

Safety Check

- Front and rear, wheel and brake torques
- Brake pad wear
- Tire Pressure
- Tire wear and condition
- Handlebar torque for R11xxGS models (21 N-m)
- Chain tension for F models
- Turn signals, brake lights, high beam, and horn
- Test ride (test all controls during ride)
- Oil level

Triumph Cheat Sheet

last edited:
Nov. 1st, 2003

Standard Torques	N-m x .738	=	Ft.-lb
M6 bolt	12 N-m	=	8.5 Ft-lb
M8 bolt	27 N-m	=	20 Ft-lb
M10 bolt	40 N-m	=	29.5 Ft-lb
M12 bolt	48 N-m	=	35.5 Ft-lb

This is a VERY young version of this document. It is slowly growing. I am making this basically for myself, but am putting it out for others to use. If you see any errors, or want to add anything, tell me.

Speed 4 and Speed triple

Tire Pressures	Front	Rear		N-m x .723	=	Ft.-lb
Speed 4	34 / 2.35	38 / 2.6	yoke pinch bolts	20 N-m	=	15 Ft-lb
Speed triple	34 / 2.35	38 / 2.6	front&rear disc	22 N-m	=	16 Ft-lb
Chain Freeplay	25-35mm		brake caliper:			
			rear M8	24 N-m	=	17 Ft-lb
			rear M12	29 N-m	=	21 Ft-lb
			front	40 N-m	=	29 Ft-lb
			front axle	65 N-m	=	47 Ft-lb
			steering stem nut	65 N-m	=	47 Ft-lb
			rear axle	110 N-m	=	80 Ft-lb

Sprint 900

8mm allen	pinch bolt	36 N-m	26 Ft-lb
12mm allen	Rear axle	85 N-m	62 Ft-lb
Tire Pressure	36 / 2.5 front	42 / 2.9 rear	

Daytona 955

14mm socket	Brake Caliper	40 N-m	29 Ft-lb
6mm allen	pinch bolt	20 N-m	15 Ft-lb
12mm allen	front wheel spindle	65 N-m	47 Ft-lb
46mm	Rear axle nut	146 N-m	106 Ft-lb

Tire Pressures Front 36 / 2.5 Rear 41 / 2.9 kg/cm2
 chain slack 35-40mm
 nm x .723 - ft-lb bar x 14.5 (or 14.2) = psi

Tiger 955

12mm socket	Brake Caliper	28 N-m	21 Ft-lb	
8mm allen	Front axle	60 N-m	44 Ft-lb	long-nose pliers to remove circlip
19mm socket	Rear axle	85 N-m	62 Ft-lb	12mm allen to rotate excentric
8mm allen	Rear axle pinch	35 N-m	26 Ft-lb	

Tire Pressures Front 36 / 2.5 Rear 41 / 2.9
 chain slack 35-40mm
 nm x .723 - ft-lb bar x 14.5 (or 14.2) = psi