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› [ARCTIC Liquid Freezer III Pro 360 A-RGB CPU Cooler Instruction Manual](#)

## ARCTIC ACFRE00184A

# ARCTIC Liquid Freezer III Pro 360 A-RGB CPU Cooler Instruction Manual

Model: ACFRE00184A

## INTRODUCTION

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This manual provides comprehensive instructions for the installation, operation, and maintenance of your ARCTIC Liquid Freezer III Pro 360 A-RGB CPU Cooler. Please read this manual thoroughly before installation to ensure optimal performance and longevity of your system components.

The ARCTIC Liquid Freezer III Pro 360 A-RGB is an all-in-one (AIO) liquid cooling solution designed for high-performance CPUs, featuring a 360mm radiator, three 120mm A-RGB fans, a PWM pump, and an integrated VRM fan. It is compatible with AMD AM5/AM4 and Intel LGA1851/1700 sockets.

## WHAT'S IN THE BOX

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Verify that all components are present before beginning installation:

- 1 x Liquid Freezer 360 A-RGB (black) unit (pre-assembled with fans and pump)
- Intel LGA1851/1700 Contact Frame
- Mounting hardware for AMD AM5/AM4 and Intel LGA1851/1700
- Thermal paste (pre-applied or included tube)
- User Manual (digital access recommended)



Image: The ARCTIC Liquid Freezer III Pro 360 A-RGB CPU Cooler, showcasing the radiator with three A-RGB fans and the pump block with integrated VRM fan. This image represents the main unit included in the box.

## TECHNICAL SPECIFICATIONS

Feature	Detail
Model Number	ACFRE00184A
Radiator Dimensions	15.67 x 4.72 x 2.6 inches (398 x 120 x 66 mm)
Fan Size	3 x 120 mm (ARCTIC P12 Pro A-RGB)
Fan Speed	400-3000 RPM (PWM controlled)
Air Flow Capacity	77 CFM
Pump Speed	Up to 2900 RPM

VRM Fan	Integrated, PWM controlled
Compatibility	AMD AM5/AM4, Intel LGA1851/1700
Power Connector	4-Pin
Voltage	12 Volts
Wattage	3.96 watts



The image shows a close-up of an ARCTIC P12 Pro A-RGB fan. The fan's blades are illuminated with a vibrant rainbow spectrum of colors. The ARCTIC logo is visible on the central hub. Overlaid on the left side of the fan are three dark blue rectangular boxes, each containing a white icon and text describing a performance metric.

- Vitesse du ventilateur**  
400–3000 tr/min
- Pression statique**  
6,9 mm H<sub>2</sub>O
- Débit d'air**  
77 cfm | 131 m<sup>3</sup>/h

**Ventilateur ARCTIC P12 Pro A-RGB**

Image: Diagram illustrating the dimensions of the ARCTIC Liquid Freezer III Pro 360 A-RGB radiator and fans, highlighting the 38mm radiator thickness and 63mm total height with fans. This is crucial for case compatibility.

## SETUP AND INSTALLATION

Before installation, ensure your PC case has sufficient clearance for the 360mm radiator and fans. The radiator is 38mm thick, and with fans, the total height is approximately 63mm.

## 1. Pre-installation Checks

- **Case Compatibility:** Verify your case supports a 360mm radiator in the desired mounting location (top, front, or side).
- **Motherboard Compatibility:** Ensure your motherboard has the correct mounting holes for AMD AM5/AM4 or Intel LGA1851/1700.
- **RAM/VRM Clearance:** Check for potential interference with tall RAM modules or motherboard VRM heatsinks, especially with the integrated VRM fan on the pump block.

