

	ARP Bolt torque guide	
	TORQUE* (Ft. / Lbs.)	TORQUE* (NM)
1/4"	14	18
5/16"	28	38
3/8"	50	68
7/16"	80	108
1/2"	125	170
9/16"	180	240
5/8"	240	325
6 mm	13	17
8 mm	28	38
10 mm	55	75
11 mm	72	100
12 mm	85	120
14 mm	165	220
16 mm	225	310

Grease supplied in ARP sets, are to be used under the bolt heads
Some mild thread locker is often recommended on threads

Always fasten bolts in diagonal sequence
Always fasten in 3 or 4 stages to the recommended torque