

Recommended Torque to Achieve Optimum Clamp Load

Using ARP Ultra-Torque Fastener Assembly Lubricant

Note: For those using Newton-meters as a torquing reference,
you must multiply the appropriate ft.-lbs. factor by 1.356.

Fastener Tensile Strength (PSI)

Thread Major Diameter	180,000 (1,241 MPa)		190,000 (1,310 MPa)		220,000 (1,516 MPa)		Max NM
	Torque w/ARP lube	Clamp Load	Torque w/ARP lube	Clamp Load	Torque w/ARP lube	Clamp Load	
1/4"	12	3,492	14	3,967	16	4,442	22
5/16"	24	5,805	28	6,588	32	7,371	43
3/8"	45	8,622	50	9,782	55	10,942	75
7/16"	70	11,880	80	13,470	90	15,060	122
1/2"	110	16,391	125	18,515	140	20,639	190
9/16"	160	21,220	180	23,944	200	26,668	271
5/8"	210	26,372	240	29,756	270	33,140	366
M6	11	3,359	13	3,814	15	4,269	20
M8	24	5,801	28	6,581	32	7,361	43
M10	54	9,970	62	11,305	70	12,640	95
M11	72	12,184	82	13,961	92	15,738	125
M12	98	14,472	112	16,949	125	19,425	170
M14	N/A	N/A	184	22,771	205	25,730	278
M16	N/A	N/A	244	29,664	272	33,519	369