

Lenovo Legion Pro 7 (16",8)

Lenovo
LEGION

The World's Most Powerful AI Tuned Gaming Laptops

AI-tuned via Lenovo AI Engine+ for tremendous performance, the Legion Pro 7 flaunts fully powered AMD Ryzen™ 7000 Series processors and 40 Series NVIDIA® GeForce RTX™ Graphics for thrilling processing power. The all-new Legion Coldfront 5.0, with optional vapor chamber cooling, liquid metal, an expanded intelligent intake, and an upgraded fan and exhaust system with customized fan curve controls, keeps things cool as can be while you game, work, and create all day on a massive up to 99.99Whr battery. Including Lenovo's proprietary PureSight Gaming Display, coming in at 16", 16:10, WQXGA with high refresh rates, alongside a Legion TrueStrike with per-key RGB powered by Legion Spectrum, gets you truly into your game and ready to play. Now with an improved sustainable design forged from recycled aluminum and magnesium, cast in a fittingly-styled Onyx Grey, the Legion Pro 7 is truly the next generation of performance, power, and design.

WHY YOU SHOULD BUY THE LENOVO LEGION PRO 7 (16",8)



Speed Meets Endurance with AMD Ryzen™ Processors

Seize the pure performance you need to win, without compromising battery life, with AMD Ryzen™ 7000 Series processors.



Fully Powered NVIDIA® GeForce RTX™ Graphics Cards. Beyond Fast.

Ray Tracing, Tensor Cores, AI supercharged with DLSS 3 technology. Fully powered NVIDIA® GeForce RTX™ Graphics.



Smarter Gaming. Higher Framerates. Lenovo AI Engine+

The Lenovo AI Engine+ and Legion Coldfront v5.0 cooling system, AI augments the Legion Pro Series to boost FPS for the ultimate competitive advantage.



A Display Born To Compete

Obliterate the competition in stunning detail on a massive 16" 16:10 WQXGA (2560 x 1600) display with up to 240hz refresh rates.



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Lenovo

LEGION Pro 7(16",8)

SPECIFICATIONS

Legion Pro 7_16ARHX8H

PERFORMANCE

Processor

AMD Ryzen™ 9 7945HX

Operating System

Windows 11 Pro
Windows 11 Home

Graphics

NVIDIA® GeForce RTX™ 4090
Laptop GPU 16 GB GDDR6 (175W) 2040Mhz Boost Clock
NVIDIA® GeForce RTX™ 4080
Laptop GPU 12 GB GDDR6 (175W) 2280Mhz Boost Clock

(40 Series) NVIDIA® Supported Technologies:

NVIDIA DLSS 3, NVIDIA Ada Lovelace Architecture, NVIDIA Max-Q Technologies: Optimal Playable Settings, Rapid Core Scaling, CPU Optimizer, Dynamicboost, DLSS and Resizeable BAR

AI Chip

LA2-Q

Memory

Up to 32GB (2 x 16GB)
5200Mhz DDR5 Memory

Storage

Up to 2 TB (1 TB x 1TB) PCIe SSD (Gen 4)

Battery³

Up to 99.99Whr
Up to 5.6 Hours (Target)
Super Rapid Charge (30min Charge 0-70% Capacity, 80min Charge 0-100% Capacity)

Power Adapter

330W Slim Gallium (GaN) Adapter
140W (Type-C™ Power Delivery, not included in box)

DESIGN

Display

16" WQXGA (2560 x 1600) IPS; 16:10 (240 Hz / 3 ms Response Time w/ OverDrive / 100% RGB / 500 nits / Up to VESA DisplayHDR™ 400 Certified / Dolby Vision® Support / NVIDIA® G-SYNC™ Support / AMD FreeSync™ Premium Support¹ / TUV Rheinland Certified / X-Rite™ Pantone Certified)

Dimensions (W x D x H)(Target)⁶

(mm) : 363.4 x 263.55 x 21.97 - 25.9mm
(inches) : 14.3" x 10.38" x 0.86"-1.02"

Weight

Starting at <2.8kg

Color

Onyx Grey

Keyboard

1.5mm / Per Key RGB / .2mm Ditch / 100% Anti-Ghosting / Swappable Key Cap Set (4 Key Caps) / Legion Spectrum RGB Software Support

