

Fuel :



CBM ECOTEC:	91 Octane
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	91 Octane
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	91, 110, 116 Octane*
CBM SUPERCHARGED 415, 425, 440, 454:	91, 110, 116 Octane*
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	91, 110, 116 Octane*

* depending on your tune.

Non-Synthetic Motor Oil :



CBM ECOTEC:	Valvoline 10w 30
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	Valvoline 10w 30
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	Lucas Racing 20w 50
CBM SUPERCHARGED 415, 425, 440, 454:	Lucas Racing 20w 50
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	Lucas Racing 20w 50

Spark Plugs :



CBM ECOTEC:	ACDelco 41-105	
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	NGK TR5IX 3688	
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	NGK TR6IX 3689 <i>Stock compression</i>	NGK TR7IX 3690 <i>High compression</i>
CBM SUPERCHARGED 415, 425, 440, 454:	NGK TR7IX 3690 <i>Pump gas</i>	NGK TR8IX 3691 <i>Race fuel</i>
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	NGK TR7IX 3690 <i>Pump gas</i>	NGK TR8IX 3691 <i>Race fuel</i>

Spark Plug Gap :

CBM ECOTEC:	.035 in.
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	.035 in.
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	.030 in.
CBM SUPERCHARGED 415, 425, 440, 454:	.025 in.
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	.025 in.

Fuel Pressure (EFI) :

CBM ECOTEC:	58 psi static*
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	58 psi static*
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	58 psi static*
CBM SUPERCHARGED 415, 425, 440, 454:	58 psi static*
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	58 psi static*

static = ignition key on, ignition key off.

Normal Operating Temperature :

CBM ECOTEC:	160°-210°*
CBM 5.3, LS1, LS2, LS3, LS6, LS7:	160°-210°*
CBM NATURALLY ASPIRATED 415, 425, 440, 454:	160°-210°*
CBM SUPERCHARGED 415, 425, 440, 454:	160°-210°*
CBM TWIN TURBOCHARGED 415, 425, 440, 454, 463:	160°-210°*

* under normal conditions.