

Nm to ft-lbs torque chart

Newton-metres to foot-pounds (lb-ft). 1 Nm = 0.7376 ft-lbs. Popular values in bold.

Nm	ft-lbs	Nm	ft-lbs	Nm	ft-lbs
1 Nm	0.74	48 Nm	35.40	95 Nm	70.07
2 Nm	1.48	49 Nm	36.14	96 Nm	70.81
3 Nm	2.21	50 Nm	36.88	97 Nm	71.54
4 Nm	2.95	51 Nm	37.62	98 Nm	72.28
5 Nm	3.69	52 Nm	38.35	99 Nm	73.02
6 Nm	4.43	53 Nm	39.09	100 Nm	73.76
7 Nm	5.16	54 Nm	39.83	105 Nm	77.44
8 Nm	5.90	55 Nm	40.57	110 Nm	81.13
9 Nm	6.64	56 Nm	41.30	115 Nm	84.82
10 Nm	7.38	57 Nm	42.04	120 Nm	88.51
11 Nm	8.11	58 Nm	42.78	125 Nm	92.20
12 Nm	8.85	59 Nm	43.52	130 Nm	95.88
13 Nm	9.59	60 Nm	44.25	135 Nm	99.57
14 Nm	10.33	61 Nm	44.99	140 Nm	103.26
15 Nm	11.06	62 Nm	45.73	145 Nm	106.95
16 Nm	11.80	63 Nm	46.47	150 Nm	110.63
17 Nm	12.54	64 Nm	47.20	155 Nm	114.32
18 Nm	13.28	65 Nm	47.94	160 Nm	118.01
19 Nm	14.01	66 Nm	48.68	165 Nm	121.70
20 Nm	14.75	67 Nm	49.42	170 Nm	125.39
21 Nm	15.49	68 Nm	50.15	175 Nm	129.07
22 Nm	16.23	69 Nm	50.89	180 Nm	132.76
23 Nm	16.96	70 Nm	51.63	185 Nm	136.45
24 Nm	17.70	71 Nm	52.37	190 Nm	140.14
25 Nm	18.44	72 Nm	53.10	195 Nm	143.82
26 Nm	19.18	73 Nm	53.84	200 Nm	147.51
27 Nm	19.91	74 Nm	54.58	205 Nm	151.20
28 Nm	20.65	75 Nm	55.32	210 Nm	154.89
29 Nm	21.39	76 Nm	56.05	215 Nm	158.58
30 Nm	22.13	77 Nm	56.79	220 Nm	162.26
31 Nm	22.86	78 Nm	57.53	225 Nm	165.95
32 Nm	23.60	79 Nm	58.27	230 Nm	169.64
33 Nm	24.34	80 Nm	59.00	235 Nm	173.33
34 Nm	25.08	81 Nm	59.74	240 Nm	177.01
35 Nm	25.81	82 Nm	60.48	245 Nm	180.70
36 Nm	26.55	83 Nm	61.22	250 Nm	184.39
37 Nm	27.29	84 Nm	61.96	255 Nm	188.08
38 Nm	28.03	85 Nm	62.69	260 Nm	191.77
39 Nm	28.76	86 Nm	63.43	265 Nm	195.45
40 Nm	29.50	87 Nm	64.17	270 Nm	199.14
41 Nm	30.24	88 Nm	64.91	275 Nm	202.83
42 Nm	30.98	89 Nm	65.64	280 Nm	206.52
43 Nm	31.72	90 Nm	66.38	285 Nm	210.21
44 Nm	32.45	91 Nm	67.12	290 Nm	213.89
45 Nm	33.19	92 Nm	67.86	295 Nm	217.58
46 Nm	33.93	93 Nm	68.59	300 Nm	221.27
47 Nm	34.67	94 Nm	69.33		

ft-lbs to Nm torque chart

Foot-pounds (lb-ft) to Newton-metres. 1 ft-lb = 1.3558 Nm.

