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## Torque Specification Sheet

### INS-14000

	* 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>
<b>Adjuster Nut Torque Specifications:</b>			
Cup Adjuster, 5/16-24 Thread	<b>25</b>	20	34
Cup Adjuster, 3/8-24 Thread	<b>26</b>	21	35
Ball Adjuster, 3/8-24 Thread	<b>26</b>	21	35
 <b>Shaft Bolts Specifications:</b>			
5/16-18 Torx 45 Head	<b>26</b>	21	35
5/16-18 ARP 12pt Head	<b>32</b>	26	43
3/8-16 Torx 50 Head	<b>45</b>	36	61
3/8-24 ARP 12pt Head	<b>55</b>	44	75
 <b>Stand Bolts Specifications:</b>			
8mm Hex Head	<b>22</b>	18	30
5/16-18 Torx Head	<b>26</b>	21	35
3/8-16 Torx Head	<b>45</b>	36	61
7/16-14 (Cast Iron Head)	<b>70</b>	56	95
7/16-14 (Aluminum Head w/ Thread Inserts)	<b>65</b>	52	88
7/16-14 (Aluminum Head w/ Tapped Threads)	<b>60</b>	48	81
 <b>J2K Stud Torque Specifications:</b>			
5/16 Stud, L19 (Gold Color)	<b>32</b>	26	43
5/16 Stud, ARP 2000 (Silver Color)	<b>28</b>	22	38
5/16 Stud, Black Oxide	<b>25</b>	20	34
3/8 Stud, ARP 2000 (Silver Color)	<b>50</b>	40	68
3/8 Stud, Black Oxide	<b>45</b>	36	61
7/16 Stud, Black Oxide	<b>70</b>	56	95
 <b>Belt Drive Torque Specifications:</b>			
1/4-28 Torx 30 Cam Washer Bolt	<b>10</b>	8	14
1/4-20 Nylon Thrust Plate Nut	<b>8</b>	6	11
5/16-24 Flanged Upper Pulley Nut	<b>22</b>	18	30
5/18-18 Cam Adaptor Bolt	<b>26</b>	21	35
3/8-16 Cam Adaptor Bolt	<b>45</b>	36	61
7/16-20 LH Thread Cam Bolt	<b>70</b>	56	95

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

10/07/2015