# MAIN CRANK BOLTS & EXTRACTOR

## M30
MAIN BOLT/
EXTRACTOR

**MAIN BOLT**
8mm Allen
*48-52Nm Torque*

**SELF EXTRACTOR**
Cassette Tool
*20Nm Torque*

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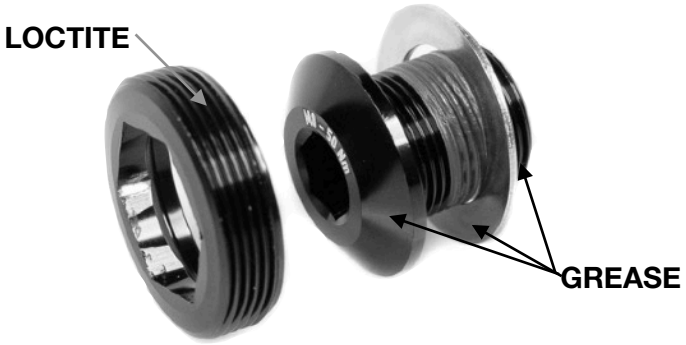
OLDER VERSION

## M24
MAIN BOLT/
EXTRACTOR

**MAIN BOLT**
8mm Allen
*50Nm Torque*

**SELF EXTRACTOR**
16mm Allen Tool
*20Nm Torque*

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2026 UPDATE
NEW

## M24
MAIN BOLT/
EXTRACTOR

**MAIN BOLT**
8mm Allen
*50Nm Torque*

**SELF EXTRACTOR**
10mm Allen Tool
*20Nm Torque*

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## "TYPE6/ETOR"
MAIN BOLT/
EXTRACTOR

**MAIN BOLT**
8mm Allen
***40Nm** Torque*

**SELF EXTRACTOR**
Cassette Tool
*20Nm Torque*

# M24 BOLT QUICK VISUAL IDENTIFICATION

***OLDER GEN***
**M24 BOLT/EXTRACTOR**
(Older version phased out)

NEW

2026 UPDATE

***NEW GEN***
**M24 BOLT/EXTRACTOR**
*(AUG 2026)*

*NEW* UPDATED M24 Main bolt & self-extractor is backwards compatible to our older M24 cranks. Just replace your older version with new version.