

**OVERVIEW**



1. HDMI	5. Power button
2. USB-C (USB 10Gbps), with USB PD 3.0 & DP 1.4	6. Headphone / microphone combo jack (3.5mm)
3. Thunderbolt 4	7. USB-A (USB 5Gbps), Always On
4. E-shutter switch	

## PERFORMANCE

### Processor

#### Processor Family

13th Generation Intel® H Series Core i5 / i7 Processor - Raptor Lake

#### Processor\*\*

Processor Name	Cores	Threads	Max Frequency	Cache	Processor Graphics
Core i5-13500H	12 (4 P-core + 8 E-core)	16	P-core 4.7GHz / E-core 3.5GHz	18MB Intel® Smart Cache	Intel® Iris® Xe Graphics
Core i7-13700H	14 (6 P-core + 8 E-core)	20	P-core 5GHz / E-core 3.7GHz	24MB Intel® Smart Cache	Intel® Iris® Xe Graphics

### Operating System

#### Operating System\*\*

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

### Graphics

#### Graphics\*\*

Graphics	Type	Memory	Boost Clock	TGP	Key Features
Intel® Iris® Xe Graphics	Integrated	Shared	-	-	DirectX® 12.1
NVIDIA® GeForce RTX™ 3050 6GB Laptop GPU	Discrete	6GB GDDR6	990 MHz	58W	Dynamic Boost 2.0, DirectX® 12 Ultimate
NVIDIA® GeForce RTX™ 4050 Laptop GPU	Discrete	6GB GDDR6	1605 MHz	55W	Dynamic Boost 2.0, DirectX® 12 Ultimate

### Monitor Support

#### Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and Thunderbolt™)

- HDMI® supports up to 4K@60Hz
- USB-C® supports up to 4K@60Hz
- Thunderbolt™ supports up to 5K@60Hz

### Chipset

#### Chipset

Intel® SoC (System on Chip) platform

### Memory

#### Max Memory

- 16GB soldered memory, not upgradable
- 32GB soldered memory, not upgradable

#### Memory Slots

Memory soldered to systemboard, no slots, dual-channel

#### Memory Type

LPDDR5-5200

### Storage

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

One drive, up to 512GB M.2 2242 SSD or 1TB M.2 2280 SSD

#### Storage Slot<sup>[2]</sup>

One M.2 2280 PCIe® 4.0 x4 slot

### Storage Type\*\*

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	512GB
M.2 2280 SSD	PCIe® NVMe®, PCIe® 4.0 x4	512GB / 1TB

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.

[2] The actual data transfer rate of the following PCIe® interface also depends on the capabilities of the connected PCIe® device. The listed values represent theoretical maximums.

PCIe® 3.0 (x2 / x4): 2 GB/s (16 Gbps) / 4 GB/s (32 Gbps);  
 PCIe® 4.0 (x2 / x4): 4 GB/s (32 Gbps) / 8 GB/s (64 Gbps);  
 PCIe® 5.0 (x2 / x4): 8 GB/s (64 Gbps) / 16 GB/s (128 Gbps).

## Removable Storage

### Card Reader

No card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

### Speakers

4 stereo speakers, 2W x2 (woofers), 2W x2 (tweeters), optimized with Dolby Atmos®, Amplifier (AMP)

### Microphone

Quad-microphone array

### Camera

FHD 1080p + IR, with E-shutter, fixed focus, with ToF sensor

## Sensor

### Sensors

- Ambient light sensor (ALS)
- Hall sensor
- ToF sensor

## Battery

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

73Wh Rechargeable Li-ion Battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)

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

- Models with 2.5K panel and integrated graphics:  
 MobileMark® 2018@200nits: 13.7 hr  
 Local video (1080p) playback@150nits: 18.9 hr
- Models with 3K panel and discrete graphics:  
 MobileMark® 2018@200nits: 10.1 hr  
 Local video (1080p) playback@150nits: 16.6 hr
- Models with 3K panel and integrated graphics:  
 MobileMark® 2018@200nits: 12.6 hr  
 Local video (1080p) playback@150nits: 16.8 hr

Notes:

[1] Rapid Charge Express 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, MobileMark® 30, JEITA 2.0, JEITA 3.0, 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\*\*<sup>[1]</sup>**

