



Sept 2022

2.0L XE 16V

TORQUE WRENCH SETTINGS

Specifications subject to change without prior notice

MAIN CAP BOLTS- STD & H/D

GRAPHITE GREASE UNDER HEAD, OIL THREADS

STAGE 1---37 LB/FT 50NM

STAGE 2---40 DEG-50 DEG

BIG END BOLTS

STANDARD TYPE GM ROD BOLTS

STAGE 1---26 LB/FT (GRAPHITE GREASE UNDER HEAD, OIL THREADS)

STAGE 2---45 DEG-60 DEG

Heavy Duty Rods Bolts

SEE SEPARATE SHEET

NOTE: - When assembling the bolts, as of 2002, the manufacturers recommend only using ARP assembly lubricant as supplied, under the heads and on the threads and torque up to. These are lower torque settings than would have been used with normal oil. We cannot be held responsible for rod bolt stretch when an uncalibrated torque wrench has been used.

OIL PUMP BOLTS

4 LB/FT, 6NM (243 LOCTITE)

CRANK BOLT

GRAPHITE GREASE UNDER HEAD & WASHER, OIL THREAD

STAGE 1---184 LB/FT. 250NM

STAGE 2---40 DEG-50 DEG

CAM CAPS

15 LB/FT 20 NM

CAM PULLEY BOLT

48 LB/FT. 65NM (243 LOCTITE)

CAM VERNIER PULLEY BOLTS

7 LB/FT 9.5NM

CAM BELT AUTO TENSIONER BOLT – XE/LN ONLY

15 LB/FT

IDLER PULLEY BOLTS

STAGE 1---18 LB/FT. 25NM (243 LOCTITE)

STAGE 2---45 DEG-60 DEG

FRONT PULLEY TORX SCREWS

15 LB/FT. 20NM (243 LOCTITE)

SUMP BOLTS

243 LOCTITE

STEEL SUMP---4 LB/FT

ALLOY SUMP--10 LB/FT (14 NM)

DRY SUMP-----10 LB/FT (14 NM)

FLYWHEEL BOLTS, Std

242 LOCTITE

STAGE 1---48 LB/FT

STAGE 2---30 DEG-45 DEG

FLYWHEEL BOLTS – ARP

GRAPHITE GREASE UNDER HEAD OF BOLT, LOCTITE 243 ON THREADS

STAGE 1 – 48lb/ft (65NM)

STAGE 2 – 65lb/ft (88NM)

STD CYLINDER HEAD BOLTS

For standard gaskets

GRAPHITE GREASE UNDER HEADS & WASHERS, OIL THREADS

SEE BELOW FOR TIGHTENING SEQUENCE

STAGE 1---18 LB/FT 25NM

STAGE 2---65 DEG

STAGE 3---65 DEG

STAGE 4---65 DEG

For SBD Cometic gaskets

If using a Cometic gasket, we do NOT use standard head bolts.

ARP HEAD STUDS – BLT-H1-STUD-KIT

PLEASE SEE SEPARATE INSTRUCTION SHEET FOR OUR SBD/COMETIC GASKETS - GSK-VX2***.

Each of our own Cometic head gaskets & their torque settings are all fully tested and used on our own development engines to make sure they are all correct. (Our gaskets are specific to us and not the same as any other Cometic Head gasket)

We do not use these studs on standard head gaskets and we do not have any torque settings for any other gaskets.

2.0L 16V HEAD BOLT TIGHTENING SEQUENCE

9	5	1	3	7
10	6	2	4	8

2.0L 16V HEAD BOLT REMOVAL SEQUENCE

1	3	9	5	7
2	4	10	6	8

Please be aware that Technical Support involving our Technicians is chargeable

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