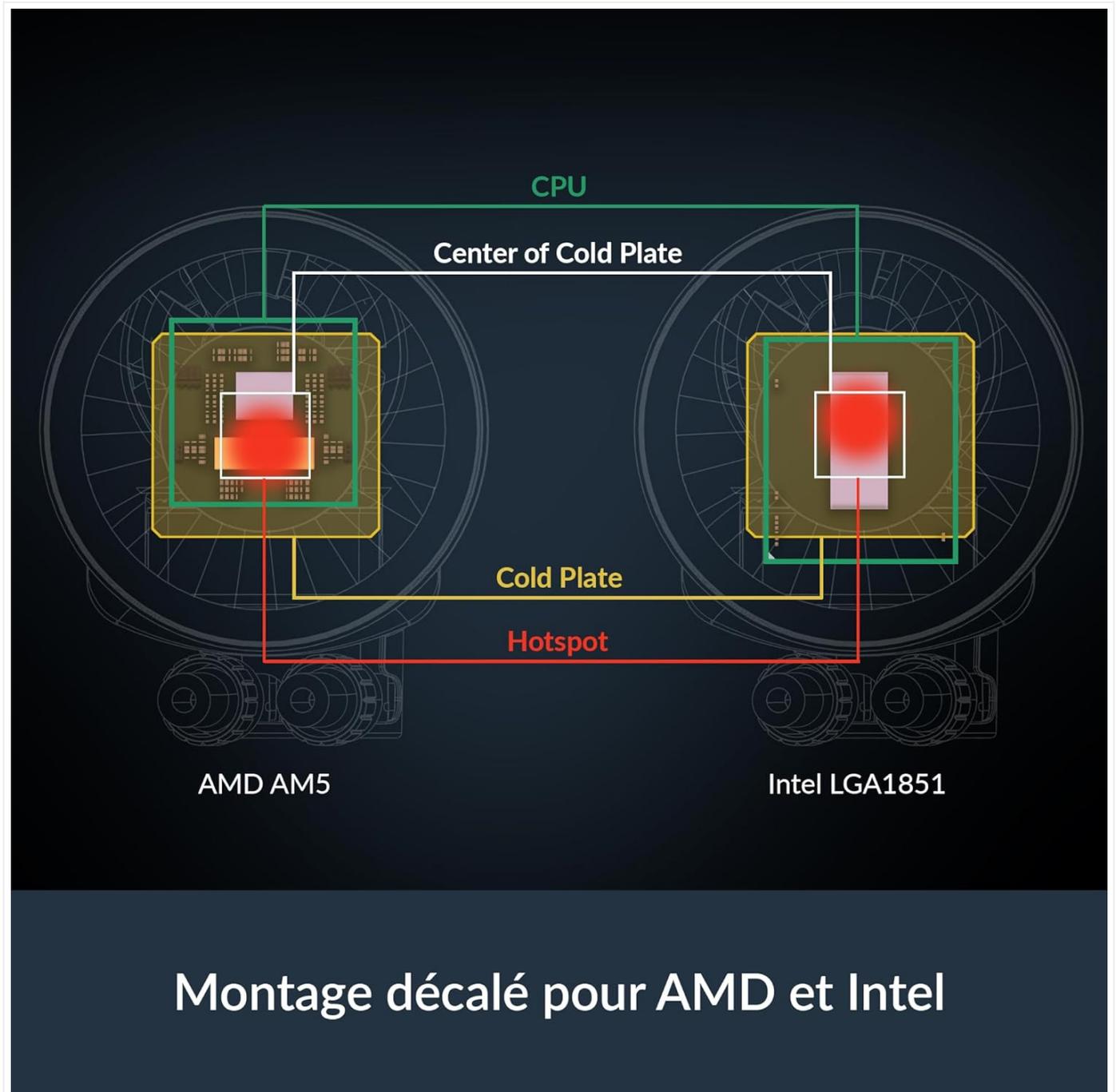
