

SRM Training System: Torque Specifications

Torque in Nm

PowerMeter	chainring - big	chainring - small	crankarm / PowerMeter	crankarm / axle	bottom bracket/ bearing insert	pedal	handlebar clip
Specialized S-Works	10	10	29*	34	-	8	-
Professional	10	10	10*	octalink 40 - 50	50 - 60	8	-
				square-taper 32 - 38			
Professional compact	8	8	40	32 - 38	50 - 60	8	-
Science	10	10	10*	octalink 40 - 50	50 - 60	8	-
				square-taper 32 - 38			
Track	10	-	8	40 - 50	50 - 60	8	-
FSA K-Force	8	8	8	50	40 - 50	8	-
FSA K-Force light	10	10	8	50	40 - 50	8	-
FSA K-Force light compact	8	8	8	50	40 - 50	8	-
FSA Gossamer	10	10	8	fixing screw 0,7 - 1,5	40 - 50	8	-
				hexagon socket 10,8 - 14,7			
FSA Gossamer compact	8	8	8	fixing screw 0,7 - 1,5	40 - 50	8	-
				hexagon socket 10,8 - 14,7			
Shimano DuraAce 7800	10	10	T20 => 6	fixing screw 0,4 - 0,7	35 - 50	8	-
			T30 => 10	hexagon socket 12 - 15			
Shimano DuraAce compact 7800	8	8	T20 => 6	fixing screw 0,4 - 0,7	35 - 50	8	-
			T30 => 10	hexagon socket 12 - 15			
Shimano DuraAce compatible 7900	8	8	T20 => 6	fixing screw 0,4 - 0,7	35 - 50	8	-
			T30 => 10	hexagon socket 12 - 15			
Cannondale	10	10	47 - 54	34 - 41*	-	8	-
SRAM GXP	10	10	8	48 - 54	34 - 41	8	-
SRAM BB30	10	10	8	48 - 54	-	8	-
MTB FSA Afterburner	8*	8*	40*	fixing screw 0,7 - 1,5	40 - 50	8	-
				hexagon socket 10,8 - 14,7			
MTB FSA K-Force light	8*	8*	40*	44 - 54	40 - 50	8	-
BMX	10	-	10	fixing screw 0,4 - 0,7	50 - 60	8	-
				hexagon socket 12 - 15			
handlebar clip	-	-	-	-	-	-	2

* Loctite blue (242 or 243) Threadlocker recommended

