



SEIDA Engineering Street Racer Connecting Rods

Connecting rods installation instruction

Thank you for choosing SEIDA connecting rods! They are precision, high strength, quality racing connecting rods. The following instructions will ensure you the best performance if you follow them precisely.

Never use air ratchet or impact gun to unlock or seat the bolts at any time.

After you open the box, use a wrench to unlock the bolt a little counterclockwise and then loose bolts by hand smoothly. Bolts should always be handled by the bolt head. Do not use metal stamps to number rods. Clean each rod thoroughly. Examine all parts to make sure no dust exists. Lubricate bolts under the head and on the threads with ARP lube included. Cap should be seated on rod by aligning cap by hand and lightly tapping into place. Alternatively tighten bolts to avoid cocking cap. Torque the bolts to the specification shown below:

3/8" ARP 2000 – 45 ft. lbs

Rod information in this box: Total weight – 520 g.

Control No.	Type	Big End Weight (g)	Pin End Weight (g)
766	SD-SR20OE	379	142
971	SD-SR20OE	379	142
774	SD-SR20OE	379	142
796	SD-SR20OE	379	142

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