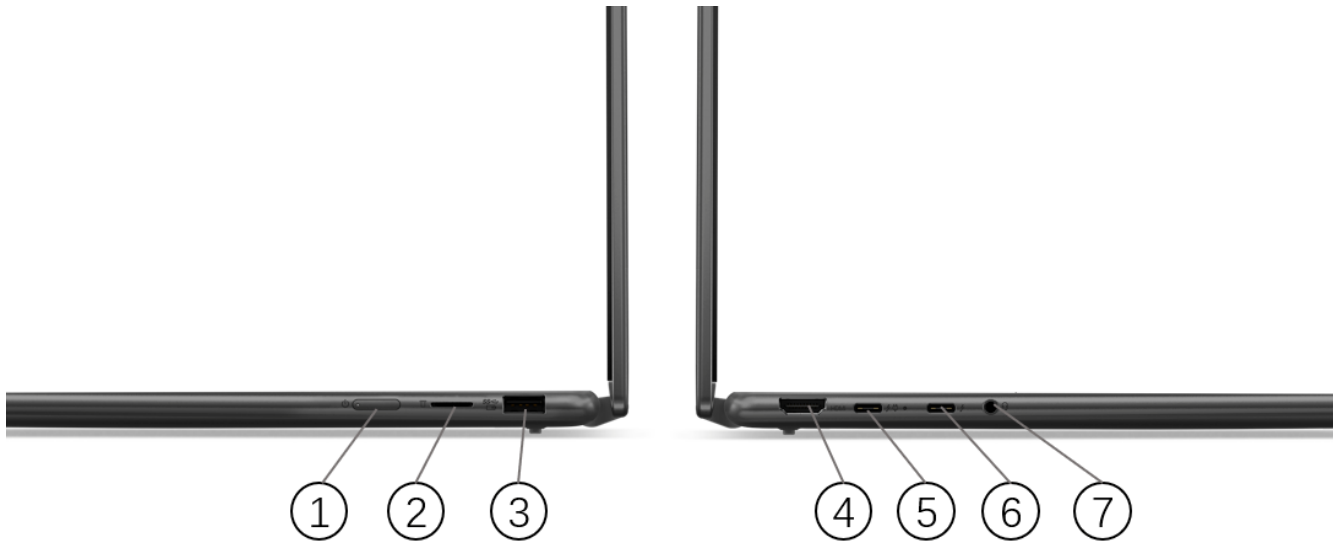


OVERVIEW



1. Power button	5. Thunderbolt 4
2. microSD card reader	6. Thunderbolt 4
3. USB-A (USB 5Gbps), Always On	7. Headphone / microphone combo jack (3.5mm)
4. HDMI	

PERFORMANCE

Processor

Processor Family

13th Generation Intel® U, P Series Core™ i5 / i7 Processor

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
Core™ i5-1335U	10 (2 P-core + 8 E-core)	12	P-core 1.3GHz / E-core 0.9GHz	P-core 4.6GHz / E-core 3.4GHz	12MB	Intel® Iris® Xe Graphics
Core™ i5-1340P	12 (4 P-core + 8 E-core)	16	P-core 1.9GHz / E-core 1.4GHz	P-core 4.6GHz / E-core 3.4GHz	12MB	Intel® Iris® Xe Graphics
Core™ i7-1355U	10 (2 P-core + 8 E-core)	12	P-core 1.7GHz / E-core 1.2GHz	P-core 5.0GHz / E-core 3.7GHz	12MB	Intel® Iris® Xe Graphics
Core™ i7-1360P	12 (4 P-core + 8 E-core)	16	P-core 2.2GHz / E-core 1.6GHz	P-core 5.0GHz / E-core 3.7GHz	18MB	Intel® Iris® Xe Graphics

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language

Graphics

Graphics

Graphics	Type	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 4K@30Hz
- Thunderbolt™ supports up to 8K@60Hz^[1]

Notes:

[1] 8K resolution support needs 2 display pipes. That is, simultaneous display number will "-1" when 8K resolution displayed.

Chipset

Chipset

Intel® 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

LPDDR5-5200

Storage

Storage Support^[1]

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

Storage Slot

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	512GB / 1TB

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.

