



Lenovo Yoga Pro 7 Intel Core Ultra 5 125H 36.8 cm (14.5") 3K 32 GB LPDDR5x-SDRAM 512 GB SSD Wi-Fi 6E (802.11ax)

Lenovo Yoga 83E2008AFR Pro 7



Yoga Pro 7. Intel Core Ultra 5, 125H. 36.8 cm (14.5"), HD 3K, 3072 x 1920, 32 GB, LPDDR5x-SDRAM. 512 GB, SSD. Intel Arc Graphics. 1.59 kg



Design		Graphics	
Colour name	Luna Grey	On-board graphics card model *	Intel Arc Graphics
Product type *	Laptop	Audio	
Product colour *	Grey	Audio chip	Realtek ALC3306
Form factor *	Clamshell	Audio system	Dolby Atmos
Housing material	Aluminium	Number of built-in speakers	4
Display		Speaker power	2 W
Display diagonal *	36.8 cm (14.5")	Built-in microphone	✓
Display resolution *	3072 x 1920 pixels	Number of microphones	4
Touchscreen *	✓	Camera	
HD type	3K	Front camera	✓
Panel type	IPS	Front camera resolution	1920 x 1080 pixels
LED backlight	✓	Front camera HD type	Full HD
Native aspect ratio	16:10	Infrared (IR) camera	✓
Display surface	Gloss	Privacy camera	✓
Display brightness	400 cd/m²	Privacy type	Privacy shutter
RGB colour space	sRGB	Network	
Colour gamut	100%	Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Maximum refresh rate	120 Hz	Wi-Fi standards	Wi-Fi 6E (802.11ax)
Contrast ratio (typical)	1500:1	Mobile network connection *	✗
High Dynamic Range (HDR) supported	✓	Antenna type	2x2
High Dynamic Range (HDR) technology	Dolby Vision	Bluetooth	✓
Processor		Bluetooth version	5.3
Processor manufacturer *	Intel	WWAN	Not installed
Processor family *	Intel Core Ultra 5	Ports & interfaces	
Processor generation	Intel® Core™ Ultra (Series 1)	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	1
Processor model *	125H		

Processor		Ports & interfaces	
Processor cores	14	USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity	1
Processor threads	18	HDMI ports quantity *	1
Processor boost frequency	4.5 GHz	HDMI version	2.1
Performance cores	4	Thunderbolt 4 ports quantity	1
Efficient cores	8	Intel® Thunderbolt 4	✓
Low Power Efficient-cores	2	Combo headphone/mic port	✓
Performance-core Max Turbo Frequency	4.5 GHz	USB Type-C DisplayPort Alternate Mode	✓
Efficient-core Max Turbo Frequency	3.6 GHz	USB Sleep-and-Charge	✓
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	USB Sleep-and-Charge ports	1
Performance-core base frequency	1.2 GHz	Performance	
Efficient-core base frequency	0.7 GHz	Motherboard chipset	Intel SoC
Low Power Efficient-core Base Frequency	700 MHz	Hall sensor	✓
Performance-core boost frequency	1.4 GHz	Keyboard	
Processor cache	18 MB	Pointing device	Touchpad
Processor cache type	Smart Cache	Numeric keypad *	✗
Processor base power	28 W	Keyboard backlit	✓
Maximum turbo power	115 W	Keyboard language	French
Neural processor unit (NPU)		Software	
Neural processor unit (NPU)	Intel AI Boost	Operating system installed *	✗
Maximum frequency NPU	1.4 GHz	Battery	
Sparsity support	✓	Battery technology	Lithium Polymer (LiPo)
Windows Studio effects support	✓	Battery capacity *	73 Wh
AI datatype support on NPU	FP16, FP32, Int8	Battery life (max)	10.4 h
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Continuous video playback time	20.8 h
Memory		Fast charging	✓
Internal memory *	32 GB	Power	
Internal memory type	LPDDR5x-SDRAM	AC adapter power	100 W
Memory clock speed	7467 MHz	AC adapter frequency	50/60 Hz
Memory form factor	On-board	AC adapter input voltage	100 - 240 V
Maximum internal memory *	32 GB	USB Power Delivery (USB PD)	✓
Memory channels	Dual-channel	Security	
Storage		Fingerprint reader	✗
Total storage capacity *	512 GB	Windows Hello	✓
Storage media *	SSD	Trusted Platform Module (TPM)	✓
Total SSDs capacity	512 GB	Trusted Platform Module (TPM) version	2.0
Number of SSDs installed	1	Password protection	✓
SSD capacity	512 GB	Password protection type	BIOS, HDD, Supervisor, User
SSD interface	PCI Express 4.0	Operational conditions	
NVMe	✓	Operating temperature (T-T)	5 - 35 °C
SSD form factor	M.2	Storage temperature (T-T)	5 - 43 °C
Optical drive type *	✗	Operating relative humidity (H-H)	8 - 95%
Card reader integrated	✗	Storage relative humidity (H-H)	5 - 95%
Graphics		Maximum shipping altitude	3048 m
Discrete graphics card model *	Not available	Certificates	
On-board graphics card *	✓	Certification	ENERGY STAR 8.0 EPEAT Gold Registered ErP Lot 6 ErP Lot 26 RoHS compliant Intel Evo Platform Eyesafe Certified 2.0 TÜV Rheinland Low Blue Light (Hardware Solution) MIL-STD-810H
On-board GPU manufacturer	Intel		
Discrete graphics card *	✗	Weight & dimensions	
On-board graphics card family	Intel Arc Graphics	Width	325.5 mm
		Depth	226.5 mm

#### Weight & dimensions

Height	16.6 mm
Weight *	1.59 kg



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