<i>cable anchor bolt</i>		
Shimano	52 - 69	5.9 - 7.8
<i>pad fixing bolt</i>		
Shimano	43 - 61	4.9 - 6.9
<b>Brake Caliper (linear pull)</b>		
<i>mounting bolt</i>		
Shimano	43 - 61	4.9 - 6.9
Avid	43 - 61	4.9 - 6.9
<i>cable anchor bolt</i>		
Shimano	52 - 69	5.9 - 7.8
Avid	52 - 69	5.9 - 7.8
<i>threaded pad bolt</i>		
Shimano	52 - 69	5.9 - 7.8
Avid	52 - 69	5.9 - 7.8
<b>Brake Caliper (cantilever)</b>		
<i>cable anchor bolt</i>		
Shimano	52 - 69	5.9 - 7.8
<i>link fixing bolt</i>		
Shimano	43 - 61	4.9 - 6.9
<i>threaded pad bolt</i>		
Shimano	52 - 69	5.9 - 7.8
Avid	52 - 69	5.9 - 7.8
<i>smooth pad bolt</i>		
Shimano	70 - 78	7.9 - 8.8
Avid	52 - 69	5.9 - 7.8
<b>Brake Caliper (disc)</b>		
<i>mounting / positioning bolts</i>		
Shimano	53 - 69	6.0 - 7.8
Avid	80 - 90	9.0 - 10.2
Hayes	110	12.4
<i>hose fittings</i>		
Shimano	44 - 60	5.0 - 6.8
Avid	50 - 55	5.6 - 6.2
Hayes	60	6.8
<i>bleed nipple</i>		
Shimano	35 - 53	4.0 - 6.0
<i>reservoir cap</i>		
Shimano	2.7 - 4.4	.3 - .5
<b>Seat Rail Binder</b>		
Shimano	174 - 347	19.7 - 39.2
Truvativ (M6)	53 - 63	6.0 - 7.1
Thomson	60	6.8
Synchros	45	5.1
<b>Seat Post Binder</b>		
Easton EA30	70	7.9
Other	36 - 60	4.1 - 6.8

The chart above is a representation from company websites. For a particular product that is not listed, contact the manufacturer.

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Component	inch-pound	Nm
<b>Bottom Bracket (cartridge)</b>		
<i>body &amp; adapter cups</i>		
Shimano	435 - 608	49.1 - 68.7
<b>Bottom Bracket (outboard)</b>		
<i>bearing cups</i>		
Shimano	305 - 435	34.5 - 49.1
<b>Bottom Bracket (cup &amp; cone)</b>		
<i>fixed cup</i>		
Shimano	609 - 695	68.8 - 78.5
<b>Crankset - 1 piece</b>		
<i>adjustable nut</i>	240 - 300	27.1 - 33.9
<i>fixed cone</i>	300	33.9
<b>Crankset - 2 piece</b>		
<i>crank pinch bolts</i>		
Shimano	106 - 122	12.0 - 13.8
<i>LH fixing cap</i>		
Shimano	6 - 13	.7 - 1.5
<i>crank bolts</i>		
Shimano	392 - 479	44.3 - 54.1
<b>Crankset - 3 piece</b>		
<i>crank bolt 8mm x 1M</i>		
Shimano	305 - 391	34.5 - 44.2
<i>crank bolt 15mm x 1M</i>		
Shimano	305 - 391	34.5 - 44.2
<i>nutted crank 10mm x 1.25M</i>		
General	300 - 350	33.9 - 39.5
<i>spider lockring</i>		
Shimano	443 - 620	50.1 - 70.1
<i>self extracting dust cap</i>		
Shimano	44 - 60	5.0 - 6.8

Component	inch-pound	Nm
<b>Chainring Bolts</b>		
<i>steel</i>		
Shimano	70 - 95	7.9 - 10.7
<i>aluminum</i>		
Shimano	44 - 88	5.0 - 9.9
<b>Hubs</b>		
<i>rotor - centerlock</i>		
Shimano	350	39.5
DT Swiss	354	40.0
<i>rotor - 6 bolt</i>		
Shimano	18 - 35	2.0 - 4.0
Avid	55	6.2
<b>Freehub Body</b>		
<i>10mm</i>		
Shimano	305 - 434	34.5 - 49.0
<b>Cassette Lockring</b>		
Shimano	261 - 434	29.5 - 49.0
SRAM	310 - 350	35.0 - 39.5
<b>Headset</b>		
<i>quill stem binder bolt</i>		
Profile Racing H20	100	11.3
<i>threadless stem binder bolt</i>		
Felt	173	19.5
<i>stem handlebar binder bolt</i>		
Profile Designs H20	80	9.0
Felt - 4 bolt	143	16.2
<b>Pedals</b>		
Shimano	304 - 477	34.3 - 53.9
Truativ	276 - 300	31.2 - 33.9

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