



# Bicycle Torque Specs Pdf

File name: Bicycle Torque Specs Pdf

Rating: 4.6/5 (Based on 8172 votes)

20869 downloads

=====

 [Bicycle Torque Specs Pdf](#)

=====

Buy Now, Pay Later · Various Payment Methods · Talk Live With An Expert · 2-Year  
WarrantyTypes: Tarmac Roads, Gravel, Mixed Surface, City Streets, Bike Paths, All Terrain. All  
Product Comparison · Black Friday Deals · Compare Price Guide · Shop SmarterStyles: 's  
Best Coupon Codes, Free Online Promo Codes, 35% Off Active Code. \*NOTE: Seat posts  
require only minimal tightening to not slip downward. Avoid over tightening. United Bicycle  
Institute Torque Chart Component inch-pound Nm Component inch-pound Nm Bottom Bracket  
(cartridge) Chainring Bolts body & adapter cups steel Shimano - - Shimano 70 - 95 - Bottom  
Bracket (outboard) aluminum bearing cups Shimano 44 - 88 - Shimano - - Hubs. \*NOTE: Seat  
posts require only minimal tightening to not slip downward. Avoid over tightening. All figures in  
the table below are inch-pound. Note that some companies do not specify torque for certain  
components or parts. Contact the manufacturer for the most up to date specifications.  
Headset, handlebar, seat and seat post area Component Shimano® Other by brand Threaded  
headset locknut Chris King® Gripnut type Tange-Seiki®