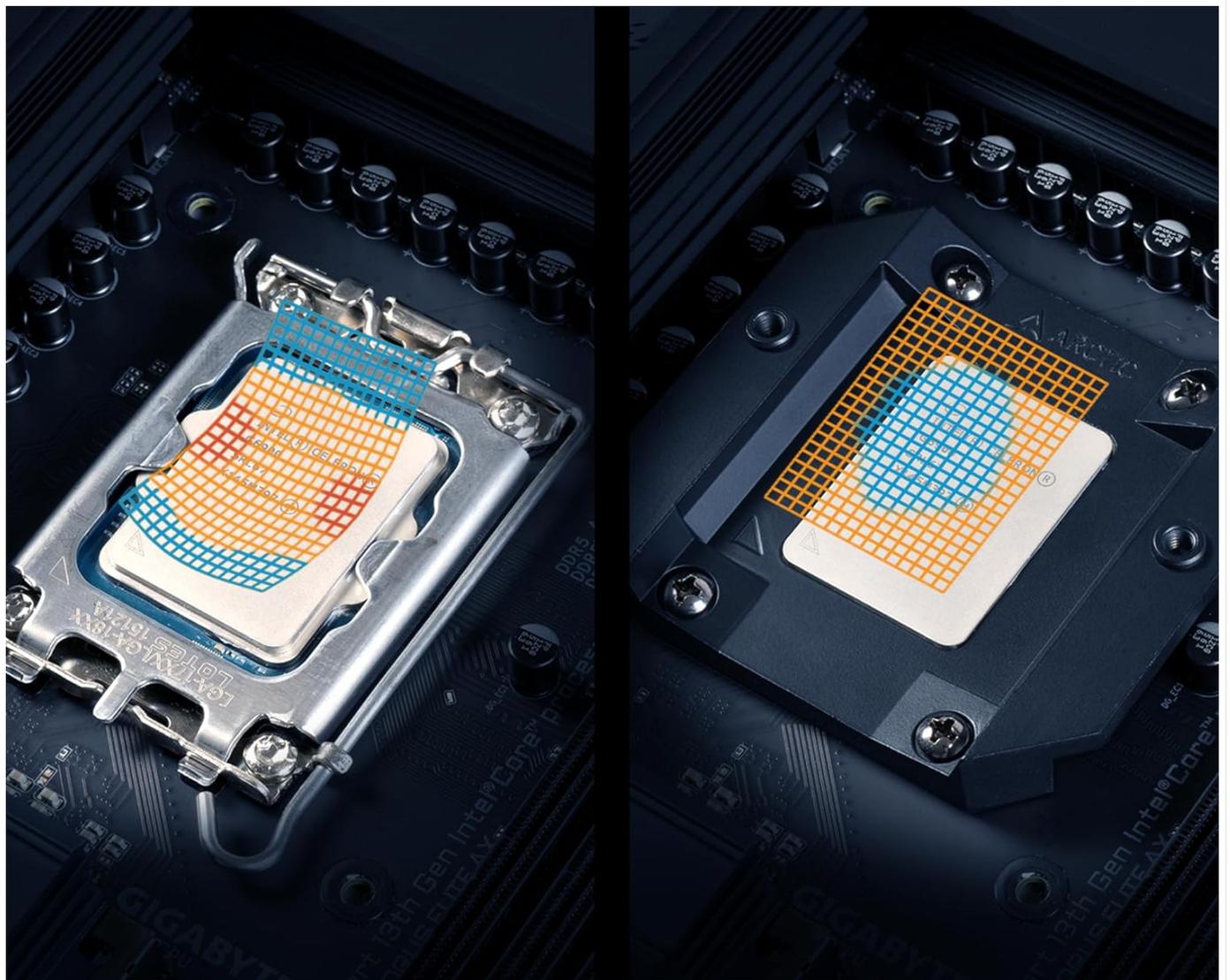


