

## **TIGHTENING METHOD**

### **BLT-H3-STUD-KIT**

### **1.6L 16v Head stud kit.**

The shoulder goes down into the block and is the stop and controls the height of the stud



## **METHOD**

Supplied ARP lubricant must be used on all threads and underneath face of nut and washer.

BEFORE CYLINDER HEAD IS INSTALLED: -

1. Ensure threads in block & on stud are completely clean
2. Apply lubricant to stud threads & screw stud into block finger tight only.

Once cylinder head is installed, fit nut & washer then: -

- STAGE 1---25 LB/FT
- STAGE 2---Back off ½ turn
- STAGE 3---25 LB/FT
- STAGE 4---60 LB/FT
- STAGE 5---Back off ¼ turn
- STAGE 6---60 LB/FT

## 1.6L 16V HEAD BOLT TIGHTENING SEQUENCE



<b>9</b>	<b>5</b>	<b>1</b>	<b>3</b>	<b>7</b>
<b>10</b>	<b>6</b>	<b>2</b>	<b>4</b>	<b>8</b>

## 1.6L 16V HEAD BOLT REMOVAL SEQUENCE

<b>1</b>	<b>3</b>	<b>9</b>	<b>5</b>	<b>7</b>
<b>2</b>	<b>4</b>	<b>10</b>	<b>6</b>	<b>8</b>

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

SBD Motorsport Ltd  
Unit 15, Red Lion Business Park, Red Lion Road, Surbiton,  
Surrey. KT6 7QD  
Tel:0208 391 0121  
Website: [www.sbdmotorsport.co.uk](http://www.sbdmotorsport.co.uk)

 SBDMotorsport  
 sbdmotorsport