1. Turn the board over and remove the four screws highlighted above. Keep these to one side, they will be needed in step 5.

2. Turn the board back over and slowly remove the stock heat sink from the board. You should be careful not to damage any components on the board.

3. Remove the film from both sides and place the blue thermal pads on the positions marked A and the grey pad on the position marked B.

4. Remove the plastic film from the A and B water blocks and carefully place them into position on the motherboard. You should check the thermal pads are still in position.

5. With one hand on the blocks, turn the board back over. Refit the four original screws to secure the blocks. You should gradually tighten them in turn so even pressure is applied.

6. The board is now ready for use. When you first boot it is highly advisable to monitor chipset temperatures. If they appear high you may need to remove and refit the block.