Image: Diagram illustrating the native offset mounting for AMD AM5 and Intel LGA1851/1700, showing how the cold plate is shifted towards the CPU hotspot for improved thermal transfer.

## 2. Mounting the Radiator and Fans

The fans are pre-installed on the radiator, and their PWM cables are integrated into the tubing sleeve for simplified cable management. This means only a single cable needs to be connected to your motherboard for fan and pump control.

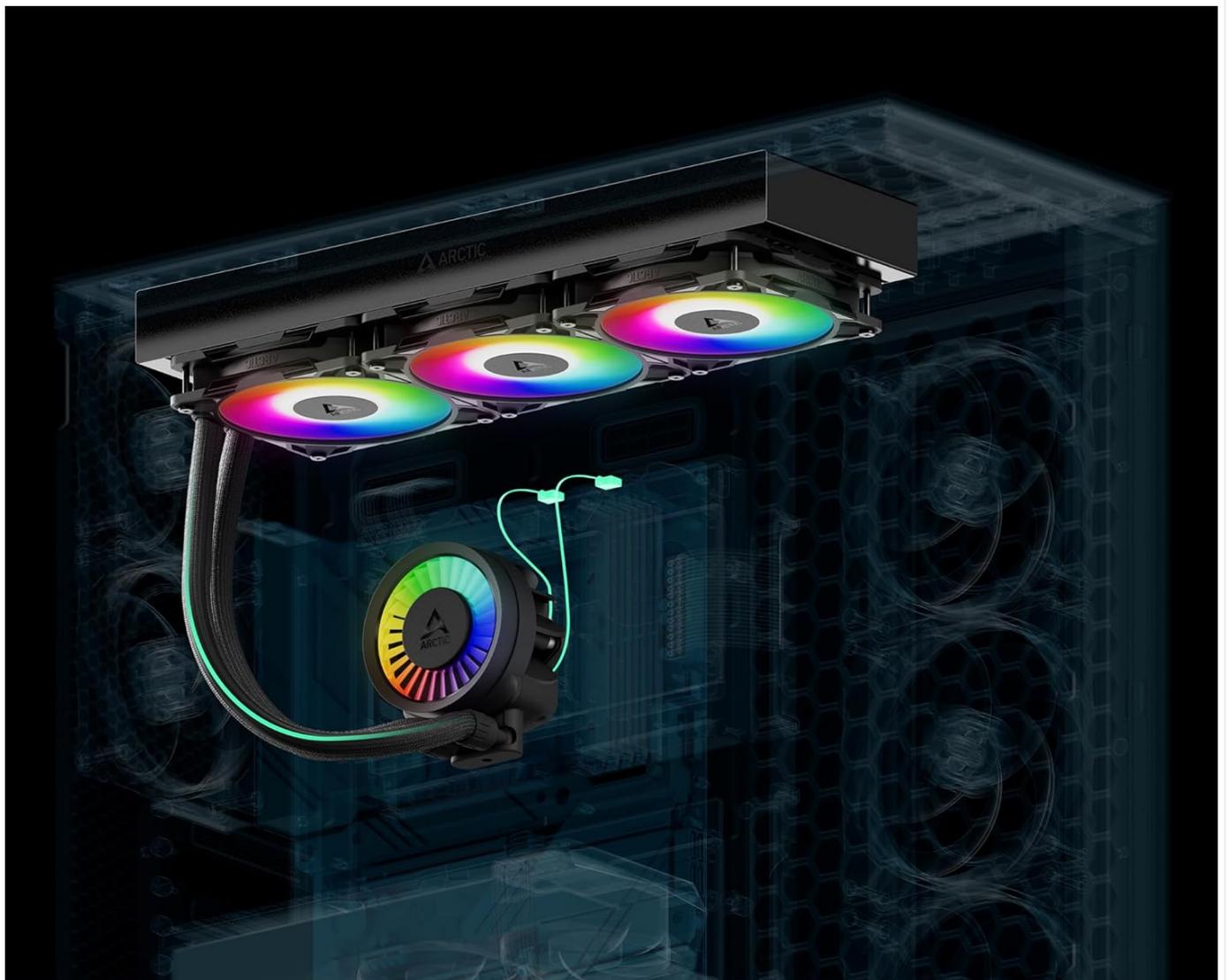


## LGA1851 | LGA1700 Cadre de contact

Image: An X-ray view of a PC case showing the ARCTIC Liquid Freezer III Pro 360 A-RGB installed, highlighting the pre-installed fans and integrated cable management within the tubing.

### 3. Installing the CPU Block

The cooler utilizes a leaf spring mounting system for optimal contact pressure. For Intel LGA1851/1700, use the included contact frame to ensure even pressure distribution and better heat dissipation. Follow the specific instructions provided in the online manual for your CPU socket type.



## Ventilateurs préinstallés et gestion intégrée des câbles

Image: Close-up comparison of an Intel LGA1851/1700 socket with and without the ARCTIC contact frame installed, demonstrating how the frame helps optimize contact pressure for the CPU cooler.

### 4. Cable Connections

Connect the single integrated cable from the cooler to the appropriate PWM header on your motherboard. For A-RGB lighting, connect the A-RGB cable to a compatible 3-pin 5V A-RGB header on your motherboard. Ensure correct polarity to avoid damage.



## LED Gen 2 adressables individuellement

Image: Diagram showing the different cable connection options for the ARCTIC Liquid Freezer III Pro 360 A-RGB, including separate connections for VRM fan, radiator fans, and pump, or a single "All-In-One" cable for simplified setup.

### OPERATING THE COOLER

The ARCTIC Liquid Freezer III Pro 360 A-RGB is designed for automatic operation via PWM control. The pump, radiator fans, and integrated VRM fan adjust their speeds based on CPU temperature, ensuring optimal cooling performance while minimizing noise.

#### PWM Control

The PWM (Pulse Width Modulation) signal from your motherboard controls the speed of the pump and fans. This allows for dynamic adjustment of cooling performance based on the thermal load of your CPU. You can typically configure fan curves in your motherboard's BIOS/UEFI settings or through manufacturer-provided software.

#### A-RGB Lighting

The A-RGB lighting on the fans and pump cap can be synchronized with compatible motherboard software (e.g., ASUS

Aura Sync, GIGABYTE RGB Fusion 2.0, MSI Mystic Light Sync, ASRock Polychrome Sync). This allows for customization of lighting effects and colors to match your system's aesthetic.

