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**Overview** Created: Jan 15, 1993 Edited: Apr 16, 2018

<b>VEHICLE TYPE</b> Car/Truck	<b>FUEL TYPE</b> Gas	<b>ENGINE CODE</b>
<b>MAKE</b> CHEVROLET	<b>MODEL</b> CAPRICE	<b>YEAR</b> 1976-1979
<b>BORE/STROKE</b> 4.2500" (107.950 MM)	<b>4.000" (101.600 MM)</b>	<b>VIN</b> S
<b>COMPRESSION RATIO</b> 7.9:1 RATIO		<b>LITER</b> 7.4
<b>COMMENT</b> GEN IV, 4BC		<b>CID</b> 454
		<b>CYL</b> V 8
		<b>FIRING ORDER</b> 1-8-4-3-6-5-7-2
		<b>INTFR</b> Unkown

## Torque/Tune-Up

### Torque Specifications

Description	Specifications
Intake Manifold	30 FT/LBS
Exhaust Manifold	40 FT/LBS
Flywheel	65 FT/LBS
Flywheel Bolt Sealer	
Flywheel Surfacing	FLAT
Damper	85 FT/LBS
Damper Bolt Sealer	
Main Bearing Cap	90-100 FT/LBS
Additional Main Cap Bolts	
Connecting Rod	45-55 FT/LBS
Cylinder Head	30, 60, 80 FT/LBS USE SEALER
Camshaft Cap Torque	
Camshaft Gear Bolt	
Comments	

### Additional Torque Specifications

ROCKER ARM STUD TO HEAD	50 FT/LBS
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## Tune-Up Specifications

<b>Description</b>	<b>Specifications</b>
Idle Speed (rpm)	
Compression Ratio	7.9:1 RATIO
Firing Order	1-8-4-3-6-5-7-2
Spark Plug Gap	
Ignition Timing	
Oil Pressure At Idle	10 PSI @ 500 RPM
Oil Pressure	40-60 PSI @ 2000 RPM
Intake Valve Lash	0 + 3/4 TURN
Exhaust Valve Lash	0 + 3/4 TURN
Lash Adjustment Method	
Comments	