OVERVIEW



1. Card reader	6. Thunderbolt 4
2. USB-C (USB 5Gbps), data transfer only	7. Combo audio jack
3. USB-A (USB 5Gbps)	8. HDMI
4. USB-A (USB 5Gbps), Always On	9. Power connector
5. USB-C (USB 10Gbps), with PD 140W & DP 1.4	

PERFORMANCE

Processor

Processor Family

14th Generation Intel® Core™ i7 / i9 Processor

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
Core™ i7-14700HX	20 (8 P-core + 12 E-core)	28	P-core 2.1GHz / E-core 1.5GHz	P-core 5.5GHz / E-core 3.9GHz	33MB	Intel® UHD Graphics
Core™ i9-14900HX	24 (8 P-core + 16 E-core)	32	P-core 2.2GHz / E-core 1.6GHz	P-core 5.8GHz / E-core 4.1GHz	36MB	Intel® UHD 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
NVIDIA® GeForce RTX™ 4060 Laptop GPU	Discrete	8GB GDDR6	2370 MHz	115W	Advanced Optimus, DLSS 3, Dynamic Boost 2.0, VR ready, DirectX® 12 Ultimate
NVIDIA® GeForce RTX™ 4070 Laptop GPU	Discrete	8GB GDDR6	2175 MHz	115W	Advanced Optimus, DLSS 3, Dynamic Boost 2.0, VR ready, DirectX® 12 Ultimate

Monitor Support

Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI® and Thunderbolt™)
• HDMI® supports up to 8K@60Hz
• USB-C® supports up to 8K@30Hz
• Thunderbolt™ supports up to 8K@30Hz on dynamic graphic mode

Chipset

Chipset

Intel® HM770 chipset

Memory

Max Memory[1]

Up to 32GB DDR5-5600 offering

Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

Memory Type

DDR5-5600

Notes:

[1] The max memory is based on the test results with current Lenovo® memory offerings.

Storage

Storage Support[1]

Up to two drives, 2x M.2 SSD
• M.2 2280 SSD up to 1TB

Storage Slot

Two M.2 2280 PCIe® 4.0 x4 slots

Storage Type

Disk Type	Interface	Offering
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.

Removable Storage

Card Reader

SD card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, audio by HARMAN, optimized with Nahimic Audio

Microphone

Dual-microphone array

Camera

FHD 1080p, with E-shutter, fixed focus

Sensor

Sensors

Hall sensor

Battery

Battery

Integrated Li-Polymer 99.9Wh battery, supports Super Rapid Charge (10min charge 0~30% capacity, 30min charge 0~70% capacity, 80min charge 0~100% capacity)

Max Battery Life[1]

MobileMark® 25: 5.7 hr
Local video (1080p) playback@150nits: 8.7 hr

Notes:

[1] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, 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 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

230W slim tip (3-pin) AC adapter, 100-240V, 50-60Hz

Special Features

Special Features

AI Chip: LA3

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
16″	WQXGA (2560x1600)	None	IPS	500nits	Anti-glare	16:10	1200:1	100% sRGB	240Hz	89°/89°/89°/89°	DisplayHDR™ 400, Dolby® Vision®, NVIDIA® G-SYNC®, Advanced Optimus support, TÜV Low Blue Light
16″	3.2K (3200x2000)	None	IPS	430nits	Anti-glare	16:10	1200:1	100% DCI-P3	165Hz	89°/89°/85°/85°	Dolby® Vision®, NVIDIA® G-SYNC®, Advanced Optimus support, TÜV Low Blue Light

Color Calibration

X-Rite® factory color calibration

Touchscreen

Non-touch

Input Device

Keyboard**

- Eclipse black models: 6-row, multimedia Fn keys, numeric keypad, black keycaps
- Glacier white models: 6-row, multimedia Fn keys, numeric keypad, white keycaps

Keyboard Backlight**

- White backlight
- Per-key RGB backlight

Touchpad

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

Mechanical

Dimensions (WxDxH)[1]

357.7 x 262.5 x 17.6-19.8 mm (14.08 x 10.33 x 0.69- 0.78 inches)

Weight[2]

Starting at 2.24 kg (4.94 lbs)

Case Color**

- Eclipse black
- Glacier white

Surface Treatment**

- Anodize electrophoresis deposition
- Anodizing

Case Material

Aluminium (top), aluminium (bottom)

System Lighting

RGB lighting on power button

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

Ethernet

No onboard Ethernet

WLAN + Bluetooth®[1]

- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card[2]
- MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 Card[3]

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.
[2] Wi-Fi® 6E full features might be limited by country-level restrictions.
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.
Bluetooth® 5.3 operation requires Windows® 11. For more information please see General Bluetooth® Support Information on Microsoft®.
[3] Wi-Fi® 7 is only enabled on Windows® 11 and operates as Wi-Fi® 6 with Windows® 10.
6GHz Wi-Fi® 7 operation is subject to the regulation rules in each country.
Bluetooth® 5.3 operation requires Windows® 11. For more information please see 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 5Gbps / USB 3.2 Gen 1)
- 1x USB-C® (USB 10Gbps / USB 3.2 Gen 2), with PD 140W and DisplayPort™ 1.4
- 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with PD 140W and DisplayPort™ 1.4
- 1x HDMI® 2.1, up to 8K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x 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.

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in chipset

Fingerprint Reader

Touch style fingerprint reader integrated in power button

BIOS Security

- Administrator password
- Power-on password
- Hard disk password
- Self-healing BIOS

Other Security

E-shutter

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

ENVIRONMENTAL

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).

ACCESSORIES

Bundled Accessories

Bundled Accessories[1]

- Lenovo® Legion™ Gaming Speed Mouse Pad M
- None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for Legion 7 16IRX9.

CERTIFICATIONS

Green Certifications[1]

Green Certifications

- ErP Lot 3
- RoHS compliant

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.

Other Certifications

Other Certifications

TÜV Rheinland® Low Blue Light (Hardware Solution)

- Feature with ** means that only one offering listed under the feature is configured on selected models.
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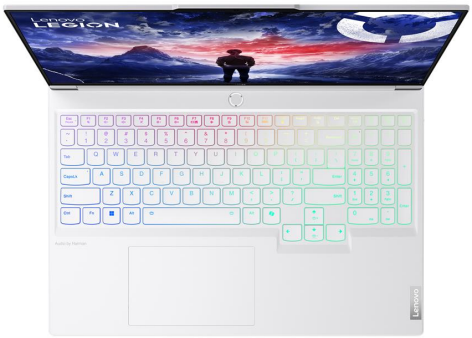
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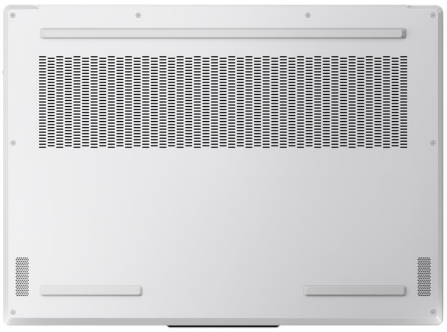






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