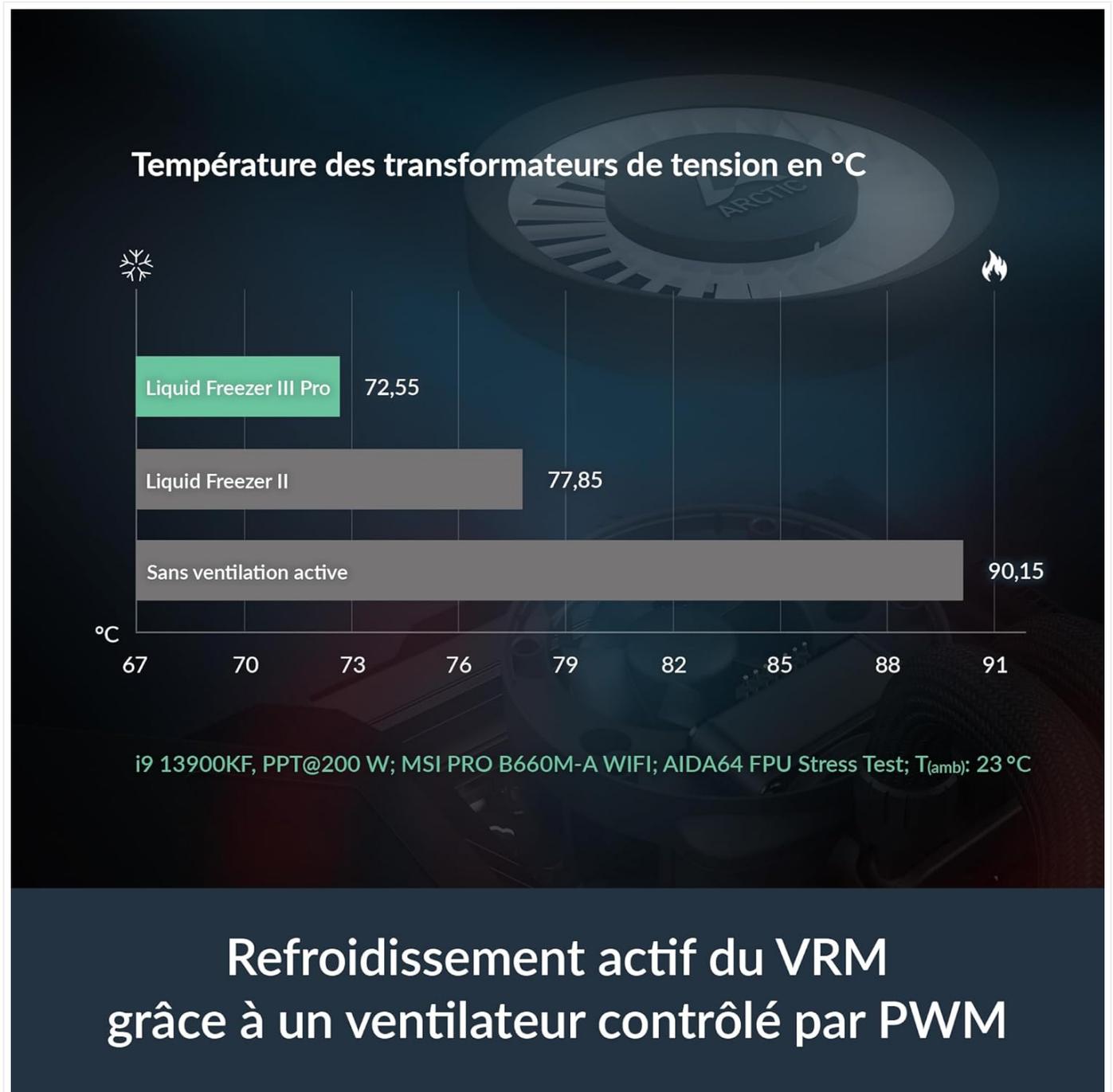


Image: Logos of various motherboard RGB synchronization technologies (ARGB Gen2, RGB Fusion 2.0, MSI Mystic Light Sync, ASRock Polychrome Sync, SignalRGB Certified), indicating compatibility of the ARCTIC Liquid Freezer III Pro 360 A-RGB lighting.

### VRM Cooling

The integrated PWM-controlled VRM fan actively cools the voltage regulator modules on your motherboard, which is crucial for maintaining stability and performance, especially with high-power CPUs. This feature helps prevent thermal throttling of your motherboard's power delivery system.



Image: Bar chart comparing VRM temperatures with Liquid Freezer III Pro, Liquid Freezer II, and without active ventilation, demonstrating the significant temperature reduction provided by the integrated VRM fan.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your liquid cooler.

### Dust Cleaning

Periodically inspect the radiator fins and fan blades for dust accumulation. Use compressed air or a soft brush to gently remove dust. Ensure the fans are not spinning rapidly during cleaning to prevent damage to their bearings.

### Coolant Check (Not User Serviceable)

The ARCTIC Liquid Freezer III Pro 360 A-RGB is a closed-loop AIO system and does not require coolant refills or maintenance. The coolant is factory-sealed and designed to last the lifetime of the product. Do not attempt to open the loop, as this will void the warranty and may cause damage.

## Thermal Paste Reapplication

While the cooler comes with pre-applied thermal paste, if you ever need to remove and re-install the CPU block (e.g., for CPU upgrade or troubleshooting), it is recommended to clean off the old thermal paste from both the CPU IHS and the cold plate, and apply a fresh layer of high-quality thermal paste.

## TROUBLESHOOTING

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Common issues and their potential solutions:

- **No RGB Lighting:**

- Check if the A-RGB cable is securely connected to the motherboard's 3-pin 5V A-RGB header.
- Ensure your motherboard's RGB software is installed and configured correctly.
- Verify that the A-RGB header is enabled in your motherboard's BIOS/UEFI.

