

## **SBD Rod Bolts RB3-L19** **ARP L19 3/8"UNF x 1.6"** **Assembly Procedure**

SBD ONLY recommends the use of a stretch gauge for installation of rod bolts; this is the only true accurate way of installing the bolts to ensure they are correctly fitted. Although the cost of the stretch gauge may seem expensive, you would need to have a torque wrench of extremely high quality, which is annually calibrated (even if not used) & this would cost considerably more than buying a stretch gauge and still does not ensure that the desired stretch is actually reached.

When assembling the bolts, Saenz recommendation is as follows;

[1] Always wash the fasteners with cleaning solvent prior to installation. They come coated with a "protective" coating, this is NOT a lubricant.

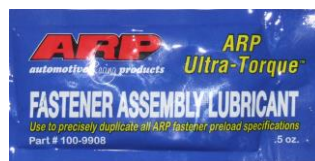
[2] Use ARP Ultra-Torque Fastener Assembly Lubricant to lubricate the threads of the bolt and the under head of the bolt. Then install the bolts and tighten them hand tight.

[3] Saenz only recommends using the STRETCH METHOD when tightening rod bolts.

[4] If you do not have a stretch gauge, torque the bolts using ARP Ultra-Torque Fastener Assembly Lubricant. Below is the suggested torque setting, but not recommended by SBD.

SBD Con-rod using these bolts	Stretch	Torque Setting
ROD-VX-2.0XE-143S ROD-VX-2.0XE-148-01S ROD-VX-2.0XE-148SP-P2OS-IN ROD-VX-2.0XE-149-01S ROD-VX-2.0XE-149-02S-L19 ROD-FD-2.0DUR-146S ROD-FD-2.0DUR-152-02 ROD-FD-2.4DUR-158S-01	<b>0.0059" – 0.0067"</b> <b>(0.151 – 0.17mm)</b>	<b>50 ft-lbs</b>

**Torque figures are only relevant for use with ARP Ultra-Torque #100-9908**



**SBD cannot take responsibility for failure of any components incorrectly assembled or using the wrong instructions, lubricant or an uncalibrated torque wrench.**

**THE FOLLOWING NOTES ARE IMPORTANT.**  
**DO NOT USE WASHERS IF SUPPLIED**

**SBD advise that rod bolts are replaced once they have been tightened to the final stage if then removed for any reason.**

If you're not sure don't guess, take them to a professional engine builder to do the job for you.

***Please be aware that Technical Support involving our Technicians is chargeable***