



1863 Eastman Ave.  
Ventura, Ca. 93003  
www.arp-bolts.com

**Part Number: 190-6003 & 190-6023**

**Application: PONTIAC 455 SUPER DUTY**

### **Press Fit - Rod Bolt Installation**

- [1] Please check the part-number(s) for your application against the part-number(s) listed on the instruction sheet.
- [2] Make sure there is an adequate chamfer around the top of the connecting rod bolt hole to clear the radius under the head of the bolt.
- [3] Press the bolts into the connecting rods and install the rod caps.
- [4] Use **ARP Ultra-Torque Fastener Assembly Lubricant** to lubricate the threads of the bolt and the nut face. Then install the nuts onto the bolts and tighten them hand tight.
- [5] ARP recommends using the **STRETCH METHOD** when tightening the bolts. Following the instructions for using a stretch gauge, **Stretch the bolts to .0075 - .0080**.
- [6] If you do not have a stretch gauge, torque the bolts to 75 ft-lbs using **ARP Ultra-Torque Fastener Assembly Lubricant**.
- [7] The connecting rods should always be re-sized after new rod bolts are installed.
- [8] A log should be kept on the original non-torqued length of each bolt. Bolts that have any permanent deformation or have increased in non-torqued length by more than .001 in. should be replaced.

If you have any questions or need additional information please contact us at **(805) 339-2200** or by **FAX (805) 650-0742**