

Headset/Handlebar	
Threaded Headset Locknut	16-24 Nm (142-212in-lb)
Stem Expander Bolt (quill type)	17-22 Nm (150-195in-lb)
Handlebar Binder Bolt (quill type)	17-22 Nm (150-195in-lb)
Stem Binder Bolt (threadless)	13.5-16 Nm (120-144in-lb)
Compression Cap	2-3 Nm (20-26in-lb)
Stem Faceplate Bolts	13.5-19 Nm (120-168in-lb)
Pedals/Bottom Bracket	
Pedal	34.5-40 Nm (307-354in-lb)
Wheels	
Axle Nut	30-42 Nm (260-372in-lb)
Seat	
Seat Post Binder	4-6.5 Nm (36-60in-lb)
Seat Rail Binder	18-34 Nm (160-300in-lb)
Derailleur/Shifting	
Shift Lever – Twist Grip	6-8 Nm (53-70in-lb)
Rear Derailleur Mounting Bolt	8-10 Nm (70-86in-lb)
Rear Derailleur Cable Pinch Bolt	4-5 Nm (35-45in-lb)
Rear Derailleur Pulley Wheel Bolt	3-4 Nm (27-36in-lb)
Brakes	
Disc Brake Rotor To Hub	4-7 Nm (36-60in-lb)
Disc Brake Caliper Mount	6-9 Nm (52-84in-lb)
Brake Caliper Mount to Frame (side/dual/centerpull)	8-9.5 Nm (70-85in-lb)
Brake Caliper Mount to Braze-on Linear Pull/Cantilever	5-7 Nm (44-60in-lb)
Brake Pad (Threaded Stud, Dual Pivot/Cantilever/Sidepull)	5-7 Nm (44-60in-lb)
Brake Pad (Smooth Stud, Cantilever)	8-9 Nm (70-78in-lb)
Brake Cable Pinch Bolt (Linear Pull/Cantilever)	6-8 Nm (53-69in-lb)
Brake Cable Pinch Bolt (Sidepull/ Dual Pivot/Centerpull)	6-8 Nm (53-69in-lb)
Brake Caliper Arm Pivot (Dual Pivot)	8-9.5 Nm (70-85in-lb)
Sidepull/Dual Pivot Brake Pad Bolt	5-7 Nm (44-60in-lb)
Cantilever Straddle Wire Pinch 5 x 0.8 Thread	4-5 Nm (35-43in-lb)
Brake Caliper Wire Pinch Linear Pull/Cantilever M6 x1 Thread	5.5-8.5 Nm (50-75in-lb)
Brake Lever (MTB type)	6-8 Nm (53-69in-lb)
Brake Lever (Drop Bar Type)	6-8 Nm (53-69in-lb)
Fenders	
Fender Bolts	6-9 Nm (53-78in-lb)
Fender Brace Bolts	2.5-4 Nm (25-35in-lb)
Banana Seat	
Sissy Bar Bolts	2.5-4 Nm (25-35 in-lb)
Bike Basket	
Base Clip Bolts	2.5-4 Nm (25-35in-lb)
Mount Bracket Bolts	2.5-4 Nm (25-35in-lb)
Strut Bolts	2.5-4 Nm (25-35in-lb)
Training Wheels	
Support Bracket Bolt	20 Nm (177in-lb)