

Yoga 7 14ARB7 82QF0056RM

PSREF

Product Specifications
Reference

PERFORMANCE

Processor

AMD Ryzen™ 7 6800U (8C / 16T, 2.7 / 4.7GHz, 4MB L2 / 16MB L3)

Graphics

Integrated AMD Radeon™ 680M Graphics

Chipset

AMD SoC Platform

Memory

16GB Soldered LPDDR5-6400

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Max Memory

16GB soldered memory, not upgradable

Storage

512GB SSD M.2 2242 PCIe® 4.0x4 NVMe®

Storage Support

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

Storage Slot

One M.2 2280 PCIe Gen 4x4 slot

Card Reader

MicroSD Card Reader

Optical

None

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

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

Camera

FHD 1080p & IR with Privacy Shutter

Microphone

2x, Array

Battery

Integrated 71Wh

Max Battery Life

2.8K OLED models:

MobileMark® 2018@200nits: 13 hr

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

Power Adapter

65W USB-C® (3-pin)

DESIGN

Display

14" 2.8K (2880x1800) OLED 400nits Glossy, 90Hz, 100% DCI-P3, DisplayHDR™ True Black 500, TÜV Low Blue Light, Dolby Vision™, Glass, Touch

Touchscreen

10-point Multi-touch

Color Calibration

None

Keyboard

Backlit, English

Case Color

Stone Blue

Surface Treatment

Aluminium CNC

Case Material

Aluminium (Top), Aluminium (Bottom)

Pen

Pen Upgradable

Dimensions (WxDxH)

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

Weight

Around 1.42 kg (3.13 lbs)

SOFTWARE

Operating System

Windows® 11 Home 64, Romanian / English

Bundled Software

Office Trial

CONNECTIVITY

Ethernet

None

WLAN + Bluetooth®

Wi-Fi® 6E 11ax, 2x2 + BT5.1

WWAN

None

NFC

None

Standard Ports

- 1x USB 3.2 Gen 1 (Always On)
- 1x USB 3.2 Gen 2
- 1x USB4® 40Gbps (support data transfer, Power Delivery 3.0, and DisplayPort™ 1.4a)
- 1x HDMI® 2.0
- 1x microSD card reader
- 1x Headphone / microphone combo jack (3.5mm)

Monitor Cable

None

SECURITY & PRIVACY

Security Chip

Firmware TPM 2.0

Fingerprint Reader

None

Other Security

- Camera privacy shutter
- IR camera for Windows® Hello

SERVICE

Base Warranty

2-year, Courier or Carry-in

Included Upgrade

3Y Premium Care with Onsite upgrade from 2Y Courier/Carry-in (5WS0T73722), CO2 Offset 1 ton (5WS1H38504)

ACCESSORIES

Bundled Accessories

None

CERTIFICATIONS

Green Certifications

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

Other Certifications

TÜV Rheinland® Low Blue Light (Hardware Solution)

MODEL

TopSeller	: Yes	Announce Date	: 2022-05-13
EAN / UPC / JAN	: 196801196940	End of Support	: N/A



- Lenovo reserves the right to change specifications or other product information without notice.
- Product image on this page is a sample, it may not match the real color of this model
- Battery life is an estimated maximum. Actual battery life may vary based on many factors, including screen brightness, active applications, features, power management settings, battery age and conditioning, and other customer preferences

AMD

Premium Care - Advanced Support from Real People. Real Fast.

REAL PERSON

Choose how you want to reach us - through the phone, chat or email - our expert technicians will take care of you.

HASSLE FREE

'Getting started' and 'how-to' assistance for hardware and software. Easy solutions that are simple to reach - that's how Premium Care delivers you the ideal support experience.

REAL FAST

Highly trained technicians will provide you real-time solutions, whatever the issue, on your first contact. If needed, our team will schedule an onsite visit for the next business day.

PC HEALTH CHECK

Free annual PC Health Check that allows our experts to spot issues before you do so they can resolve them quickly and help you avoid PC problems.

Accidental Damage Protection - Protection of your PC from the unexpected.

Experience shows that a significant portion of devices may be damaged (and not covered under warranty) in the first three years. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty such as drops, spills, bumps and even electrical surges. Make sure your new device has maximum protection, avoid unplanned costs and get peace of mind.

Base Warranty – Included with the systems you purchase, default 1- or 3-year coverage window.

Warranty Extensions & Upgrades – Service and protection that's right for your circumstances.

- Pick Up & Return Courier
- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

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Recommended Accessories

Lenovo USB-C 65W AC Adapter (UL)

GX20P92530

Lenovo AC Adapter offers fast and efficient charging. Keep one in the office, one at home, and another in your case for convenient access to power. Just plug it into an available outlet to deliver AC power to the comp...

ThinkPad X1 Active Noise Cancellation Headphones

4XD0U47635

The ThinkPad X1 Active Noise Cancellation headphones provide rich, first-class listening and calling in any noise environment. Lenovo has partnered with Synaptics AudioSmartto create industry-leading headphones with H...

For a full list of accessories and services, please visit:
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