Removable Storage**Card Reader**

microSD card reader

Multi-Media**Audio Chip**

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

Stereo speakers, 2W x2, optimized with Dolby® Atmos®, Smart Amplifier (AMP)

Microphone

Dual-microphone array

Camera

FHD 1080p + IR, with privacy shutter, fixed focus

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)^[1]

Max Battery Life^[2]

- WUXGA OLED models:
MobileMark® 2018@200nits: 12.5 hr
Local video (1080p) playback@150nits: 20.5 hr
- 2.2K IPS models:
MobileMark® 2018@200nits: 16.5 hr
Local video (1080p) playback@150nits: 22 hr
- 2.8K OLED models:
MobileMark® 2018@200nits: 11 hr
Local video (1080p) playback@150nits: 16.5 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, 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^{**[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

Notes:

[1] AC adapter offerings depend on the country.

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)	Multi-touch	OLED	400nits	Glossy, Anti-fingerprint	16:10	100,000:1	100% DCI-P3	60Hz	87.5°/87.5°/87.5°/87.5°	Dolby® Vision®, TÜV Low Blue Light (Hardware VESA DisplayHDR True Black 500)
14"	2.2K (2240x1400)	Multi-touch	IPS ^[1]	300nits	Glossy, Anti-fingerprint	16:10	1,500:1	100% sRGB	60Hz	85°/85°/85°/85°	Dolby® Vision®, TÜV Low Blue Light (Hardware VESA DisplayHDR True Black 500)
14"	2.8K (2880x1800)	Multi-touch	OLED	400nits	Glossy, Anti-fingerprint	16:10	100,000:1	100% DCI-P3	90Hz (Max)	87.5°/87.5°/87.5°/87.5°	Eyesafe® Certified 2, Dolby® Vision®, VESA DisplayHDR True Black 500

Touchscreen

OGM (One Glass Metal mesh) 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](#)
- Lenovo® Precision Pen 2 with built-in rechargeable battery, 4096 levels of pressure sensitivity, tilt detection, supports WGP, AES 2.0 and MPP 2.0 protocols. For more information, please read [Lenovo® Precision Pen 2](#)
- No pen (purchase separately)

Keyboard

6-row, multimedia Fn keys

Keyboard Backlight

LED backlight

Touchpad

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

Mechanical

Dimensions (WxDxH)^[1]

317.87 x 222.50 x 16.49mm (12.51 x 8.76 x 0.65 inches)

Weight^[2]

Models	Weight
Models with IPS panel	Starting at 1.55 kg (3.42 lbs)
Models with OLED panel	Starting at 1.49 kg (3.28 lbs)

Case Color**

- Storm 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[®] 5.2, M.2 card

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[®] 5.2 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), Always On
- 2x USB-C[®] (Thunderbolt™ 4 / USB4[®] 40Gbps), with USB PD 3.0 and DisplayPort™ 1.4
- 1x HDMI[®] 1.4b
- 1x Headphone / microphone combo jack (3.5mm)
- 1x microSD 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 the theoretical speed.

Docking

Docking

Various docking solutions are supported via Thunderbolt™.

For more compatible docking solutions, please visit [Docking for Yoga[®] 7 14IRL8](#)

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

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

SERVICE

Warranty

Base Warranty**

- 1-year courier or carry-in service
- 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 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).

ACCESSORIES

Bundled Accessories

Bundled Accessories^[1]

None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for Yoga® 7 14IRL8](#).

CERTIFICATIONS

Green Certifications^[1]

Green Certifications^[2]

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered^[3]
- ErP Lot 6
- ErP Lot 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.

[2] EPEAT™ registration and ENERGY STAR® certification are dependent on system OS. Please visit epeat.net and energystar.gov for more information.

[3] EPEAT™ is registered where applicable, please see epeat.net for registration status by country.

Other Certifications

Mil-Spec Test

MIL-STD-810H military test passed

Other Certifications

- Intel® Evo™ Platform
- (Optional) Eyesafe® Certified 2.0
- (Optional) TÜV Rheinland® Low Blue Light (Hardware Solution)

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

