

OVERVIEW



1. Headphone / microphone combo jack (3.5mm)	5. Thunderbolt 4
2. USB 3.2 Gen 1 (Always On)	6. Thunderbolt 4
3. Power button	7. MicroSD card reader
4. HDMI	



PERFORMANCE

Processor

Processor Family

12th Generation Intel® Core™ i5 / i7 Processor

Processor**[1]

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Memory Support	Processor Graphics
Core i5- 1235U	10 (2 P-core + 8 E-core)	12	P-core 1.3GHz / E- core 0.9GHz	P-core 4.4GHz / E- core 3.3GHz	12MB	LPDDR5- 5200	Intel Iris® Xe Graphics
Core i7- 1255U	10 (2 P-core + 8 E-core)	12	P-core 1.7GHz / E- core 1.2GHz	P-core 4.7GHz / E- core 3.5GHz		LPDDR5- 5200	Intel Iris Xe Graphics
Core i5- 1240P	12 (4 P-core + 8 E-core)	16	P-core 1.7GHz / E- core 1.2GHz	P-core 4.4GHz / E- core 3.3GHz	12MB	LPDDR5- 5200	Intel Iris Xe Graphics
Core i7- 1260P	12 (4 P-core + 8 E-core)	16	P-core 2.1GHz / E- core 1.5GHz	P-core 4.7GHz / E- core 3.4GHz	18MB	LPDDR5- 5200	Intel Iris Xe Graphics

Notes:

Operating System

Operating System**

- Windows® 11 Pro 64
- Windows 11 Home 64

Graphics

Graphics

Graphics	Туре	Memory	Key Features
Intel Iris Xe Graphics	Integrated	Shared	DirectX® 12.1

Monitor Support

Monitor Support

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

- HDMI supports up to 4096x2160@60Hz
- Thunderbolt supports up to 4096x2304@60Hz

Chipset

Chipset

Intel SoC (System on Chip) platform

Memory

Max Memory[1]

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

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Memory Type

LPDDR5-4800

Notes:

1. The max memory is based on the test results with current Lenovo® memory offerings. The system may support more memory as the technology develops.

Storage

^{1.} The maximum supported memory speed will vary on the selected onboard memory



Storage Support[1]

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

Storage Slot

One M.2 2280 PCIe® Gen 4x4 slot, supports M.2 2242/2280 SSD

Storage Type

Disk Type	Interface	Offering	
M.2 2242 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. The system may support larger storage as the technology develops.

Removable Storage

Card Reader

MicroSD card reader, supports UHS-I card

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

Stereo speakers, 2W x4 (2x woofers, 2x tweeters), optimized with Dolby® Atmos®, Smart Amplifier (AMP)

Microphone^[1]

Dual array microphone with noise-cancelling, support Lenovo Voice Assistant (LVA), and Amazon Alexa

Camera

FHD 1080p webcam with IR, support privacy shutter, fixed focus

Notes:

1. Amazon Alexa might be limited by country-level restrictions.

Sensor

Sensors

- · Accelerometer (G) sensor
- · Hall sensor

Battery

Battery

Integrated Li-Polymer 71Wh battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)

Max Battery Life[1]

· 2.2K IPS model:

MobileMark® 2018@200nits: 11.5 hr

Local video (1080p) playback@150nits: 16.5 hr

• 2.8K OLED model:

MobileMark 2018@200nits: 10 hr

Local video (1080p) playback@150nits: 15 hr

Notes:

1. All battery life claims are approximate maximum and based on results using the MobileMark 2014, MobileMark 2018, 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 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.

Power Adapter

Power Adapter**[1]

- 65W USB-C[®] (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C slim (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz



Notes:

1. AC adapter offerings depend on the country.

DESIGN

Display

Display**[1][2]

Size	Resolution	Touch	Туре	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Viewing Angle	Key Features
14.0"	2.2K (2240x1400)	Multi- touch	IPS	300 nits	Glossy	16:10	1500:1	100% sRGB	170°	Above 90% screen-to- body ratio, TÜV Low Blue Light, DC dimming, Dolby Vision™
14.0"	2.8K QWXGA+ (2880x1800)	Multi- touch	OLED	400 nits	Glossy	16:10	100000:1	100% DCI-P3	170°	Refresh rate 90Hz (MAX), above 90% screen-to- body ratio, VESA DisplayHDR™ True Black 500, TÜV Low Blue Light, Dolby Vision

