

Yoga Pro 7 (14", 8) Unleash your power.

Take a flying leap into pro-level content creation with the Yoga Pro 7, a slim, lightweight and military-grade rugged powerhouse that's built to take on the every demand of your creative process. Give some real oomph to your imagination with lightning-fast AMD Ryzen™ 7000 Series processors and up to NVIDIA® Studio-validated NVIDIA® GeForce RTX™ 4050 Laptop graphics. Tackle any creative project with a stunning 14.5" 3K 120 Hz IPS PureSight Pro display, cutting-edge Yoga Premium Suite and the intuitive Lenovo AI Engine+.



Create without constraint

Push the limits of your imagination with AMD Ryzen™ 7000 Series processors and up-to-NVIDIA® GeForce RTX™ 4050 Laptop graphics, validated by NVIDIA® Studio. Arm yourself with the ultimate AMD Ryzen™ processor for PCs, so you can complete projects in record time, without being chained to a desk. Take charge of your creative vision with the ability to render, broadcast, and edit videos with ease for cutting-edge performance.



Sleek and strong

Follow that creative spark wherever it takes you with an ultra-sleek aluminum device. Designed for military-grade ruggedness, the Yoga Pro 7 meets MIL-STD 810H standards yet maintains a thin and lightweight form starting at just 1.5 kg. Stay mobile while turning heads with the Storm Grey or signature Tidal Teal color options.



Elevate your creative vision with PureSight Pro

Step through PureSight Pro's window of limitless creativity. Watch as your passions come alive on up to a 14.5" 3K IPS LCD screen with a taller 16:10 aspect ratio. Experience what professional photorealism looks like with dual 100% sRGB and 100% P3 color gamuts that are Delta E<1 perfectly calibrated for true-to-life accuracy. Effortlessly render and view fast-paced action in real-time at 120 Hz refresh, while protecting your eyes with TÜV Low Blue Light certification.



Premium has never been so suite

Take your collaboration, typing, and audio experiences to the elite class with Premium Suite. Transmit crystal-clear audio thanks to four precision mics that eliminate background noise and amplify rich sound through four powerful speakers while using AI-enhanced facial visuals during video calls and livestreams via the FHD camera. Elevate your typing game with the unparalleled precision, speed and accuracy of the all-new Yoga keyboard, featuring 1.5 mm key travel and grease-resistant 0.3 mm keys for satisfyingly tactile typing.



Yoga Pro 7 (14", 8)

SPECIFICATIONS

Yoga Pro 7 14ARP8 | Yoga Pro 7 14APH8*

PERFORMANCE

Processor

AMD Ryzen™ 7 7840HS
AMD Ryzen™ 7 7735HS
AMD Ryzen™ 5 7535HS

Operating System

Windows 11

Graphics

UMA
AMD Radeon™ 780M
AMD Radeon™ 680M
AMD Radeon™ 660M

DIS

NVIDIA® GeForce RTX™ 4050 Laptop GPU
6 GB GDDR6 VRAM; Up to 1605 MHz Boost Clock,
Up to 70W TGP
NVIDIA® GeForce RTX™ 3050 Laptop GPU
6 GB GDDR6 VRAM; Up to 990 MHz Boost Clock,
Up to 73W TGP

Memory

LPDDR5 / LPDDR5X : 32 GB, 6400 MHz Dual Channel

Storage

PCIe M.2 : 512 GB / 1 TB

Camera & Microphone

FHD Webcam; IR Camera + ToF
E-Camera Shutter; 4 Microphones

Audio

4 x 2W Speakers; Dolby Atmos® Audio

Battery¹

73Whr

Rapid Charge Express : 15 min @ 3 Hours

3K

MobileMark® 2018 : Up to 13.25 Hours
Local Video Playback : Up to 16.38 Hours²

2.5K

MobileMark® 2018 : Up to 14.65 Hours
Local Video Playback : Up to 19.33 Hours²

With Lenovo
AI Engine+

LENOVO SERVICES

Lenovo Premium Care Plus

Lenovo Premium Care Plus is the ultimate PC support experience with you as our priority 24/7. Enjoy personalized hardware and software support from a global network of elite technicians, along with accidental damage protection, fast repairs with onsite support, extended battery warranty, data migration assistance, and smart performance solutions that optimize PC performance and security.

Lenovo Smart Performance

Smart Performance Services within Lenovo Vantage will keep your system running at optimum performance and proactively fix issues that affect PC performance, internet performance, remove malware, and improve device security.

Lenovo Accidental Damage Protection

Avoid the hassles of unexpected damage & repair costs. With coverage for drops, spills, electric surges, and broken LCD screens, accidental damage protection makes it easy to repair to your PCs and ensures your device is up and running fast.

