

OVERVIEW



1. E-shutter switch	5. HDMI
2. Power button	6. USB-C (USB 10Gbps), with USB PD 3.0 & DP 1.4
3. Headphone / microphone combo jack (3.5mm)	7. Thunderbolt 4
4. USB-A (USB 5Gbps), Always On	

PERFORMANCE

Processor

Processor Family

Intel® H Series Core Ultra 5 / 7 / 9 Processor (Series 1)

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core Ultra 5 125H	14 (4 P-core + 8 E-core + 2 LPE-core)	18	P-core 1.2GHz / E-core 700MHz / LPE-core 700MHz	P-core 4.5GHz / E-core 3.6GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ Graphics	Intel® AI Boost
Core Ultra 7 155H	16 (6 P-core + 8 E-core + 2 LPE-core)	22	P-core 1.4GHz / E-core 900MHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ Graphics	Intel® AI Boost
Core Ultra 9 185H	16 (6 P-core + 8 E-core + 2 LPE-core)	22	P-core 2.3GHz / E-core 1.8GHz / LPE-core 1GHz	P-core 5.1GHz / E-core 3.8GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ Graphics	Intel® AI Boost

AI (Artificial Intelligence)

AI PC Category

AI PC

NPU

Integrated Intel® AI Boost, up to 11 TOPS

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
Intel® Arc™ Graphics	Integrated	Shared	-	Share CPU TDP	DirectX® 12.2
NVIDIA® GeForce RTX™ 4050 Laptop GPU	Discrete	6GB GDDR6	2130 MHz	60W	Dynamic Boost 2.0, DirectX® 12 Ultimate
NVIDIA® GeForce RTX™ 4060 Laptop GPU	Discrete	8GB GDDR6	2010 MHz	60W	Dynamic Boost 2.0, DirectX® 12 Ultimate

Monitor Support

Monitor Support

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

- HDMI® supports up to 4K@60Hz
- USB-C® supports up to 4K@60Hz
- Thunderbolt™ supports up to 5K@60Hz

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory

- 16GB soldered memory, not upgradable
- 32GB soldered memory, not upgradable

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Memory Type

LPDDR5x-7467

Storage

Storage Support^{[1][2]}

- Models with discrete graphics: one drive, 1x M.2 SSD
 - M.2 2242 SSD up to 1TB
- Models with integrated graphics and IPS display: up to two drives, 2x M.2 SSD
 - M.2 2280 SSD up to 1TB
- Models with integrated graphics and OLED display: up to two drives, 2x M.2 SSD
 - M.2 2242 SSD up to 1TB
 - M.2 2280 SSD up to 1TB

Storage Slot

- Models with integrated graphics and IPS display: Two M.2 2280 PCIe® 4.0 x4 slots
- Models with integrated graphics and OLED display: two M.2 slots
 - One M.2 2242 PCIe® 4.0 x4 slot
 - One M.2 2280 PCIe® 4.0 x4 slot
- Models with discrete graphics: one M.2 2242 PCIe® 4.0 x4 slot

Storage Type**

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	1TB
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.
- [2] The system supports dual SSD via two M.2 slots, but Lenovo® only offers one SSD configuration and another SSD slot for user self-extension.

Removable Storage

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

4 stereo speakers, 2W x2 (woofers), 2W x2 (tweeters), optimized with Dolby Atmos®, Amplifier (AMP)

Microphone

Quad-microphone array

Camera

FHD 1080p + IR, with E-shutter, fixed focus

Sensor

Sensors

- Hall sensor
- ToF sensor

Battery

Battery^[1]

Integrated Li-Polymer 73Wh battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)

Max Battery Life^[2]

MobileMark® 25@250nits: 10.4 hr
Local video (1080p) playback@150nits: 20.8 hr

Notes:

[1] Rapid Charge Express 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**[1]
- 100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
 - 140W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

DESIGN

Display

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14.5"	3K (3072x1920)	OGS touch	IPS[1]	400nits	Glossy, anti-fingerprint	16:10	1,500:1	100% P3, 100% sRGB	120Hz (Max)	85° / 85° / 85° / 85°	Above 91.4% screen-to-body ratio, ΔE<1 (Avg.) Hardware Calibrated, Eyesafe® Certified 2.0, Dolby Vision®, Glass, TCON
14.5"	2.5K WQXGA (2560x1600)	None	IPS[2]	350nits	Anti-glare	16:10	1,500:1	100% sRGB	90Hz (Max)	85° / 85° / 85° / 85°	Above 91.4% screen-to-body ratio, Eyesafe® Certified 2.0, Dolby Vision®
14.5"	2.8K WQXGA+ (2880x1800)	None	OLED	400nits	Glossy	16:10	1,000,000:1	100% P3	120Hz (Max)	90° / 90° / 90° / 90°	ΔE<1 (Avg.) X-Rite® factory color calibration, Eyesafe® Certified 2.0, Dolby Vision®, DisplayHDR™ True Black 500, AGC Dragontrail™ Glass

- Color Calibration**
- TCON (Timing Controller) color calibration
 - X-Rite® factory color calibration
 - No color calibration

Touchscreen

- OGS (One Glass Solution) multi-touch, supports 10-point touch
- Non-touch

Notes:

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

Input Device

Keyboard

6-row, multimedia Fn keys

Keyboard Backlight

LED backlight

Touchpad

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 80 x 135 mm (3.15 x 5.31 inches)

Mechanical

Dimensions (WxDxH)^[1]

325.5 x 226.49 x 16.6 mm (12.81 x 8.92 x 0.65 inches)

Weight^[2]

Models	Weight
Models with 2.5K panel	Starting at 1.49 kg (3.28 lbs)
Models with 2.8K panel	Starting at 1.59 kg (3.50 lbs)
Models with 3K panel	Starting at 1.59 kg (3.50 lbs)

Case Color**

- Luna grey
- Tidal teal

Surface Treatment

Aluminium stamping (anodized with sandblasting)

Case Material

Aluminium (top), aluminium (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

Ethernet

No onboard Ethernet

WLAN + Bluetooth^[1]

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

WWAN

No support

Notes:

[1] 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 visit [General Bluetooth® Support Information on Microsoft®](#).

Ports^[1]

Standard Ports

- 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 USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.0 and DisplayPort™ 1.4
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)

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 Thunderbolt™ / USB-C®.

For more compatible docking solutions, please visit [Docking for Yoga® Pro 7 14IMH9](#)

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in SoC

Fingerprint Reader

No fingerprint reader

BIOS Security

- Administrator password
- User password
- Master hard disk password
- User hard disk password
- Self-healing BIOS

Other Security

- IR camera for Windows® Hello (facial recognition)
- 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

ACCESSORIES

Bundled Accessories

Bundled Accessories^[1]

- Yoga® Pro Mouse
- None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for Yoga® Pro 7 14IMH9](#).

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™ Gold 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

Mil-Spec Test

MIL-STD-810H military test passed (21 test items)

Other Certifications

- (Optional) Intel® Evo™ Platform
- Eyesafe® Certified 2.0
- 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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