

**OVERVIEW**

1. Power connector	5. Power button
2. HDMI	6. SD card reader
3. USB-C (USB 10Gbps), with USB PD 3.0 & DP 1.4	7. USB-A (USB 5Gbps)
4. Headphone / microphone combo jack (3.5mm)	8. USB-A (USB 5Gbps), Always On

## PERFORMANCE

### Processor

#### Processor Family

AMD Ryzen™ 3 / 5 / 7 Processor

#### Processor\*\*

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
AMD Ryzen™ 3 7330U	4	8	2.3GHz	4.3GHz	2MB L2 / 8MB L3	AMD Radeon™ Graphics
AMD Ryzen™ 5 7430U	6	12	2.3GHz	4.3GHz	3MB L2 / 16MB L3	AMD Radeon™ Graphics
AMD Ryzen™ 5 7530U	6	12	2.0GHz	4.5GHz	3MB L2 / 16MB L3	AMD Radeon™ Graphics
AMD Ryzen™ 7 7730U	8	16	2.0GHz	4.5GHz	4MB L2 / 16MB L3	AMD Radeon™ Graphics

### Operating System

#### Operating System\*\*

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- Windows® 11 Home Single Language in S mode
- Windows® 11 Home in S mode

### Graphics

#### Graphics

Graphics	Type	Memory	TGP	Key Features
AMD Radeon™ Graphics	Integrated	Shared	Share CPU TDP	DirectX® 12

### Monitor Support

#### Monitor Support

Supports up to 3 independent displays (native display and 2 external monitors via HDMI® and USB-C®)

- HDMI® supports up to 3840x2160@30Hz
- USB-C® supports up to 4K@60Hz

### Chipset

#### Chipset

AMD SoC (System on Chip) platform

### Memory

#### Max Memory

- 8GB soldered memory, not upgradable
- 16GB soldered memory, not upgradable

#### Memory Slots

Memory soldered to systemboard, no slots, dual-channel

#### Memory Type

LPDDR4x-4266

### Storage

#### Storage Support<sup>[1]</sup>

One drive, up to 1TB M.2 2242 SSD

#### Storage Slot

One M.2 2242 PCIe® 3.0 x4 slot

#### Storage Type\*\*

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 3.0 x4	128GB

M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4 <sup>[2]</sup>	256GB / 512GB / 1TB
--------------	--	---------------------

## Notes:

- [1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.  
 [2] PCIe® 4.0x4 is downgraded to be closer to PCIe® 3.0x4 due to the system slot limitation.

## Removable Storage

### Card Reader

SD card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

### Speakers

Front-facing stereo speakers, 2W x2, optimized with Dolby Audio™

### Microphone

Dual-microphone array

### Camera\*\*

- FHD 1080p, with privacy shutter, fixed focus
- HD 720p, with privacy shutter, fixed focus

## Sensor

### Sensors

- Accelerometer (G) sensor
- Hall sensor

## Battery

### Battery

Integrated Li-Polymer 52.5Wh battery, supports Rapid Charge Boost (get 2 hours of runtime with a 15-minute charge)<sup>[1]</sup>

### Max Battery Life<sup>[2]</sup>

- WUXGA models:  
MobileMark® 2018@200nits: 10 hr  
Local video (1080p) playback@150nits: 15 hr
- 2.2K models:  
MobileMark® 2018@200nits: 9 hr  
Local video (1080p) playback@150nits: 13 hr

## Notes:

- [1] Rapid Charge Boost is only effective in hibernates or fully shutting down the computer.  
 [2] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, JEITA 2.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary depending on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

## Power Adapter

### Power Adapter

65W round tip (3-pin) AC adapter, 100-240V, 50-60Hz

## DESIGN

## Display

### Display\*\*<sup>[1]</sup>

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
------	------------	-------	------	------------	---------	--------------	----------------	-------------	--------------	-------------------------	--------------

14"	WUXGA (1920x1200)	Multi-touch	IPS	300nits	Glossy	16:10	800:1	45% NTSC	60Hz	85°/85°/85°/85°	TÜV Low Blue Light (Software), Glass
14"	2.2K (2240x1400)	Multi-touch	IPS	300nits	Glossy	16:10	1,500:1	100% sRGB	60Hz	85°/85°/85°/85°	TÜV Low Blue Light (Hardware), Glass

### Touchscreen

GFF (Glass-Film-Film) or OGS (One Glass Solution) multi-touch, supports 10-point touch

Notes:

[1] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

## Multi-mode

### Multi-mode

Laptop, tent, stand, and tablet modes supported by 360° hinge

## Input Device

### Pen\*\*

- Lenovo® Digital Pen with replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read [Lenovo® Digital Pen Overview](#)
- Lenovo® Digital Pen without replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read [Lenovo® Digital Pen Overview](#)
- No pen (purchase separately)