Webcam

Built-in Webcam (1080p / 720p) with E-Shutter and Tobii Horizon Support



¹ AMD FreeSync/FreeSync Premium/FreeSync Premium Pro technology requires AMD Radeon graphics and a display certified by AMD. See www.amd.com/freesync for complete details. Confirm capability with your system or display manufacturer before purchase. GD-127

CONNECTIVITY

WLAN (Target)⁶

2 x 2 Wi-Fi 6E (802.11 ax)

Bluetooth⁶

Starting from Bluetooth® 5.2

Audio

2 x 2W Harman® Super Linear Speaker System and Smart Amp with Nahimic Audio

I/O (Input/Output) Ports

Left Side

1 x Type C (USB 3.2 Gen2+DisplayPort 1.4)
1 x Type A (USB 3.2 Gen 1)

Right Side

1 x Audio Combo Jack
1 x Type A (USB 3.2 Gen 1)
1 x E-Shutter Button

Rear

1 x DC in
1 x Type C (USB 3.2 Gen2 +DisplayPort1.4+ Power Delivery 140W)
1 x Type A USB 3.2 Gen 1 (Always On USB 5V2A)
1 x Type A USB 3.2 Gen 1
1 x HDMI 2.1
1 x RJ45

PRELOADED SOFTWARE

- Lenovo Vantage & Legion Zone
- Lenovo PC Manager
- Tobii Horizon
- Tobii Aware
- McAfee® LiveSafe™
- Lenovo Antivirus
- Microsoft Office Trial⁶
- Power2Go
- X-Rite Color Management Tool
- Fn + R: 240Hz, 60Hz
- Super Resolution

LENOVO SERVICES

Legion Ultimate Support*

Legion Ultimate Support is here to be your META - Most Effective Tactic Available. With one single point of contact, get 24/7 gamer-centric support from a team of IT experts who are gaming specialists and can help optimize your hardware & software settings to keep you productive all day and unbeatable at night.

Lenovo Smart Performance

Smart Performance Services within Lenovo Vantage will keep your system running at optimum performance and proactively fix issues that affect PC performance, internet performance, and security.

Lenovo Accidental Damage Protection

Avoid the hassles of unexpected damage & repair costs. With coverage for drops, spills, electric surges, and broken LCD screens, accidental damage protection makes it easy to repair to your PCs and ensures your device is up and running fast.

Lenovo Sealed Battery

Long-lasting battery life is not just a feature but a necessity to help you stay productive and connected all day long. Protect your PC's sealed battery from degradation, enjoy hassle-free

battery replacement service, and safeguard your PC from future battery failure with our Sealed Battery Warranty Service.

Lenovo Warranty Extensions (Up to 3 years duration)

Gain complete peace of mind by extending your base warranty to up to 3 years and minimize unexpected repair costs.

Lenovo CO₂ Offset Services

Now give back to the environment in a tangible way! Lenovo CO₂ Offset Service gives you a simple and transparent way to offset carbon emissions and help the environment by supporting one of several United Nations Climate Action projects, including those that help to improve renewable energy, reduce air pollution, or enhance safe waste disposal, all of this at just the click of a button.

Legion Arena

The Legion Arena app lets you access all your games no matter where you purchased from, see what games other Arena users are playing, and earn rewards and achievements for how you play. Stop switching between different apps to find what you want to play - they all have a new home inside Legion Arena.

OPTIONS & ACCESSORIES



Legion M600s Qi Wireless Gaming Mouse



Lenovo Legion H600 Wireless Gaming Headset



Lenovo Legion Active Gaming Backpack

McAfee® LiveSafe™

Register McAfee® to enjoy these benefits in your FREE 30-day trial.

- Award-winning Antivirus
- Password Manager
- Safe Web Browsing
- Multi-device Compatibility
- Identity Theft Protection
- Free Customer Support

* Example of Lenovo marketing catalogue naming convention

Legion	Pro	7	16	ARHX	8H
Sub-brand	Position	Screen size or volume (litre)	Platform	Generation	

* Available in NA, CAP (except South Korea), IN, JP only. Not available in EMEA, ANZ, and LAS.



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AMD
RYZEN
7000 Series

Lenovo