

2.0L Ford Duratec

TORQUE WRENCH SETTINGS

Specifications subject to change without prior notice

MAIN CAP BOLTS - STD

****IF REMOVED THESE MUST BE REPLACED WITH ARP STUD KIT****

MAIN CAP ARP STUDS

60lb Using ARP lube

BIG END BOLTS

STANDARD TYPE ROD BOLTS

****IF REMOVED THESE MUST BE REPLACED WITH ARP ROD BOLTS****

Heavy Duty Rod Bolts for Standard Rods

Please see individual bolt instruction sheet.

Heavy Duty Rod Bolts for Steel Rods

Please see individual bolt instruction sheet.

CRANK BOLT

SBD H/Duty (BLT-CRK-DURA-HD)

GRAPHITE GREASE UNDER HEAD & WASHER, OIL THREAD

STAGE 1 – 74 LB/FT

STAGE 2 – 90 Degrees

ARP H/Duty (BLT-CRK-DURA-ARP)

ARP Lube UNDER HEAD & WASHER

Final – 145 LB/FT

CAM CAPS

STAGE 1 - 5 LB/FT

STAGE 1 - 12 LB/FT

CAM PULLEY BOLT (Vernier Cam Pulleys)

15 LB/FT

SUMP BOLTS

243 LOCTITE

ALLOY SUMP – 18LB/FT

DRY SUMP-----18LB/FT

FLYWHEEL BOLTS, ARP

Graphite grease under head of 243 LOCTITE on threads

STAGE 1 – 85lb/ft (115NM)

STAGE 2 – 105lb/ft (142NM)

ARP HEAD STUD KIT

60 LB/FT Only (Using ARP lube)

****SEE FOLLOWING SHEET FOR TIGHTNING SEQUENCE****

2.0L Duratec HEAD BOLT TIGHTENING SEQUENCE

8 4 1 5 9

7 3 2 6 10

2.0L Duratec HEAD BOLT REMOVAL SEQUENCE

4 8 9 5 1

3 7 10 6 2

Please be aware that Technical Support involving our Technicians is chargeable

SBD Motorsport Ltd
Unit 15, Red Lion Business Park, Red Lion Road, Surbiton, Surrey.
KT6 7QD
Tel: 0208 391 0121
Website: www.sbdmotorsport.co.uk

 SBDMotorsport

 sbdevelopments