

STEERING AREA	Nm		SHIFTING	Nm
quill stem binder bolt	20-30		shifter STI road DCL binder bolt	6-8
stem steerer binder bolts	6-17		shifter trigger shift clamp bolt	2-3
handlebar binder bolts			shifter SRAM grip shift clamp bolt	2
1-2 bolts, welded stem	6-14		shift lever grip shift type REVO	6-8
1-2 bolts, forged stem	6-19			
4 binder bolts	6-9		FRONT D clamp mount	
bar end clamp bolts	5-7		Shimano	5-7
adjustable angle bolt	17-19		Campagnolo	7
			Mavic	3-4
			SRAM	5-7
BRAKES			FD cable pinch bolt	5-7
brake lever band clamp bolt	6-8		REAR D mounting bolt	
brake lever drop-bar type	6-8		Shimano	8-10
brake lever mid-bar	2-3		SRAM	8-10
brake lever MTB type	6-8		Campagnolo	15
			RD cable pinch bolt	4
V, CANTILEVER			Rear derailleur hanger bolt	6-8
caliper to frame	8-10			
Shimano	8-10			
Campagnolo	10		CRANK, BB, PEDALS	
caliper arm fixing bolt into stud	5-7		pedal to crank Shimano	35-40
pad threaded stud	5-7		pedal to crank Truvativ	31-34
pad smooth stud	8-9		crank bolts on square taper or spline	
brake cable pinch bolt	6-8		Shimano	34-44
brake caliper arm pivot in dual pivot	8-10		Truvativ ISIS drive	43-47
cantilever straddle wire 5 x 0.8	4-5		Truvativ Giga X Pipe	47-54
			Truvativ square taper	38-42
			Campagnolo	35-37
DISC BRAKES			FRA M8 bolt	34-39
disc to rotor			FRA M14 steel	49-59
Shimano M5 bolts	2-4		Race Face	54
Hayes	6		White Ind	27-34
Avid	6		Octalink crankarm bolts M15	41-49
Magura	4		Bontrager Sport M8 bolt	36-42
caliper to frame	6-8		Bontrager M15	42-47
ISO or POST adapter to frame	6-8		Hollowtech L-side crank bolts	12-15
hydraulic hose fittings	5-7		Hollowtech left crank fixing cap	1-1.5
			Hollowtech II crank bolt screws	10-15
WHEEL, HUG, REAR COGS				
wheel axle nuts steel			Chainring bolts	
front	20-27		Shimano steel	8-11
rear	27-34		Shimano aluminum	5-10
cassette lockring	29-49		Truvativ aluminum	8-9
hub cone lockring nut			Truvativ steel	12-14
Shimano	10-14		Campagnolo	9-14
Bontrager	17		Race Face	11
Chris King	11			
freehub body bolt			SEAT	
Shimano	34-49		seat rail binder	
Bontrager	45		single 6 mm	17-28
			double 5mm	9-14
BB cups for serviceable BB			double 4 mm	5-7
fixed cup	69-79		seat fixing bolt 13 or 14 mm	20-25
other cup	41-62		seat post binder bolt	
BB cartridges			aluminum post	10-11
Shimano	49-70		carbon post	7-9
FSA	39-49			
Truvativ	34-41		FRAME	
Campagnolo	69		water bottle cage	2-3
White Ind	27		rack or fender mounting bolts	2-3
Hollowtech II BB cups	34-49			