LEGION 7 (16", 7)

AMD RYZEN | RADEON AMD ADVANTAGE

The apex of power to forge your revolution.

Up your street-cred with Lenovo Legion's most powerful gaming laptop, the Lenovo Legion 7, AMD Advantage™ Edition, a seriously specced-out machine, because nothing says tech-savvy like AMD everything. Flaunt and flex with the latest generation up to AMD Ryzen™ HX Series processors and full-powered AMD Radeon™ RX 6850M XT graphics. This is all tied together with AMD SmartShift Max and AMD Smart Access Memory™ technologies for the unparalleled level of performance and efficiency you expect from an all-AMD mobile system. Advanced Legion Coldfront 4.0 with Vapor Chamber technology and a stealth fan system deliver interstellar cooling. Enjoy immersive cinematic AAA gaming experiences with an up to 16" WQXGA (2560 x 1600) screen and a 240 Hz variable refresh rate. Say hello to accelerated gaming with ultra-fast DDR5 memory and Gen 4 PCIe SSD, and get crystal-clear quality from a 1080p FHD Webcam featuring Tobii Horizon Support. Our trademark Legion TrueStrike keyboard comes packed with per-key RGB from Legion Spectrum and killer new optional upgrades like WASD Force Sensors. Work or play wherever life takes you with a whopping 99.99WHr capacity battery.

WHY YOU SHOULD BUY THE LENOVO LEGION 7 (16", 7), AMD ADVANTAGE™ EDITION

Amplified performance

The new AMD Ryzen™ 6000 Series processors and AMD Radeon™ RX 6000M Series mobile graphics enhanced by AMD Smart Access Memory™ and SmartShift technologies unlock truly supercharged gaming performance.

Premium displays

Get ready for the next level of immersion on an ultra-fast 16" WQXGA (1600p) AMD FreeSync™ Premium display with up to 240 Hz refresh rate, 3 ms response time, and Dolby Vision® support.

Built to game

Premium build quality and precise craftsmanship meet efficient engineering with Legion Coldfront 4.0 Thermal system that includes Massive Vapor Chamber designed to keep the system cool under any workload.

AMD Software

AMD Software: Adrenalin Edition will change the way you game with its powerful array of features that elevate performance and visuals as well as upgrade your every day gaming experience - from performance monitoring and tuning to enhanced recording and streaming capabilities.

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Lenovo

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SPECIFICATIONS
Legion 7 16ARH7A*

PERFORMANCE

Processor
AMD Ryzen™ 9 6900HX
AMD Ryzen™ 7 6800H

Operating System
Windows 11 Pro
Windows 11 Home

Graphics
AMD Radeon™ RX 6850M XT Graphics
12 GB GDDR6, AMD RDNA™ 2
(Up to 2275 MHz Game Clock)

AMD Radeon™ RX 6700M Graphics
10 GB GDDR6, AMD RDNA™ 2
(Up to 2300 MHz Game Clock)

AMD Smart Technologies
AMD Smart Access Memory™
AMD SmartShift Max

Memory
4800 MHz DDR5
16 GB (2 x 8 GB) / 32 GB (2 x 16 GB)

Storage
PCIe SSD (Gen 4)
512 GB / 1 TB / 2 TB

Battery[1] (99.9WHr)
Up to 10 Hours (Target)[2]
Super Rapid Charge
(also Support Rapid Charge Pro)
10 min. Charge : 30WHr (3WHr/min.)
30 min. Charge : 0~70% Capacity
80 min. Charge : 0~100% Capacity

Power Adapter
300W Slim Adapter
230W Slim Adapter
135W (Type-C™ Power Delivery)

DESIGN

Display
1. 16" WQXGA (2560 x 1600) IPS; 16:10 (165 Hz / 3 ms Response Time / 100% sRGB / 500 nits / Up to VESA DisplayHDR™ 400 Certified / Dolby Vision® Support / AMD FreeSync™ Premium[3] / TÜV Rheinland® Certified)
2. 16" WQXGA (2560 x 1600) IPS; 16:10 (165 – 240 Hz VRR / 3 ms Response Time / 100% RGB / 500 nits / Up to VESA DisplayHDR™ 400 Certified / Dolby Vision® Support / AMD FreeSync™ Premium[3] / TÜV Rheinland® Certified)