- **Fans Not Spinning/Pump Not Working:**

- Confirm the main PWM cable from the cooler is properly connected to the CPU\_FAN or AIO\_PUMP header on the motherboard.
- Check BIOS/UEFI settings to ensure the fan/pump header is configured for PWM control and not set to a fixed low speed or disabled.
- Ensure adequate power supply to the motherboard.

- **High CPU Temperatures:**

- Verify the CPU block is securely mounted and making good contact with the CPU. Re-seat if necessary, reapplying thermal paste.
- Check for proper airflow within your PC case. Ensure radiator fans are oriented correctly (intake/exhaust).
- Monitor pump and fan speeds via motherboard software to ensure they are operating at appropriate RPMs under load.
- Ensure the radiator fins are free of dust and obstructions.

- **Unusual Noise from Cooler:**

- Check for loose fan screws or vibrations.
- Ensure tubing is not kinked or obstructing airflow.
- If a gurgling sound persists after initial setup, gently tilt your PC case to help trapped air bubbles move to the radiator.

## WARRANTY AND SUPPORT

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ARCTIC products are known for their reliability and come with a manufacturer's warranty. For specific warranty terms and conditions, please refer to the official ARCTIC website or the documentation provided with your purchase. Keep your proof of purchase for warranty claims.

For technical support, troubleshooting assistance beyond this manual, or warranty inquiries, please visit the official ARCTIC support page:

[ARCTIC Official Support](#)

## Related Documents - ACFRE00184A

	<p><a href="#">ARCTIC Liquid Freezer III 360 A-RGB CPU Cooler - Technical Specifications and Overview</a></p> <p>Comprehensive technical specifications, dimensions, performance data, and shipping information for the ARCTIC Liquid Freezer III 360 A-RGB All-in-One CPU Water Cooler. Compatible with Intel LGA1851/1700 and AMD AM5/AM4 sockets.</p>
	<p><a href="#">ARCTIC Liquid Freezer III 240 AIO CPU Cooler: Specifications and Compatibility</a></p> <p>Detailed specifications, compatibility, and performance data for the ARCTIC Liquid Freezer III 240 All-in-One CPU Water Cooler, including fan speeds, dimensions, and shipping information.</p>
	<p><a href="#">ARCTIC Liquid Freezer III 420 A-RGB: High-Performance CPU Water Cooler</a></p> <p>Detailed specifications and features of the ARCTIC Liquid Freezer III 420 A-RGB All-in-One CPU Water Cooler, including compatibility, performance data, dimensions, and shipping information.</p>
	<p><a href="#">ARCTIC Liquid Freezer III 280 CPU Water Cooler - Technical Specifications</a></p> <p>Comprehensive technical specifications, performance data, and dimensional details for the ARCTIC Liquid Freezer III 280 All-in-One CPU Water Cooler. Covers compatibility, pump and fan performance, and shipping information.</p>
	<p><a href="#">ARCTIC Liquid Freezer III 360 All-in-One CPU Water Cooler Specifications and Features</a></p> <p>Detailed specifications, features, and dimensions for the ARCTIC Liquid Freezer III 360, a multi-compatible all-in-one CPU water cooler. Includes information on pump, radiator, fans, compatibility, and shipping.</p>
	<p><a href="#">ARCTIC Liquid Freezer II 280 CPU Water Cooler Specifications and Features</a></p> <p>Detailed specifications, features, and shipping information for the ARCTIC Liquid Freezer II 280, a multi-compatible all-in-one CPU water cooler. Includes technical data on pump, fans, radiator, and compatibility.</p>



### [ARCTIC Liquid Freezer III Pro 360 A-RGB EC Declaration of Conformity](#)

Official EC Declaration of Conformity for the ARCTIC Liquid Freezer III Pro 360 A- RGB computer cooling component, confirming compliance with RoHS and EMC directives, and harmonized standards EN55032, EN55035, EN61000-3-2, and EN61000-3-3.

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### [\[pdf\] Documentation](#)

ACFRE00184A Liquid Freezer III Pro 360 A RGB COO Vincent Andre 156 0KBARCTIC

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ARCTIC HK Ltd. Unit 1302-05, The Octagon 6 Sha Tsui Road Tsuen Wan, N.T.

Hong-Kong ARCTIC Liquid ... Republic of China. Brand : ARCTIC Product Name :

Part Number : Liquid Freezer III Pro 360 A-RGB **ACFRE00184A** UPC : 84003340293-4 EAN : 489526500025-6 To comply with international requirements,...

lang:en score:28 filesize: 156.01 K page\_count: 1 document date: 2025-01-20



### [\[pdf\] Documentation Declaration of Conformity](#)

ACFRE00184A Liquid Freezer III Pro 360 A RGB RoHS REACH declaration of Compliance Vincent Andre

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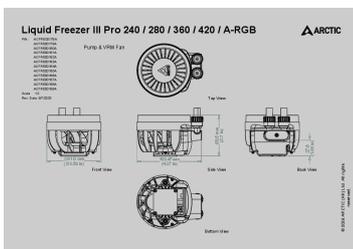
ARCTIC HK Ltd. Unit 1302-05, The Octagon 6 Sha Tsui Road Tsuen Wan, N.T.