- 100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 140W USB-C® slim (3-pin) AC adapter, 100-240V, 50-60Hz

Notes:

<sup>[1]</sup> AC adapter offerings depend on the country.**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
14.5"	2.5K WQXGA (2560x1600)	Non-touch	IPS	350nits	Anti-glare	16:10	1,500:1	100% sRGB	90Hz (Max)	85° / 85° / 85° / 85°	Eyesafe® Certified 2.0, Dolby Vision®
14.5"	3K (3072x1920)	Non-touch	IPS	400nits	Anti-glare	16:10	1,500:1	100% P3	120Hz (Max)	85° / 85° / 85° / 85°	Eyesafe® Certified 2.0, Dolby Vision®, TCON
14.5"	3K (3072x1920)	OGM touch	IPS	400nits	Glossy	16:10	1,500:1	100% P3	120Hz (Max)	85° / 85° / 85° / 85°	Eyesafe® Certified 2.0, Dolby Vision®, AGC Dragontrail™ Glass, TCON

**Touchscreen**

- OGM (One Glass Metal mesh) multi-touch, supports 10-point touch
- Non-touch

**Screen-to-Body Ratio**

91.4% AAR (active area ratio)

**Color Calibration**

- TCON (Timing Controller) color calibration
- No color calibration

Notes:

<sup>[1]</sup> IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.**Input Device****Pen**

No support

**Keyboard**

6-row, multimedia Fn keys, key travel 1.5mm

**Keyboard Backlight**

LED backlight

**Touchpad**

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 80 x 135 mm (3.15 x 5.31 inches)

**Mechanical****Dimensions (WxDxH)<sup>[1]</sup>**

325.5 x 226.49 x 15.6 mm (12.81 x 8.92 x 0.61 inches)

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

Models	Weight
Models with 2.5K panel	Starting at 1.49 kg (3.28 lbs)
Models with non-touch 3K panel	Starting at 1.49 kg (3.28 lbs)
Models with touch 3K panel	Starting at 1.59 kg (3.51 lbs)

**Case Color\*\***

- Storm grey
- Tidal teal

**Case Material**

Aluminium (top), aluminium (bottom)

**Surface Treatment**

Aluminium stamping (anodized with sandblasting)

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

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

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

**WWAN**

No support

**Ethernet**

No onboard Ethernet

Notes:

[1] Wi-Fi® operation (including Wi-Fi® 6, Wi-Fi® 6E, Wi-Fi® 7, etc.) is subject to the regulatory requirements of each country. Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

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

**Standard Ports**

- 1x USB-A (USB 5Gbps), Always On
- 1x USB-C® (USB 10Gbps), with USB PD 3.0 and DisplayPort™ 1.4
- 1x Thunderbolt™ 4, with USB PD 3.0 and DisplayPort™ 1.4
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)

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 Thunderbolt™ / USB-C®.

For more compatible docking solutions, please visit [Docking for Yoga® Pro 7 14IRH8](#)

## SECURITY & PRIVACY

### Security

**Security Chip**

Firmware TPM 2.0 integrated in SoC

**Fingerprint Reader**

No fingerprint reader

**BIOS Security**

- Administrator password
- Master hard disk password
- User hard disk password
- User password
- Self-healing BIOS
- More BIOS security features, please visit [BIOS Simulator<sup>\[1\]</sup>](#)

**Other Security**

- E-shutter
- IR camera for Windows® Hello (facial recognition)

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Notes:

[1] The BIOS simulator is just for reference. Default settings and some options may vary depending on the hardware, operating system and BIOS version.

## 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

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Notes:

[1] For more compatible accessory solutions, please visit [Accessories for Yoga® Pro 7 14IRH8](#).

## 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)

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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™ Gold Registered<sup>[3]</sup>
- ErP Lot 6/26
- 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 optional and only available on the models with preloaded OS. Please visit [epeat.net](http://epeat.net) and [energystar.gov](http://energystar.gov) for more information.

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

### Other Certifications

#### Mil-Spec Test

MIL-STD-810H military test passed (21 test items)

#### Other Certifications

- (Optional) Intel® Evo™ Platform
- Eyesafe® Certified 2.0
- TÜV Rheinland® Low Blue Light (Hardware Solution)

- Feature with \*\* means that only one option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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