



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

**Part Number: 190-6004**

**Application: PONTIAC 455 SUPER DUTY (7/16 DIA.)**

**Cap Screw without Washer - 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 bolt hole on the connecting rod cap to clear the radius under the head of the bolt.
- [3] Use **ARP Ultra-Torque Fastener Assembly Lubricant** to lubricate the threads of the bolt and the under head of the bolt. Then install the bolts and tighten them hand tight.
- [4] ARP recommends using the **STRETCH METHOD** when tightening rod bolts. Following the instructions for using a stretch gauge, **Stretch the bolts to .0055 - .0060**.
- [5] If you do not have a stretch gauge, torque the bolts to 75 ft-lbs using **ARP Ultra-Torque Fastener Assembly Lubricant**.
- [6] The connecting rods should always be re-sized after new rod bolts are installed.
- [7] 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**