Hong-Kong ARCTIC Liquid ... duct : Brand : Product Name : Part Number : UPC :

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489526500025-6 We hereby certify that the Product is fully compliant with...

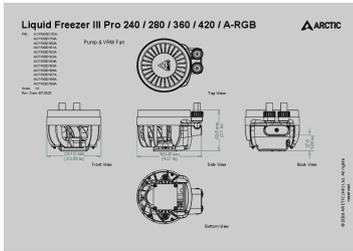
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### [ARCTIC Liquid Freezer III Pro Series: Technical Drawings and Specifications](#)

Detailed technical drawings and dimensional specifications for the ARCTIC Liquid Freezer III Pro series of CPU liquid coolers, including 240mm, 280mm, 360mm, and 420mm A-RGB models.

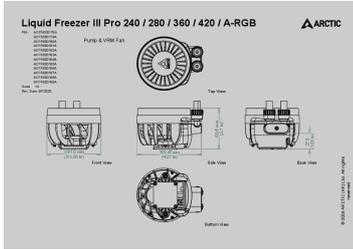
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### [ARCTIC Liquid Freezer III Pro Series: 240, 280, 360, 420, A-RGB Technical Specifications](#)

Detailed technical drawings and dimensions for the ARCTIC Liquid Freezer III Pro series of All-in-One (AIO) liquid CPU coolers, including variants for 240mm, 280mm, 360mm, 420mm, and A-RGB models. Features part numbers and key measurements for pump, VRM fan, and radiator assemblies.

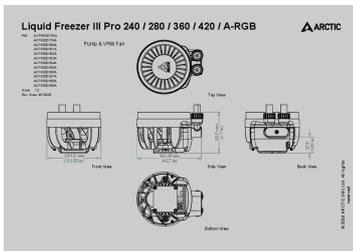
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### [ARCTIC Liquid Freezer III Pro Series: Technical Specifications and Dimensions](#)

Detailed technical specifications and dimensional drawings for the ARCTIC Liquid Freezer III Pro AIO liquid CPU coolers (240mm, 280mm, 360mm, 420mm, A-RGB). Includes part numbers and measurements.

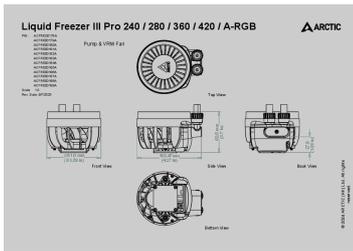
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### [ARCTIC Liquid Freezer III Pro Series 2D Drawings and Specifications](#)

Detailed 2D drawings and specifications for the ARCTIC Liquid Freezer III Pro series, including models 240, 280, 360, and 420, with A-RGB lighting. Includes part numbers, dimensions, and views of the pump/VRM unit and radiator/fan assemblies.

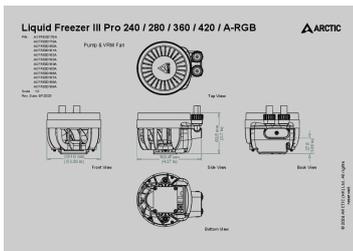
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### [ARCTIC Liquid Freezer III Pro Series: Technical Specifications and Dimensions](#)

Detailed technical specifications and dimensional drawings for the ARCTIC Liquid Freezer III Pro CPU cooler series, including 240mm, 280mm, 360mm, and 420mm A-RGB models.

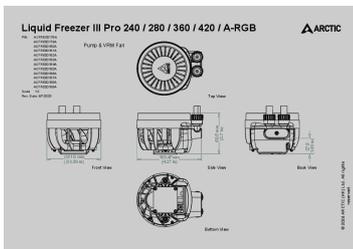
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### [ARCTIC Liquid Freezer III Pro Series: Technical Specifications and Dimensional Drawings](#)

Detailed technical specifications and dimensional drawings for the ARCTIC Liquid Freezer III Pro series of All-in-One (AIO) CPU liquid coolers, including 240, 280, 360, and 420 A-RGB models.

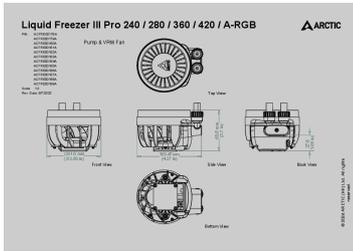
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### [ARCTIC Liquid Freezer III Pro Series Technical Specifications and Diagrams](#)

Detailed technical drawings and specifications for the ARCTIC Liquid Freezer III Pro series of CPU liquid coolers, including models 240, 280, 360, 420, and A-RGB variants. Features dimensions and part numbers for pump/VRM module and 360mm radiator/fan module.

