

Tightening Torque Specification Chart

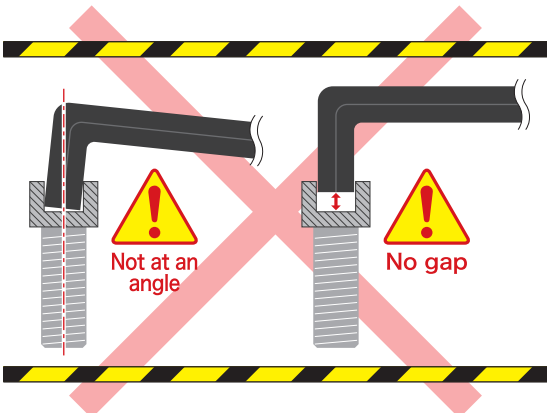
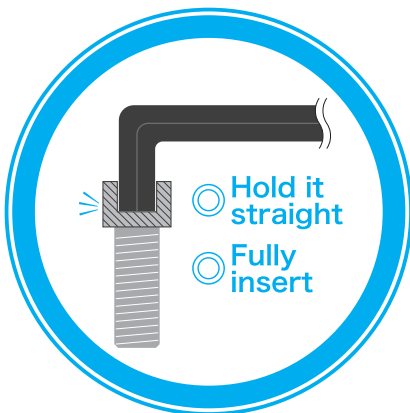
! You must read this before you proceed.

Precautions for secure bolting

- ①The bolt must be free of irregularities and go straight into the matching hole.
- ②Check whether the selected tool matches the type and shape of the bolt.
- ③Make sure you are holding the tool straight, not at an angle to the bolt and setting it all the way down.
- ④Only begin bolting process after the above precautions are carefully taken.

*Incorrectly tightened bolts can lead to component breakdowns and resulting in accident.

*Tightening too quickly can lead to inaccurate tightening (e.g., insufficient tightening).



Precautions for use of torque wrench

Torque wrench is a precision tool. Incorrect use can compromise accuracy and damage it.

Torque wrench is used to check an already tightened bolt only for achieving final torque values.

Be sure to apply force slowly perpendicular to the wrench handle.


BOTTOM BRACKET

CBBF  <p>Main unit (Right cup) Thread : BC1.37 x 24T - L Material : Steel</p> <p>Left cup Thread : BC1.37 x 24T Material : Steel</p> <p>Tool TL-CBB & 24mm spanner</p>  <p>Tightening torque 50~70N・m (500~700kgf・cm)</p>	CBBAL  <p>Main unit (Right cup) Thread : BC1.37 x 24T - L Material : Aluminum alloy</p> <p>Left cup Thread : BC1.37 x 24T Material : Aluminum alloy</p> <p>Tool TL-CBB & 24mm spanner</p>  <p>Tightening torque 50~70N・m (500~700kgf・cm)</p>	CBBAL (ITA)  <p>Main unit (Right cup) Left cup Thread : M36 x 24T Material : Aluminum alloy</p> <p>Tool TL-CBB & 24mm spanner</p>  <p>Tightening torque 50~70N・m (500~700kgf・cm)</p>	CBB-SG75  <p>Main unit (Right cup) Thread : BC1.37 x 24T - L Material : Aluminum alloy</p> <p>Left cup Thread : BC1.37 x 24T Material : Aluminum alloy</p> <p>Tool TL-CBB & 24mm spanner</p>  <p>Tightening torque 50~70N・m (500~700kgf・cm)</p>	BB-SG75  <div> <div> <p>Main unit (Right cup) Thread : BC1.37 x 24T - L Material : Steel</p> <p>Tool 36mm spanner</p>  <p>Tightening torque 50~70N・m (500~700kgf・cm)</p> </div> <div> <p>Left cup - Lockring Thread : BC1.37 x 24T Material : Steel</p> <p>Tool Hook spanner for lockring</p>  <p>Tightening torque 35~50N・m (350~500kgf・cm)</p> </div> </div>	
POWER SLEEVE (BB30A, PF30A)  <p>Joint section of Left & Right cups (Thread-in structure) Thread : M28 x 1.0 Material : Aluminum alloy</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 30~50N・m (300~500kgf・cm)</p>	POWER SLEEVE (Other than BB30A, PF30A)  <p>Joint section of Left & Right cups (Thread-in structure) Thread : BC1.37 x 1.0 Material : Aluminum alloy</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 30~50N・m (300~500kgf・cm)</p>	Sugino T47  <p>Right cup Thread : M47 x 1.0 - L Material : Aluminum alloy</p> <p>Left cup Thread : M47 x 1.0 Material : Aluminum alloy</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 30~50N・m (300~500kgf・cm)</p>	MB-608 (BSA)  <p>Right cup Thread : BC1.37 x 24T - L Material : Aluminum alloy</p> <p>Left cup Thread : BC1.37 x 24T Material : Aluminum alloy</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 40~50N・m (400~500kgf・cm)</p>	MB-608 (ITA)  <p>Right cup Left cup Thread : M36 x 24T Material : Aluminum alloy</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 40~50N・m (400~500kgf・cm)</p>	

CRANK (CHAINWHEEL)

IDS24 series (Φ24mm axle crank)  <p>Clamp bolt Thread : M6 x 1.0 Material : Steel</p> <p>Tool 5mm hexagon wrench</p>  <p>Tightening torque 14~16N・m (140~160kgf・cm)</p>	IDS30 series (Φ30mm axle crank)  <p>Axle bolt Thread : M15 x 1.0 Material : Aluminum alloy</p> <p>Tool 8mm hexagon wrench</p>  <p>Tightening torque 40~50N・m (400~500kgf・cm)</p>	4-Taper series (Square taper axle crank)  <p>BB axle bolt Thread : M8 x 1.0 Material : Steel</p> <p>Tool Such as 14mm box wrench</p>  <p>Tightening torque 40N・m (400kgf・cm)</p>
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CHAINRING FIXING BOLT

#401 SUS75  <p>Bolts Thread : M8 x 0.75 Material : SUS</p> <p>Tool 5mm hexagon wrench</p>  <p>Tightening torque 14~16N・m (140~160kgf・cm)</p>	#400 series (Other than #401 SUS75)  <p>Bolts Thread : M8 x 0.75 Material : Steel</p> <p>Tool 5mm hexagon wrench</p>  <p>Tightening torque 14~16N・m (140~160kgf・cm)</p>	#700 & #800 series  <p>Bolts Thread : M8 x 0.75 Material : Aluminum alloy</p> <p>Tool T30 torx wrench</p>  <p>Tightening torque 6.9N・m (70kgf・cm)</p>
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OTHERS

FUMIKIRI Lockring  <p>Thread : BC1.29 x 24T - L Material : Steel</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 40N・m (400kgf・cm)</p>	FIXIE Cluster  <p>Thread : BC1.37 x 24T Material : Steel</p> <p>Tool TL-PWS BB wrench (External BB tool)</p>  <p>Tightening torque 40N・m (400kgf・cm)</p>	Seatpost Clamp Bolt  <p>Thread : M6 x 1.0 Material : Steel</p> <p>Tool 5mm hexagon wrench</p>  <p>Tightening torque 12~15N・m (120~150kgf・cm)</p>	Adjustable FD MOUNT (MT-OX)  <p>FD fixing bolt Base plate fixing nut Thread : M5 x 0.8 Material : SUS</p> <p>Tool T20 torx wrench</p>  <p>Tightening torque 5~7N・m (50~70kgf・cm)</p>
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*The torque specifications in the chart are determined for fastening components in Sugino products, and don't apply to those in other brands'.