ft-lbs	Nm	ft-lbs	Nm	ft-lbs	Nm
1	1.36	48	65.08	95	128.80
2	2.71	49	66.44	96	130.16
3	4.07	50	67.79	97	131.51
4	5.42	51	69.15	98	132.87
5	6.78	52	70.50	99	134.23
6	8.13	53	71.86	100	135.58
7	9.49	54	73.21	105	142.36
8	10.85	55	74.57	110	149.14
9	12.20	56	75.93	115	155.92
10	13.56	57	77.28	120	162.70
11	14.91	58	78.64	125	169.48
12	16.27	59	79.99	130	176.26
13	17.63	60	81.35	135	183.04
14	18.98	61	82.70	140	189.81
15	20.34	62	84.06	145	196.59
16	21.69	63	85.42	150	203.37
17	23.05	64	86.77	155	210.15
18	24.40	65	88.13	160	216.93
19	25.76	66	89.48	165	223.71
20	27.12	67	90.84	170	230.49
21	28.47	68	92.20	175	237.27
22	29.83	69	93.55	180	244.05
23	31.18	70	94.91	185	250.83
24	32.54	71	96.26	190	257.61
25	33.90	72	97.62	195	264.38
26	35.25	73	98.97	200	271.16
27	36.61	74	100.33	205	277.94
28	37.96	75	101.69	210	284.72
29	39.32	76	103.04	215	291.50
30	40.67	77	104.40	220	298.28
31	42.03	78	105.75	225	305.06
32	43.39	79	107.11	230	311.84
33	44.74	80	108.47	235	318.62
34	46.10	81	109.82	240	325.40
35	47.45	82	111.18	245	332.18
36	48.81	83	112.53	250	338.95
37	50.17	84	113.89	255	345.73
38	51.52	85	115.24	260	352.51
39	52.88	86	116.60	265	359.29
40	54.23	87	117.96	270	366.07
41	55.59	88	119.31	275	372.85
42	56.94	89	120.67	280	379.63
43	58.30	90	122.02	285	386.41
44	59.66	91	123.38	290	393.19
45	61.01	92	124.74	295	399.97
46	62.37	93	126.09	300	406.75
47	63.72	94	127.45		

Metric bolt torque chart

Typical dry torque, coarse thread, steel bolt into steel. Nm (ft-lbs).

Size	Grade 8.8	Grade 10.9	Grade 12.9
M5	6 Nm (4 ft-lbs)	9 Nm (7 ft-lbs)	10 Nm (7 ft-lbs)
M6	10 Nm (7 ft-lbs)	15 Nm (11 ft-lbs)	18 Nm (13 ft-lbs)
M8	25 Nm (18 ft-lbs)	36 Nm (27 ft-lbs)	43 Nm (32 ft-lbs)
M10	50 Nm (37 ft-lbs)	72 Nm (53 ft-lbs)	84 Nm (62 ft-lbs)
M12	88 Nm (65 ft-lbs)	126 Nm (93 ft-lbs)	147 Nm (108 ft-lbs)
M14	140 Nm (103 ft-lbs)	200 Nm (148 ft-lbs)	234 Nm (173 ft-lbs)
M16	219 Nm (162 ft-lbs)	313 Nm (231 ft-lbs)	365 Nm (269 ft-lbs)
M20	441 Nm (325 ft-lbs)	610 Nm (450 ft-lbs)	713 Nm (526 ft-lbs)
M24	762 Nm (562 ft-lbs)	1055 Nm (778 ft-lbs)	1233 Nm (909 ft-lbs)

Read before you tighten

- How these are worked out: 75% of the ISO 898-1 proof load, nut factor 0.2 (dry, plain or zinc-plated steel).
- Oiled, greased, waxed or anti-seize threads: use roughly 20 to 25% less.
- NOT for bolts into aluminium, magnesium or plastic (engine cases, calipers, bike frames): use the maker's figure.
- Stretch (torque-to-yield) bolts such as head bolts need torque plus an angle and are single use.
- Carbon bike parts: use the figure printed on the part, and carbon assembly paste.
- Click wrenches are least accurate below about 20% of their range. Wind back to the lowest setting after use.
- The grade is stamped on the bolt head (8.8, 10.9 or 12.9).