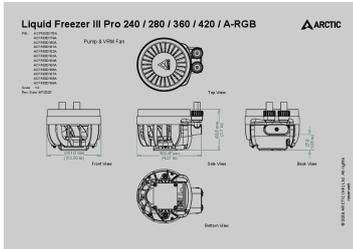
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### [ARCTIC Liquid Freezer III Pro Series: Technical Drawings and Dimensions](#)

Detailed 2D drawings and dimensions for the ARCTIC Liquid Freezer III Pro series (240, 280, 360, 420, A-RGB) CPU coolers, including pump/VRM fan and radiator/fan unit specifications.

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### [ARCTIC Liquid Freezer III Pro Series 240/280/360/420 A-RGB - Technical Specifications](#)

Detailed 2D technical drawings and specifications for the ARCTIC Liquid Freezer III Pro series of All-in-One (AIO) liquid CPU coolers, including dimensions for pump, radiator, and fan units.

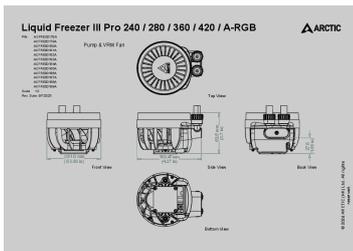
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### [ARCTIC Liquid Freezer III Pro 360 A-RGB: Spezifikationen und Abmessungen](#)

Detaillierte Spezifikationen, Anschlussbelegungen, Abmessungen und Versandinformationen für den ARCTIC Liquid Freezer III Pro 360 A-RGB All-in-One CPU-Wasserkühler.

lang:de score:20 filesize: 1.31 M page\_count: 3 document date: 2025-03-26



### [ARCTIC Liquid Freezer III Pro Series: Technical Specifications and Dimensions](#)

Detailed technical drawings and dimensions for the ARCTIC Liquid Freezer III Pro series CPU coolers, including models 240, 280, 360, 420, and A-RGB variants. Features P/N information and various views.

lang:af score:20 filesize: 624.41 K page\_count: 2 document date: 2025-07-09

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eshop.k-net.cz  
+4204248220150

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ARCTIC LIQUID FREEZER III PRO 360 ARGB CERNY

Cena celkem:	2 599 Kč
(bez DPH):	2 148 Kč
DPH (21%):	450 Kč
Ušetřeno:	2 859 Kč
Kód zboží:	CHLARC1196
Part No.:	ACFRE00184A
Zruka:	6 roky / rok
Stav:	Nové zboží

**Popis**

**ARCTIC Liquid Freezer III Pro 360 ARGB - ledová pevnost pro CPU**

Vedlejší CPU chladič ARCTIC Liquid Freezer III Pro 360 ARGB si v postáří a perfektní stabilitu procesoru během zátěžových a dlouhodobých provozů. Tento model je určen pro platformy AMD a Intel a nabízí vynikající výkon při nízké spotřebě elektrické energie. Všechny části procesoru ARCTIC Liquid Freezer III Pro 360 ARGB si navzájem dobře spolupracují a poskytují optimální chlazení. Díky své pevné a spolehlivé konstrukci, odolnosti proti prachu a ochranným procesorům PC systém vždy pracuje klidně.

[pdf]

ARCTIC Liquid Freezer III Pro 360 ARGB černý K net eshopVodní chladič určený pro chlazení procesoru

Vyznačuje se vysokou kvalitou výkonem a spolehlivostí Vybaven je třemi 120mm ventilátory P12

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### [ARCTIC Liquid Freezer III Pro 360 A-RGB CPU Water Cooler Specification Sheet](#)

Comprehensive specification sheet for the ARCTIC Liquid Freezer III Pro 360 A-RGB All-in-One CPU Water Cooler, detailing its features, compatibility with Intel and AMD sockets, dimensions, performance data, and RGB lighting capabilities.

lang:en score:20 filesize: 1.3 M page\_count: 3 document date: 2025-03-26



### [\[pdf\] Specifications Dimension Guide Warranty](#)

Скачать Система жидкостного охлаждения Arctic Liquid Freezer III Pro 360 ARGB Black купить в интернет магазине Регард Москва цена характеристики описание отзывы Spec Sheet A RGB

ENregard.ru/api/site/files/goods/12420/|||

ARCTIC SPECIFICATION SHEET Liquid Freezer III Pro 360 A-RGB MORE INFORMATION MANUALS LIMITED W A R ... tion LF III Pro 360 A-RGB Box

Dimension 414 L x 167 W x 142 H mm Gross Weight 2450g SKU **ACFRE00184A**

EAN 4895265000256 UPC 840033402934 Shipping Information LF III Pro 360 A-RGB White...

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