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 searing processing power. The all-new Legion Coldfront 5.0, with optional vapor chamber cooling, 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 variable 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

Speed meets endurance in gaming laptops powered by AMD Ryzen™ processors.


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

Smarter Gaming. Higher Frame Rates. 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 of variable refresh rates.
**SPECIFICATIONS**

### Legion Pro 7_16ARHX8
### Legion Pro 7_16ARHX8H

#### PERFORMANCE

<table>
<thead>
<tr>
<th>Processor</th>
<th>AMD Ryzen™ 9 7945HX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating System</td>
<td>Windows 11 Pro</td>
</tr>
<tr>
<td>Graphics</td>
<td>NVIDIA® GeForce RTX™ 4090</td>
</tr>
<tr>
<td>Memory</td>
<td>Overclocked 6000MHz DDR5 Memory</td>
</tr>
<tr>
<td>Storage</td>
<td>Up to 2 TB (1 TB x 1TB) PCle SSD (Gen 4)</td>
</tr>
<tr>
<td>Weight</td>
<td>Starting at &lt;2.8kg</td>
</tr>
<tr>
<td>Dimensions (W x D x H)</td>
<td>Starting from 14.3&quot; x 10.32&quot; x 0.86&quot;–1.01&quot;</td>
</tr>
</tbody>
</table>

#### DESIGN

- **Display**
  - 16" WQXGA (2560 x 1600) IPS, 16:10 (240 Hz VRR / 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 / TUV Rheinland Certified / X-Rite™ Pantone Certified)

- **Dimensions (W x D x H)(Target)**
  - (mm) : 363.4 x 262.15 x 21.95 - 25.9mm
  - (inches) : 14.3" x 10.32" x 0.86"–1.01"

- **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

- **Battery**
  - Up to 99.99Whr
  - Up to 12 Hours (Target)
  - Super Rapid Charge (30min Charge 0-80% Capacity, 60min Charge 0-100% Capacity)

- **Power Adapter**
  - 330W Slim Gallium (GaN) Adapter
  - 300W Slim Adapter
  - 140W (Type-C™ Power Delivery)

- **Audio**
  - 2 x 2W Harman® Super Linear Speaker System
  - 1 x Type C (USB 3.2 Gen2+DisplayPort 1.4)
  - 1 x Type A USB 3.2 Gen 1
  - 1 x E-Shutter Button

- **Bluetooth®**
  - Starting from Bluetooth® 5.1

- **Wi-Fi**
  - 2 x 2 Wi-Fi 6E (802.11 bx )

- **WLAN (Target)**
  - 300W Slim Adapter

- **Wired Ethernet**
  - 1 x DC in

- **USB**
  - 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
  - Lenovo CO2 Offsets

- **CONNECTIVITY**
  - LAN (Target)

- **OPTIONS & ACCESSORIES**


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**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 game-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 unbattleable 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 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’s CO2 Offset Services 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.

**Mcafee® LiveSafe™**

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

- Award-winning Antivirus
- Password Manager
- Software Support
- Parental Control

**Lenovo Legion Active Gaming Backpack**

Expand the possibilities with Lenovo Legion Active Gaming Backpack. 

- Ideal for gamers on the move
- OverDrive / 100% RGB / 500 nits / Up to VESA DisplayHDR™ 400 Certified / Dolby Vision® Support / NVIDIA® G-SYNC™ Support / AMD Freesync Premium / TUV Rheinland Certified / X-Rite™ Pantone Certified

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