



June 2018

1.4L/1.6L Vauxhall 16V
14XE & 16XE
TORQUE WRENCH SETTINGS

Specifications subject to change without prior notice

MAIN CAP BOLTS (Standard & SBD Cap Head type)

GRAPHITE GREASE UNDER HEAD, OIL THREADS

STAGE 1---37 LB/FT

STAGE 2---45 DEG

STAGE 3---15 DEG

ROD BOLTS

We do not have a torque setting for Standard GM Rod Bolts, please see our heavy duty rod bolt information sheets for SBD supplied rod bolts.

OIL PUMP BOLTS

4 LB/FT (243 LOCTITE)

CRANK BOLT

GRAPHITE GREASE UNDER HEAD & WASHER, OIL THREAD

STAGE 1---70 LB/FT

STAGE 2---30 DEG

STAGE 3---15 DEG

CAM CAPS

6 LB/FT

CAM PULLEY BOLT

48 LB/FT (243 LOCTITE)

CAM VERNIER PULLEY BOLTS

14LB /FT

IDLER PULLEY BOLTS

18 LB/FT (243 LOCTITE)

CAM BELT AUTO TENSIONER BOLT

15 LB/FT

SUMP BOLTS

243 LOCTITE

STEEL SUMP---4 LB/FT
ALLOY SUMP--6 LB/FT
DRY SUMP-----10 NM

STD FLYWHEEL BOLTS

Graphite grease under bolt heads, *243 LOCTITE on threads*

STAGE 1---26 LB/FT
STAGE 2---30 DEG
STAGE 3---15 DEG

ARP FLYWHEEL BOLTS

Graphite grease under bolt heads, *243 LOCTITE on threads*

STAGE 1---26 LB/FT (35NM)
STAGE 2---55 LB/FT (75NM)

CYLINDER HEAD BOLTS for standard gaskets

GRAPHITE GREASE UNDER HEADS & WASHERS, OIL THREADS

SEE LAST PAGE FOR TIGHTENING SEQUENCE

STAGE 1---18 LB/FT 25NM
STAGE 2---90 DEG
STAGE 3---90 DEG
STAGE 4---90 DEG
STAGE 5---45 DEG

HEAD STUDS (BLT-H3-STUD-KIT) for Cometic gaskets only

Due to the difference in quality of both Genuine and pattern standard head bolts, these are not suitable, therefore we can only recommend

the use of the ARP HEAD STUD KIT when using a Cometic gasket. The torque settings and instructions below must be followed:

IF COOLING MODS HAVE BEEN DONE THEN THE COMETIC GASKET MUST BE DIMPLED

ALWAYS wash the fasteners with cleaning solvent prior to installation. They come coated with a 'protective' coating, this is **NOT** a lubricant.

METHOD

Supplied ARP lubricant must be used on all threads and underneath face of nut and washer.

BEFORE CYLINDER HEAD IS INSTALLED: -

1. Ensure threads in block & on stud are completely clean
2. Apply lubricant to stud threads & screw stud into block finger tight only.

STAGE 1---25 LB/FT

STAGE 2---Back off ½ turn

STAGE 3---25 LB/FT

STAGE 4---60 LB/FT

STAGE 5---Back off ¼ turn

STAGE 6---60 LB/FT

ONCE CYLINDER HEAD IS INSTALLED, FIT NUTS & WASHERS - THIS MUST ALWAYS BE IN THE SEQUENCE SHOWN ON THE NEXT PAGE:

1.4L/1.6L XE 16V HEAD BOLT TIGHTENING SEQUENCE

9	5	1	3	7
10	6	2	4	8

1.4L/1.6L XE 16V HEAD BOLT REMOVAL SEQUENCE

1	3	9	5	7
2	4	10	6	8



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