

ARCTIC Liquid Freezer II 360

ARCTIC Liquid Freezer II 360 CPU AIO Water Cooler - Instruction Manual

Model: Liquid Freezer II 360 (ACFRE00068B)

Brand: ARCTIC

1. PRODUCT OVERVIEW

The ARCTIC Liquid Freezer II 360 is a multi-compatible all-in-one CPU water cooler designed for efficient thermal management of Intel and AMD processors. It features a robust 360mm radiator, efficient PWM-controlled pump, and an additional 40mm VRM fan for enhanced cooling of voltage regulators. Integrated cable management simplifies installation and maintains a clean system aesthetic.



Image: ARCTIC Liquid Freezer II 360 AIO Cooler, showcasing the radiator, fans, and pump block.

2. WHAT'S IN THE BOX

- ARCTIC Liquid Freezer II 360 AIO Unit (Radiator, Pump, Fans, Tubing)
- Mounting Clips (for Intel and AMD sockets)
- Spacers (for AMD sockets)
- Flat Washers (for Radiator)
- Screws (for Mounting Clips, AMD Socket, Radiator)
- MX-4 Thermal Paste (0.8 g)

3. SETUP AND INSTALLATION

Proper installation is crucial for optimal performance. Ensure your system is powered off and disconnected from the power source before beginning. Refer to the specific instructions for your CPU socket type below.

3.1. AMD AM4/AM5 Installation

For AMD AM4 and AM5 sockets, follow the steps outlined in the video below. This includes removing the pre-installed retention brackets, installing spacers, and securing the mounting clips. The Liquid Freezer II supports offset mounting for Ryzen 3000/5000 CPUs to better align with CPU hot spots, potentially improving thermal performance.

Your browser does not support the video tag. Please update your browser to view this content.

Video: Installation guide for ARCTIC Liquid Freezer II 360/420 on AMD AM4 sockets, including offset mounting details.

Your browser does not support the video tag. Please update your browser to view this content.

Video: Detailed installation steps for ARCTIC Liquid Freezer II 360 on AMD AM4 platforms.

3.2. Intel LGA1700/1200/115X/2011-3/2066 Installation

For Intel sockets, the installation process involves securing the appropriate backplate and standoffs before mounting the pump block. The video below demonstrates the installation for Intel 115X sockets, which is similar for other compatible Intel platforms.

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Video: Installation guide for ARCTIC Liquid Freezer II 360 on Intel 115X sockets.

3.3. General Installation Notes

- **Thermal Paste Application:** Apply a small, pea-sized amount of the included MX-4 thermal paste to the center of your CPU's integrated heat spreader (IHS) before mounting the pump block.
- **Radiator Mounting:** Mount the radiator to an available fan slot in your PC case (e.g., top, front). Ensure proper airflow direction for optimal cooling.
- **Cable Management:** The PWM cables of the fans are integrated into the sleeved tubing, reducing cable clutter. Connect the single PWM cable from the pump to your motherboard's CPU_FAN header.
- **VRM Fan:** The additional 40mm VRM fan next to the pump is PWM controlled and provides extra cooling for the voltage regulator modules (VRMs) around the CPU socket.

4. OPERATING INSTRUCTIONS

The ARCTIC Liquid Freezer II 360 operates automatically via PWM control. The pump and fans adjust their speed based on CPU temperature, ensuring efficient cooling while minimizing noise.

- **PWM Control:** The cooler's pump and fans are connected via a single PWM cable to your motherboard. Your motherboard's BIOS/UEFI settings or dedicated software can be used to fine-tune fan curves if desired.
- **VRM Fan Operation:** The 40mm VRM fan operates in conjunction with the main pump, providing targeted airflow to the motherboard's voltage regulators. This helps maintain lower VRM temperatures, especially under heavy loads.

5. MAINTENANCE

The Liquid Freezer II 360 is a closed-loop system and requires minimal maintenance. Regular cleaning of the radiator and fans will help maintain optimal performance.

- **Dust Removal:** Periodically clean dust from the radiator fins and fan blades using compressed air or a soft brush. Ensure the fans are not spinning during cleaning to prevent damage.
- **Tubing Inspection:** Occasionally inspect the tubing for any signs of kinks, damage, or leaks. While rare, addressing these issues promptly is important.
- **No Fluid Refill:** As a sealed AIO unit, the Liquid Freezer II does not require fluid refills or maintenance of coolant levels.

6. TROUBLESHOOTING

If you encounter issues with your Liquid Freezer II 360, consider the following troubleshooting steps:

- **High CPU Temperatures:**
 - Ensure the pump is running and connected to the CPU_FAN header.
 - Verify fans are spinning and correctly oriented for airflow.
 - Check thermal paste application; reapply if necessary.
 - Ensure radiator fins are free of dust and obstructions.
- **Excessive Noise:**
 - Adjust fan curves in your motherboard's BIOS/UEFI to reduce fan speed at lower temperatures.
 - Check for any cables or components obstructing fan blades.
- **Pump Not Functioning:**
 - Confirm the PWM cable from the pump is securely connected to the CPU_FAN header.
 - Check BIOS/UEFI settings to ensure the CPU_FAN header is enabled and configured correctly.

7. SPECIFICATIONS

Feature	Value
Product Dimensions	15.67"L x 4.72"W x 1.5"H (Radiator)
Item Model Number	ACFRE00068B

Feature	Value
Manufacturer	ARCTIC
Material	Aluminum, Copper, Rubber
Power Connector Type	4-Pin PWM
Voltage	12 Volts
Cooling Method	Water
Compatible Devices	Intel: 1150, 1151, 1155, 1156, 1200, 1700, 2011(-3), 2066; AMD: AM5, AM4
Maximum Rotational Speed	1800 RPM (Fans)
Air Flow Capacity	55.6 Cubic Feet Per Minute (Fans)
Thermal Paste	MX-4 (0.8 g)

8. WARRANTY AND SUPPORT

For warranty information, technical support, or further assistance, please visit the official ARCTIC website or contact their customer service directly.

ARCTIC Store: [Visit the ARCTIC Store on Amazon](#)