



RECOMMENDED TORQUE VALUES	MAXIMUM (NM)	INCH LBS (LB/IN)
Rear derailleur bolt	9 Nm	80 lb/in
Rear derailleur cable-bolt	5 Nm	45 lb/in
Front derailleur bolt	5 Nm	45 lb/in
Front derailleur cable-bolt	5 Nm	45 lb/in
Shifter bolt-handlebar	7 Nm	60 lb/in
Cassette	40 Nm	355 lb/in
Cranks bolt fix BB spiline	45 Nm	390 lb/in
Cranks bolt Hollowtech II + Megaexo	12 Nm	105 lb/in
Bottom bracket sealed cartridge	60 Nm	530 lb/in
Bottom bracket Hollowtech II + Megaexo	45 Nm	390 lb/in
Disc brake caliper/fork	7 Nm	60 lb/in
Disc brake, lever-handlebar	7 Nm	60 lb/in
Disc brake, disc-hub Torx	3 Nm	25 lb/in
Disc brake, disc Shimano hub, Centerlock	40 Nm	355 lb/in
Bolts Stem Headset, assembly fork tube	5 Nm	45 lb/in
Bolt seatpost to adjust the saddle with just one bolt	17 Nm	150 lb/in
Pedals	40 Nm	355 lb/in
Wheels through axle	40 Nm	355 lb/in
Wheels quick release	7 Nm	60 lb/in
Hardware alloy bolts	20 Nm	175 lb/in
Hardware steel bolts	30 Nm	260 lb/in

2.2.1 Wheel check.

Lift up the front part of your bike and turn the wheel. Make sure that the wheel is running in a uniform circular movement and does not make any lateral or vertical movements. You also need to check the pressure of the tyres. The correct pressure is indicated on the side of the tyre. It is also very important to check the tension of the spokes by simply touching them. All of them should be firm and tight.



WARNING: do never inflate a tyre with more than the maximum recommended pressure, indicated on the side of the tyre. In case you exceed the maximum pressure, the tyre can get out of the rim which could lead to severe damage on the bike and possible injuries to the rider and other persons who are close to bike at that moment.