Touchscreen

GF2 or OGM (On-glass Metal mesh) Direct Bonding, capacitive-type multi-touch, supports 10-point touch

Notes:

- 1. California Electronic Waste Recycling Fee
 - In California, per state law, Lenovo charges an electronic waste recycling fee on this covered device at the time of sale of the product. For more information, go to https://www.calrecycle.ca.gov/Electronics/Consumer
- 2. 90Hz adaptive refresh rate is available on select models only

Multi-mode

Multi-mode

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

Input Device

Pen**

- Lenovo E-color Pen with built-in rechargeable battery, 4096 levels of pressure sensitivity. For more information, please read <u>Lenovo E-Color Pen Overview</u>
- Lenovo Digital Pen with replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read <u>Lenovo Digital Pen Overview</u>
- Lenovo Digital Pen without replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read <u>Lenovo Digital Pen Overview</u>
- No pen (pen sold separately)

Keyboard

6-row, multimedia Fn keys

Keyboard Backlight

LED backlight

Touchpad

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

Mechanical¹¹¹

Dimensions (WxDxH)

316.66 x 220.25 x 17.35 mm (12.47 x 8.67 x 0.68 inches)

Weight

Models	Weight
2.2K IPS model	Around 1.45 kg (3.20 lbs)



2.8K OLED model Around 1.42 kg (3.13 lbs)

Case Color**

- · Stone blue
- Storm grey

Surface Treatment

Aluminium CNC (anodized with sandblasting)

Case Material

Aluminium (top), aluminium (bottom)

Notes:

1. The system dimensions and weight vary depending on configurations.

CONNECTIVITY

Network

Onboard Ethernet

No Ethernet

WLAN + Bluetooth®[1][2]

Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi + Bluetooth 5.2, M.2 card

Notes:

- 1. Bluetooth 5.2 is hardware ready but may run at a lower version due to OS limitation
- 2. Wi-Fi 6E full features might be limited by country-level restrictions.

Wi-Fi 6E is only enabled on Windows 11 and operates as Wi-Fi 6 with Windows 10.

6GHz Wi-Fi 6E operation is dependent on the support of the operating system, routers/APs/Gateways that support Wi-Fi 6E, and the regional regulatory certifications & spectrum allocation.

Ports^[1]

Standard Ports

- 1x USB 3.2 Gen 1 (Always On)
- 1x HDMI 2.0
- 1x microSD card reader
- 1x Headphone / microphone combo jack (3.5mm)
- 2x Thunderbolt 4 (support data transfer, Power Delivery 3.0, and DisplayPort™ 1.4)

Notes:

1. The transfer speed of following 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. USB 2.0: 480 Mbit/s:

USB 3.2 Gen 1 (SuperSpeed USB 5Gbps, formerly USB 3.0 / USB 3.1 Gen 1): 5 Gbit/s;

USB 3.2 Gen 2 (SuperSpeed USB 10Gbps, formerly USB 3.1 Gen 2): 10 Gbit/s;

USB 3.2 Gen 2x2 (SuperSpeed USB 20Gbps): 20 Gbit/s;

Thunderbolt 3/4: 40 Gbit/s

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in SoC

Fingerprint Reader

- Touch style fingerprint reader on palm rest
- No fingerprint reader

BIOS Security

- · Administrator password
- User password
- Master hard disk password
- User hard disk password



• Self-healing BIOS

Other Security

- · Camera privacy shutter
- IR camera for Windows Hello

SERVICE

Warranty

Base Warranty**[1]

- 1-year depot service
- 1-year depot with 2-year system board service (Korea only)
- · 2-year (1-yr battery) depot service
- 3-year (1-yr battery) depot service

Notes.

1. More information of warranty policy, please access https://pcsupport.lenovo.com/warranty

ENVIRONMENTAL

Operating Environment

Temperature

- 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)

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)

CERTIFICATIONS

Green Certifications

Green Certifications

- EPEAT™ Silver
- ENERGY STAR® 8.0
- ErP Lot 3
- · RoHS compliant

Other Certifications

Other Certifications

- Intel Evo™ Platform
- TÜV Rheinland[®] Low Blue Light (Hardware Solution)
- \bullet 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

Yoga 7 14IAL7



you.

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













intel





intel

Yoga 7 14IAL7 - June 19 2022 8 of 8

intel