OVERVIEW



1. SD card reader	6. USB-A (USB 5Gbps), Always On
2. USB-A (USB 5Gbps)	7. HDMI
3. Ethernet (RJ-45)	8. USB-C (USB4 40Gbps), with USB PD 45-65W & DP 1.4
4. Kensington Nano Security Slot	9. Headphone / microphone combo jack (3.5mm)
5. USB-C (USB 10Gbps), with USB PD 45-65W & DP 1.4	

PERFORMANCE

Processor

Processor Family

- AMD Ryzen™ 3 / 5 / 7 7000 Series Processor
- AMD Ryzen™ 5 / 7 100 Series Processor

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
AMD Ryzen™ 3 7335U	4	8	3.0GHz	4.3GHz	2MB L2 / 8MB L3	AMD Radeon™ 660M
AMD Ryzen™ 5 150	6	12	3.3GHz	4.55GHz	3MB L2 / 16MB L3	AMD Radeon™ 660M
AMD Ryzen™ 5 7533HS	6	12	3.3GHz	4.4GHz	3MB L2 / 16MB L3	AMD Radeon™ 660M
AMD Ryzen™ 5 7535HS	6	12	3.3GHz	4.55GHz	3MB L2 / 16MB L3	AMD Radeon™ 660M
AMD Ryzen™ 7 170	8	16	3.2GHz	4.75GHz	4MB L2 / 16MB L3	AMD Radeon™ 680M
AMD Ryzen™ 7 7735HS	8	16	3.2GHz	4.75GHz	4MB L2 / 16MB L3	AMD Radeon™ 680M

Operating System

Operating System[1]

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

Notes:

[1] Windows® 11 Pro Education license can be requested for EMEA Education Customers only with limited specs. Any request please contact Lenovo® Sales Representative for more information.

Graphics

Graphics**

Graphics	Type	Memory	Key Features
AMD Radeon™ 660M	Integrated	Shared	DirectX® 12
AMD Radeon™ 680M	Integrated	Shared	DirectX® 12

Monitor Support

Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and USB4®). More external displays can be supported via docking or daisy chain.
• HDMI® supports up to 4K@60Hz
• USB-C® supports up to 5K@60Hz
• USB4® supports up to 5K@60Hz

Chipset

Chipset

AMD SoC (System on Chip) platform

Memory

Max Memory[1]

Up to 64GB DDR5-4800

Memory Slots

Two DDR5 SODIMM slots, dual-channel capable

Memory Type

DDR5-4800

Notes:

[1] The max memory is based on the technical readiness of the system. Available memory to sell would vary.

Storage

Max Storage Support[1]

Up to two drives, 2x M.2 SSD
• M.2 2280 SSD up to 2TB each

Storage Slot[2]

Two M.2 2280 PCIe® 4.0 x4 slots

Storage Type[3]

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	128GB / 256GB / 512GB / 1TB

Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® offers only one SSD configuration with a second slot for user self-expansion.
The max storage capacity is only technical readiness and may be different from 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).
[3] 128GB SSD is qualified for Belgium, Netherlands, and Luxembourg only.

Removable Storage

Card Reader

SD card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, Dolby Audio™

Microphone

Dual-microphone array with smart noise-cancelling

Camera**

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

Battery

Battery**

- 45Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)
- 60Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr)

Max Battery Life[1]

- Models with 45Wh battery:
  MobileMark® 25: 7.46 hr
  Local video (1080p) playback@150nits: 14.85 hr
- Models with 60Wh battery:
  MobileMark® 25: 11.0 hr
  Local video (1080p) playback@150nits: 17.75 hr

Notes:

[1] 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[**][1]

- 65W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim (wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- No power adapter

Notes:

[1] AC adapter offerings depend on the country.

Special Features

Special Features

Modern Standby

DESIGN

Display

Display[**]

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)	Non-touch	IPS[1]	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14″	WUXGA (1920x1200)	Multi-touch	IPS[2]	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14″	WUXGA (1920x1200)	Non-touch	IPS[3]	300nits	Anti-glare	16:10	1000:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0

Touchscreen

- Add-on Film Touch, supports 10-point touch
- Non-touch

Screen-to-Body Ratio

90%

Notes:

[1], [2], [3] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Input Device

Pen

No support

Keyboard

6-row, spill-resistant, multimedia Fn keys, key travel 1.5mm, Copilot key

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]

Models	Dimensions

Models with aluminium (top) and aluminium (bottom)	313.5 x 224 x 16.9 mm (12.34 x 8.82 x 0.67 inches)
Models with aluminium (top) and PC-ABS (bottom)	313.5 x 224 x 17.6 mm (12.34 x 8.82 x 0.69 inches)

Weight[2]

Models	Weight
Models with aluminium (top) and PC-ABS (bottom)	Starting at 1.36 kg (2.99 lbs)
Models with aluminium (top) and aluminium (bottom)	Starting at 1.38 kg (3.04 lbs)

Case Color**

- Arctic grey, dual-tone design
- Cosmic blue, dual-tone design

Case Material**

- Aluminium (top), PC-ABS (bottom)
- Aluminium (top), aluminium (bottom)

Surface Treatment

Anodizing 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®[1]**

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

WWAN

No support

Ethernet[2]

Gigabit Ethernet, 1x RJ-45, supports Wake-on-LAN

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.

[2] Wake-on-LAN needs the power adapter plugged in.

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 45-65W and DisplayPort™ 1.4
- 1x USB-C® (USB4® 40Gbps), with USB PD 45-65W and DisplayPort™ 1.4
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)
- 1x SD card reader

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 supported via USB-C®.
For more compatible docking solutions, please visit Docking for ThinkBook® 14 G7 ARP

SECURITY & PRIVACY

Security

Security Chip**

- Firmware TPM 2.0 integrated in SoC
- Discrete TPM 2.0, TCG certified[1]

Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

Fingerprint Reader

- Touch style fingerprint reader integrated in power button, match-on-chip
- No fingerprint reader[2]

BIOS Security

- Hard disk password
- Power-on password
- Supervisor password
- User password
- Self-healing BIOS
- More BIOS security features, please visit BIOS Simulator[3]

Other Security

- Camera privacy shutter
- (Optional) IR camera for Windows® Hello (facial recognition)

Notes:

[1] The Discrete TPM 2.0 is available for India only.

[2] No fingerprint reader is for special bid only.

[3] 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
- 2-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 ThinkBook® 14 G7 ARP.

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: 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).

ENVIRONMENTAL

Sustainability

Material[1]

25% PCC recycled plastic used in the battery pack enclosure
50% PCC recycled plastic used in key caps
30% PCC recycled plastic used in speaker
90% PCC recycled plastic used in standard 65W adapter
97% recycled content in PIC cushion
90% recycled content in OBP bag
FSC certified content in carton box

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 9.0
- EPEAT™ Gold Registered[3]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 9.0

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

Mil-Spec Test

MIL-STD-810H military test passed

Other Certifications

- (Optional) Eyesafe® Certified 2.0
- (Optional) TÜV Rheinland® Low Blue Light (Hardware Solution)
- (Optional) TÜV Rheinland® Low Blue Light (Software Solution)

- Feature with ** means that only one option listed under the feature can be configured on selected models.

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