

PERFORMANCE

- Processor**
Intel® Core™ Ultra 7 155H, 16C (6P + 8E + 2LPE) / 22T, Max Turbo up to 4.8GHz, 24MB
- AI PC Category**
AI PC
- NPU**
Intel® AI Boost, up to 11 TOPS
- Graphics^[1]**
Integrated Intel® Arc™ Graphics
- Chipset**
Intel® SoC Platform
- Memory**
2x 16GB SO-DIMM DDR5-5600
- Memory Slots**
Two DDR5 SO-DIMM slots, dual-channel capable
- Max Memory^[2]**
Up to 64GB DDR5-5600
- Storage**
512GB SSD M.2 2242 PCIe® 4.0x4 NVMe®
- Storage Support**
Up to two drives, 2x M.2 SSD
• M.2 2280 SSD up to 2TB
- Storage Slot**
Two M.2 2280 PCIe® 4.0 x4 slots
- Card Reader**
SD Card Reader
- Optical**
None
- Audio Chip**
High Definition (HD) Audio, Realtek® ALC3287 codec
- Speakers**
Stereo speakers, 2W x2, Dolby Audio™
- Camera**
FHD 1080p + IR Hybrid with Privacy Shutter
- Microphone**
2x, Array
- Battery**
Integrated 60Wh
- Power Adapter**
100W USB-C® Slim (3-pin)
- Special Features**
Modern Standby

DESIGN

- Display**
14" WUXGA (1920x1200) IPS 300nits Anti-glare, 45% NTSC, 60Hz

- Touchscreen**
None
- Keyboard**
Backlit, English
- Touchpad**
Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)
- Case Color**
Arctic Grey
- Surface Treatment**
Anodizing Sandblasting
- Case Material**
Aluminium (Top), Aluminium (Bottom)
- Dimensions (WxDxH)^[3]**
313.5 x 224 x 16.9 mm (12.34 x 8.82 x 0.67 inches)
- Weight^[4]**
Starting at 1.38 kg (3.04 lbs)

SOFTWARE

- Operating System**
None
- Bundled Software**
None

CONNECTIVITY

- Ethernet**
100/1000M (RJ-45)
- WLAN + Bluetooth^[5]**
Wi-Fi® 6E, 802.11ax 2x2 + BT5.3
- 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 3.1 and DisplayPort™ 1.4
 - 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 and DisplayPort™ 2.1
 - 1x HDMI® 2.1, up to 4K/60Hz
 - 1x Headphone / microphone combo jack (3.5mm)
 - 1x Ethernet (RJ-45)
 - 1x SD card reader

- Docking**
Various docking solutions supported via Thunderbolt™ or USB-C®.
For more compatible docking solutions, please visit [Docking for ThinkBook 14 G7 IML](#)

SECURITY & PRIVACY

- Security Chip**
Firmware TPM 2.0 Enabled

- Fingerprint Reader**
Touch Style, Match-on-Chip, Integrated in Power Button
- Physical Locks**
Kensington® Nano Security Slot™, 2.5 x 6 mm
- Other Security**
- IR camera for Windows® Hello (facial recognition)
 - Camera privacy shutter

MANAGEABILITY

- System Management**
Non-vPro®

SERVICE

- Base Warranty**
1-year, Courier or Carry-in
- Included Upgrade**
3Y Courier/Carry-in upgrade from 1Y Courier/Carry-in WHB (CPN)

ACCESSORIES

- Bundled Accessories^[6]**
None

CERTIFICATIONS

- Green Certifications**
- ErP Lot 6
 - ErP Lot 26
 - RoHS compliant
 - TCO Certified 9.0
- Other Certifications**
TÜV Rheinland® Low Blue Light (Software Solution)
- Mil-Spec Test**
MIL-STD-810H military test passed

MODEL

| | | | |
|------------------------|----------------|-----------------------|--------------|
| TopSeller | : Yes | Announce Date | : 2024-02-26 |
| EAN / UPC / JAN | : 197531974723 | End of Support | : 2030-09-26 |

Note:

[1] Intel Arc Graphics only available on select H-series Intel Core Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel Graphics.

[2] Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

[3] The system dimensions may vary depending on configurations.

[4] 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.

[5] Wi-Fi 6E full features might be limited by country-level.....

• Lenovo reserves the right to change specifications without notice.

To see more note information, please link to <https://psref.lenovo.com/Detail/2421?M=21MR004HRM>

Premier Support - A direct 24x7x365 line to our most elite technicians.



Advanced technical support, 24x7x365, in more than 100 markets



Technical Account Managers for proactive relationship and escalation management



Comprehensive hardware & OEM software support



Priority on service delivery and repair parts



Single point of contact for simplified end-to-end case management



Lenovo Service Connect Portal for customized reporting and product support

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 65W USB-C DC Travel Adapter

40AK0065WW

Power up and stay productive on the road with this DC Travel adapter. Lenovo 65W USB-C DC Travel Adapter is the universal DC adapter, providing 65W power via USB-C for outdoor use.

Recommended Services

| | |
|--------|--|
| BETTER | 3Y Lenovo Support (Premier Support + Keep Your Drive + International Upg) (5PS0N73142) |
| GOOD | 3Y Premier Support Upgrade from 3Y Courier/Carry-in (5WS0T36188) |

For a full list of accessories and services, please visit:
<https://smartfind.Lenovo.com>



PSREF
Product Specifications
Reference