Lenovo CO₂ Offset Services

Offset the carbon emissions of your PC with Lenovo CO₂ Offset Services - an easy and transparent solution to offset emissions across the average lifecycle of your device. These offsets are invested in UN-approved initiatives like renewable energy or ecological projects, thus contributing towards a more sustainable future.

Lenovo Sealed Battery Warranty

Long-lasting battery life is not just a feature but a necessity to help you stay productive and connected all day long. Protect your PC's sealed battery from degradation, enjoy hassle-free battery replacement service, and safeguard your PC from future battery failure with our Sealed Battery Warranty Service.

Lenovo Warranty Extensions (Up to 3 Years Duration)

Gain complete peace of mind by extending your base warranty to up to 3 years and minimize unexpected repair costs.

DESIGN

Display

14.5" 3K (3072 x 1920) IPS, 120 Hz, 16:10, PureSight Pro, 400 nits, Delta E<1, 100% P3, TÜV Low Blue Light Certification, Eyesafe Certification, Glass Touch

14.5" 3K (3072 x 1920) IPS, 120 Hz, 16:10, PureSight Pro, 400 nits, Delta E<1, 100% P3, TÜV Low Blue Light Certification, Eyesafe Certification, Matte

14.5" 2.5K (2560 x 1600) IPS, 90 Hz, PureSight Pro 16:10, 350 nits, 100% sRGB, TÜV Low Blue Light Certification, Eyesafe Certification, Glass Touch

14.5" 2.5K (2560 x 1600) IPS, 90 Hz, 16:10, 350 nits, 100% sRGB, TÜV Low Blue Light Certification, Eyesafe Certification, Matte

Dimensions (W x D x H)³

(mm) : 325.5 x 226.49 x as thin as 15.6

(inches) : 12.81" x 8.92" x as thin as 0.61"

Weight

Starting at 1.49 kg (3.28 lbs)

Hinge

180°

Colors

Tidal Teal
Storm Grey

¹ All battery life claims are approximate and based on two methods of testing: MobileMark® 2018 battery life benchmark and continuous 1080p video playback on the latest update of Windows 10 (with 150 nits brightness and default volume level). Actual battery life will vary and depends 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.

² Local video playback @ FHD 150 nits.

³ Height is calculated using T2 measurements and should be considered 'as thin as'.

⁴ Bluetooth® version depends on OS.

⁵ The actual transfer speed of the USB 3.2 will vary and, depending on many factors, such as the processing capability of host and peripheral devices, file attributes and other factors related to system configuration and your operating environments, will be slower than a speed of 20 Gbit/s.

CONNECTIVITY

WLAN

WiFi 6E

Bluetooth®

Bluetooth® 5.14

Input/Output (I/O) Ports

Left

1 x USB Type-C™ Full-function (USB4 40Gbps, PD 3.0, DP 1.4)
1 x USB Type-C™ Full-function (USB 3.2 Gen 2^s, PD 3.0, DP 1.4)
1 x HDMI™, up to 4K/60Hz

Right

1 x USB-A 3.2 Gen 1^s (Always On)
1 x Audio Combo Jack

PRELOADED SOFTWARE

- Windows 11 Home/Pro
- Lenovo Vantage
- Microsoft 365 Trial
- McAfee® LiveSafe™
- Amazon Alexa
- Dolby® Access (Dolby Vision® and Atmos®)

NOTABLE MENTIONS

- ENERGY STAR®
- EPEAT™ Gold
- MIL-STD 810H Certified



OPTIONS & ACCESSORIES



Lenovo Yoga Mouse with Laser Presenter



Lenovo Yoga Active Noise Cancellation Headphones



Lenovo Yoga Sleeve

McAfee® LiveSafe™

Register McAfee® to enjoy these benefits in your FREE 30-day trial.

- Award-winning Antivirus
- Password Manager
- Safe Web Browsing
- Multi-device Compatibility
- Identity Theft Protection
- Free Customer Support

* Example of Lenovo catalogue naming convention

Yoga Pro 7 14ARP8
Sub-brand Form Factor Positioning Screen Size Platform Code Generation

AMD platform codes

Cezanne: ACN, Rembrandt: ARB, Warhol: AWA, Cezanne-H: ACH, Barcelo: ABA, Rembrandt-H: ARH, Matisse Refresh: AMR, Lucienne-U: ALC, Raphael BGA: ARX, Phoenix H: APH, Phoenix U: APU, Phoenix 2: AP2, Rembrandt+: ARP, Mendocino: AMN, Barcelo Refresh: ABR.

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