

## Torque Specification - last update 08/2010

<b>Bottom Bracket</b>	
Shimano Square	50 – 70 Nm
Shimano Octalink	50 – 70 Nm
Shimano Hollowtech II	35 – 50 Nm
FSA Mega Exo	39 – 49 Nm
Truvativ GXP	34 – 41 Nm
Sram Force	34 – 41 Nm
Race Face	35 – 50 Nm

<b>Crankset</b>		
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	
Truvativ	38-42 Nm	
Race Face	50-70 Nm	to the maximum
Sram Force/Red	48-54 Nm	
Campa	42 Nm	

<b>Derailleur</b>		
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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<b>Brakes</b>	
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 AVID	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 AVID	2,5 - 3,5 Nm
Brakelever Formula	2,5 Nm

<b>STI</b>	
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 F99/F109/F119/F139/F149	6-8 Nm	6-8 Nm
Syntace Superforce	10 Nm	10 Nm
FSA	6 Nm	8 Nm
Ritchey	5 Nm	5 Nm
RFR/Scape	6 Nm	8 Nm

Seatpost / Saddle	
Syntace P6	6-8 Nm
Ritchey	8-10 Nm
Scape/RFR	8-10 Nm
Deda	8-10 Nm
Truativ	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: 08/2010

<b>XMS / AMS COMP 100 / LTD AMS 100 / LTD AMS 125 AMS 110 / AMS 130 / AMS 150 AMS HPC / AMS Super HPC</b>	
rear shock mounting	8 Nm / Loctite© screwlock medium
Main pivot bearing	12 Nm / Loctite© screwlock medium
Horstlink	8 Nm / Loctite© screwlock medium
Seat stay – Linkage	8 Nm / Loctite© screwlock medium
Linkage – Front Triangle	8 Nm / Loctite© screwlock medium

<b>Sting / Stereo / Fritzz - 2008 and older</b>	
Rear shock mounting - downside	10-12 Nm / Loctite© screwlock medium
Rear shock mounting at pivot arm	8 Nm / Loctite© screwlock medium
Main pivot bearing	5 Nm / Loctite© screwlock medium
Horstlink	8 Nm / Loctite© screwlock medium
Linkage	8 Nm / Loctite© screwlock medium

<b>Sting SHPC / Stereo SHPC / Stereo / Fritzz - 2009/2010</b>	
Rear shock mounting - downside	12 Nm / Loctite© screwlock medium
Rear shock mounting at pivot arm	10 Nm / Loctite© screwlock medium
Main pivot bearing	15-18 Nm / Loctite© screwlock medium
Horstlink	8 Nm / Loctite© screwlock medium
Linkage / seat stay	8 Nm / Loctite© screwlock medium
Linkage – Front Triangle	Tighten bolt until rocker arms move without play, then tighten screw on right rocker arm with 3mm allen wrench to keep bolt from turning

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