

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 5625U | 6 | 12 | 2.3GHz | 4.3GHz | 3MB L2 / 16MB 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 5825U | 8 | 16 | 2.0GHz | 4.5GHz | 4MB 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^[1]

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 ^[2] | 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**

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

Sensor

Sensors

- Accelerometer (G) sensor
- Hall sensor

Battery

Battery^[1]

52.5Wh Rechargeable Li-ion Battery, supports Rapid Charge Boost (get 2 hours of runtime with a 15-minute charge)

Max Battery Life^[2]

- 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, 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

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

DESIGN

Display

Display**^[1]

| 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)^[1]

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

Weight^[2]

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

WLAN + Bluetooth^[1]

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

WWAN

No support

Ethernet

No onboard Ethernet

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^[1]

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
- Master hard disk password
- User hard disk password
- User password
- Self-healing BIOS
- More BIOS security features, please visit [BIOS Simulator^{\[1\]}](#)

Other Security

Camera privacy shutter

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^[1]

None

Notes:

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

OPERATING REQUIREMENTS

Operating Environment

Temperature^[1]

- 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^[1]

Green Certifications^[2]

- ENERGY STAR® 8.0
- EPEAT™ Silver Registered^[3]
- 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 and energystar.gov for more information.

[3] EPEAT™ is registered where applicable, please visit 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 option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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