Instructions to install SATA drive (Optical) in Mac Pro.

1. Remove side of case using latch on rear right side of machine (front facing you): Lift latch and then lift panel.

2. Remove drive sleds 1 and 2. Sleds are marked on the upper right hand side front, 1 being the closest to front of machine. Lay system on its side (side opposite you), this makes screw removal easier, and is necessary for removing the front fan.

3. Unscrew screw for front fan. Screw is located on top right side of front fan.
Remove video card: Begin by unscrewing two large screws on plate holding cards in. When loosened, remove plate, then video card.

Next, remove memory boards (risers) by gripping holes on corners and pulling straight out, away from motherboard.
5 - Remove two screws at bottom of memory bay.

6 - Two screws are located on what would be the bottom of the machine, closest to the case door, were it upright. These must be removed as well.
Once screws have been removed, the memory bay should be movable. It is not removable, but there is play and wiggle room. Rock bay towards back of system (where USB ports, fire wire ports, and video card output is) to loosen the heat sink cover. Heat sink cover will have to be rocked and shifted left/right as well.

When heat sink cover is removed front fan can now be removed. Grasp top (closest to optical drives and slide PCI cover plate between fan and case. The cover plate will help to separate fan from case. Lift straight up while prying away from case, either front or bottom.
9 - Once front fan is removed, access to SATA ports is revealed.

10 - Remove optical drive sled by grasping and pulling up and out of machine.
11 - Unhook IDE cable (black flat cable) from top optical drive. As well as the power connector.

12 - Using a straightened paperclip, eject tray and pull out until completely out. Remove bezel from Blu-ray drive. This can be done by locating three bumps holding bezel in place and carefully lift edges over bumps and sliding bezel up.

13 - Slide drive in sled so that it faces the same direction as other drive. Unscrew 4 extra screws on drive sled. Use the 4 screws to mount the drive in the sled. Do not put sled in bay and connect! This will be the next to last step.
14 - You must now thread the red SATA cable down through a hole in the front far corner, where the other cables go down to the motherboard. Once SATA cable is fed down through, connect to bottom SATA port on motherboard.

15 - Proceed to reverse disassembly, going step by step until you reach the point where it is needed to slide sled into bay.

16 - Connect power adapter to molex connector.

17 - Reconnect IDE cable and power to original drive.

18 - Slide sled almost half way in to bay, then connect SATA cable to Blu-ray drive, as well as power. Once connected, proceed to slide sled completely into bay.

19 - Replace side cover, placing bottom in to slot first, the top, pressing firmly and depressing latch.