### Keyboard

6-row, multimedia Fn keys

### Keyboard Backlight

- LED backlight
- Non-backlight

### Touchpad

Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

## Mechanical

### Dimensions (WxDxH)<sup>[1]</sup>

313.1 x 224.9 x 17.8 mm (12.32 x 8.85 x 0.70 inches)

### Weight<sup>[2]</sup>

Starting at 1.55 kg (3.42 lbs)

### Case Color\*\*

- Abyss blue
- Arctic grey
- Stone blue

### Surface Treatment

Painting

### Case Material

PC-ABS + 40% GF (top), PC-ABS + 40% GF (bottom)

Notes:

[1] The system dimensions may vary depending on configurations.

[2] The system weight is approximate and based on results in Lenovo® lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

## CONNECTIVITY

## Network

### Ethernet

No onboard Ethernet

### WLAN + Bluetooth<sup>[1]</sup>

Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card

Notes:

[1] Wi-Fi® 6 full features might be limited by country-level restrictions. Bluetooth® 5.3 operation requires Windows® 11. For more information please visit [General Bluetooth® Support Information on Microsoft®](#).

## Ports<sup>[1]</sup>

### Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 1x USB-C® (USB 10Gbps / USB 3.2 Gen 2), with USB PD 3.0 and DisplayPort™ 1.4
- 1x HDMI® 1.4b
- 1x Headphone / microphone combo jack (3.5mm)
- 1x SD card reader
- 1x Power connector

Notes:

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

## Docking

### Docking

Various docking solutions are supported via USB-C®.

For more compatible docking solutions, please visit [Docking for IdeaPad® Flex 5 14ABR8](#)

## SECURITY & PRIVACY

## Security

### Security Chip

Firmware TPM 2.0 integrated in SoC

### Fingerprint Reader

Touch style fingerprint reader on palm rest

### BIOS Security

- Administrator password
- User password
- Master hard disk password
- User hard disk password
- Self-healing BIOS

### Other Security

Camera privacy shutter

## SERVICE

## Warranty

### Base Warranty\*\*

- 1-year courier or carry-in service
- 1-year courier or carry-in with 2-year system board service (Korea only)
- 2-year (1-yr battery) courier or carry-in service
- 3-year (1-yr battery) courier or carry-in service

## ACCESSORIES

### Bundled Accessories

#### Bundled Accessories<sup>[1]</sup>

None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for IdeaPad® Flex 5 14ABR8](#).

## OPERATING REQUIREMENTS

### Operating Environment

#### Temperature<sup>[1]</sup>

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

#### Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage and transportation: 5% to 95% at wet-bulb temperature 27°C (81°F)

#### Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

## CERTIFICATIONS

### Green Certifications<sup>[1]</sup>

#### Green Certifications<sup>[2]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Silver Registered<sup>[3]</sup>
- ErP Lot 6
- ErP Lot 26
- RoHS compliant

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit <https://compliance.lenovo.com>.

[2] EPEAT™ registration and ENERGY STAR® certification are dependent on system OS. Please visit [epeat.net](https://epeat.net) and [energystar.gov](https://energystar.gov) for more information.

[3] EPEAT™ is registered where applicable, please visit [epeat.net](https://epeat.net) for registration status by country.

### Other Certifications

#### Other Certifications

- Models with 2.2K panel:
  - TÜV Rheinland® Low Blue Light (Hardware Solution)
- Models with WUXGA panel:
  - TÜV Rheinland® Low Blue Light (Software Solution)

• Feature with \*\* means that only one offering listed under the feature is configured on selected models.

• Lenovo reserves the right to change specifications or other product information without notice. Lenovo is not

responsible for photographic or typographical errors. LENOVO PROVIDES THIS PUBLICATION “AS IS,” WITHOUT WARRANTY OF ANY KIND, EITHER EXPRESS OR IMPLIED, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Some jurisdictions do not allow disclaimer of express or implied warranties in certain transactions, therefore this disclaimer may not apply to you.

- The specifications on this page may not be available in all regions, and may be changed or updated without notice.



AMD



AMD



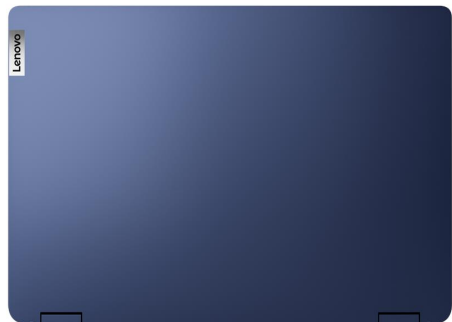
AMD



AMD



AMD



AMD