(5) FARM USE | Page 3 | IH8MUD
Land Cruiser FJ40, FJ45, FJ55, FJ
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⚠ WARNING: Cancer and Reproductive Harm — www.p65warnings.ca.gov

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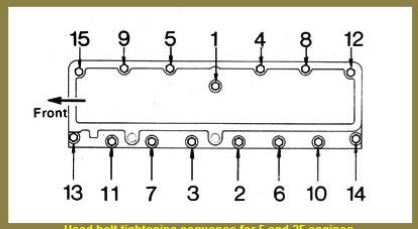
SERVICE TIP: TORQUE SETTINGS & VALVE CLEARANCES

VALVE CLEARANCES (HOT)
INTAKE = .008 in (0.20 mm)
EXHAUST = .014 in (0.35 mm)

TORQUE WRENCH SETTINGS
CYLINDER HEAD = 90 ft/lbs

ROCKER SUPPORT
12mm socket size = 18 ft/lbs
14mm socket size = 28 ft/lbs

MANIFOLD
F MODEL = 28 ft/lbs
2F MODEL = 33 ft/lbs



Head bolt tightening sequence for F and 2F engines.

<<< ▲Top of Page >>>



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