Dimensions (W x D x H)
(mm) : 358.1 x 263.5 x as thin as 19.4
(inches) : 14.1" x 10.37" x as thin as 0.76"

Weight
Below 2.5 kg (5.5 lbs)

Keyboard
1.5 mm / Per Key RGB / 0.2 mm Ditch / 100% Anti-ghosting / WASD Force Sensors / Switchable Set (4 Keycaps)

Color
Storm Grey

[1] All battery life claims are approximate and based on results using the MobileMark® 2018 v1.0.2.46 battery life benchmark test. Actual battery life will vary and depends 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.
[2] Final battery life to be finalized Spring 2022 or Product SS 2022. Testing conducted by Lenovo. AMD has not independently tested or verified this battery life claim.
[3] AMD FreeSync™ technology requires AMD Radeon™ graphics and a display that supports FreeSync technology as certified by AMD. AMD FreeSync™ Premium technology adds requirements of mandatory low framerate compensation and at least 120 Hz refresh rate at minimum FHD. See www.amd.com/freesync for complete details. Driver update may be required.
[4] The actual transfer speed of the USB 3.2 will vary and, depending on many factors, such as the processing capability of host and peripheral devices, file attributes and other factors related to system configuration and your operating environments, will be slower than a speed of 20 Gbit/s.
[5] 1 x USB Type-C™ to be updated to USB 4.0. Available 2H 2022.
[6] Except Japan, India and China.

CONNECTIVITY

Webcam
Built-in FHD Webcam (1080p) with E-Shutter

WLAN
2x2 WiFi 6E (802.11 ax)

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

I/O (Input/Output) Ports
Left Side
2 x USB Type-C™ (USB 3.2[4])[5]

Right Side
1 x USB Type-C™ (USB 3.2 Gen 1[4])
1 x E-Shutter Switch
1 x Audio Combo Jack

Rear
2 x USB Type-A 3.2 Gen 1[4] (1 x Always-On 5V)
1 x USB Type-C™ (USB 3.2 Gen 2[4], DisplayPort™ 1.4, PD up to 135W)
1 x HDMI™ 2.1
1 x RJ45 Ethernet (2.5G)
1 x DC-In

PRELOADED SOFTWARE

- Lenovo Vantage
- Lenovo PC Manager
- Tobii Horizon
- Tobii Aware
- McAfee® LiveSafe™
- Lenovo Antivirus
- Microsoft Office Trial[6]
- Power2Go
- AMD Software: Adrenalin Edition
  - Radeon™ Boost
  - Radeon™ Anti-Lag
  - Radeon™ Image Sharpening
  - AMD Link

LENOVO SERVICES

Legion Ultimate Support[1]
Our gamer-centric 24/7 support is here to be your META - the Most Effective Tactic Available. Legion Ultimate Support is the extra boost you need to get 100% performance, 100% of the time.

Lenovo Premium Care[2]
Whether you need setup advice, a quick fix for your internet connection, resolve a software issue, or help to add a printer, Lenovo Premium Care has your back.

Lenovo CO_2 Offset Service
Lenovo CO_2 Offset Service gives consumers a simple and transparent way to offset carbon emissions and help the environment by supporting one of several United Nations Climate Action projects.

Accidental Damage Protection
Drops, bumps, and spills can damage even the most durable and well-engineered tablets, PCs, and Smart Displays. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty and protects your devices from non-warranty operational or structural failures incurred under normal operating conditions.

Lenovo Smart Performance Services
Boost your PC and internet performance, fix issues proactively, remove malware, and improve device security with Lenovo Smart Performance Services.

Lenovo Sealed Battery Warranty
Protect your sealed battery from degradation, enjoy hassle-free battery replacement service, and safeguard your PC from future battery failure.

[1] Available in NA, CAP, IN, JP only. Not available in EMEA, ANZ, and LAS.
[2] Legion Premium Care only available in markets where Legion Ultimate Support is currently not available (EMEA and ANZ).

OPTIONS & ACCESSORIES

Legion M300s RGB Gaming Mouse

Legion H300 Stereo Gaming Headset

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	7	16	A	R	H	7	A
Sub-brand	Position	Screen size or volume (litre)		Platform		Generation	

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