ThinkPad L14 Gen 7 (AMD)

Experience unparalleled efficiency and reliability wherever your work takes you. Powered by the lightning-fast AMD Ryzen™ AI 5 / 7 PRO 400 Series Processor, multitasking becomes seamless, allowing you to tackle intensive workloads with ease. With support for up to 64GB DDR5-5600 memory, professionals can handle large datasets, complex financial models, and virtual meetings without slowdowns, while up to 2TB M.2 2280 SSD storage ensures rapid file access, secure document handling, and ample space for critical business assets. The integrated 2W dual Dolby Atmos® stereo speakers provide clear, immersive audio for presentations and calls, complemented by a dual-microphone array with 360° far-field pickup and Elevoc Voice technology, which intelligently reduces background noise.

Redefining possibilities with powerful performance and groundbreaking on-device AI

ThinkPad L series laptops offer reliable performance and durability for modern professionals with powerful processors, robust security features, long battery life, and versatile connectivity options, ensuring productivity on-the-go.

Designed for modern business professionals, this device combines a stunning 14” WUXGA display with up to 500 nits brightness for crystal-clear visuals in any environment, from boardrooms to outdoor sites. The intuitive TrackPoint® pointing device enables precise navigation during long work sessions, while the ergonomically engineered keyboard with natural curve key shapes, tactile markers, and illuminated indicators enhances typing accuracy and speed for emails, reports, and presentations on the go.

MediaTek Wi-Fi® 7 delivers high-speed, low-latency connectivity for seamless video conferencing, cloud collaboration, and multitasking. Paired with a 57Wh rechargeable Li-ion battery with Rapid Charge, it supports extended productivity with minimal interruptions throughout the workday.

Designed for energy efficiency, this laptop is ENERGY STAR® 9.0 certified and EPEAT™ Gold Registered, helping organizations reduce power consumption and support sustainable IT practices without compromising on performance or reliability.

Updated 2025-06-15

Lenovo Services

Lenovo delivers tailored sustainability services, devices, and infrastructure solutions from our broad portfolio, working closely with you to support your target outcomes across the IT lifecycle..

Accessories

ThinkPad USB4 Smart Dock 5500

- High-speed ports, total connectivity
- Single-cable power and displays
- Enterprise security and IT control

PN: 40BC0100xx

Lenovo Wireless Multi-Mode Pro Plus Mouse 6050

- Dual Connectivity, Effortless Pairing
- Precision Control, Multi-Directional Scrolling
- Ergonomic, Durable, and Sustainable

PN: 4Y51S61876 – 4Y51S61879

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Performance

Processor
AMD Ryzen AI 5 /7 400 Series Processor
AMD Ryzen AI 5 /7 PRO 400 Series Processor

AI PC Category*
Copilot+ PC

Operating System*
Windows 11 Pro or Home
Ubuntu Linux, Linux

NPU*
Integrated AMD Ryzen AI, up to 50 TOPS

Graphics
AMD Radeon 840M (integrated)
AMD Radeon 860M (integrated)

Memory
Up to 64GB DDR5-5600, 2x SODIMM

Storage
One drive, up to 2TB M.2 2280 SSD

Audio*
High Definition (HD) Audio
Stereo speakers, 2W x2, Dolby Atmos
Dual-microphone array, 360° far-field, Elevoc Voice

Camera*
HD 720p, with privacy shutter
5.0MP + IR discrete, with privacy shutter, temporal noise reduction

Battery
46.5Wh or 57Wh battery, up to 13.8 hr
Rapid Charge

Power Adapter*
65W USB-C adapter, PD 3.0
65W USB-C slim adapter, PD 3.0

Design

Display
14" WUXGA (1920x1200) IPS Anti-glare 16:10,
- 400nits, 45% NTSC, 60Hz, 3M DBEF5,
- 400nits, 45% NTSC, 60Hz, 3M DBEF5, on-cell touch, Eyesafe
- 500nits, 100% sRGB, 60Hz, low power, Eyesafe

Screen-to-Body Ratio
85.5%

Keyboard
6-row, spill-resistant, Copilot key, optional backlight

Touchpad
TrackPoint and Mylar surface TrackPad
60 x 115 mm (2.36 x 4.53 inches)

Dimensions
Models with PC-ABS (top) and PC-ABS (bottom)
313.7 x 226 x 11.39/17.31 (front/rear), 22.9 (maximum) mm
12.35 x 8.90 x 0.45/0.68 (front/rear), 0.90 (maximum) inches
Models with aluminium (top) and PC-ABS (bottom)
313.7 x 226 x 11.32/17.01 (front/rear), 21.7 (maximum) mm
12.35 x 8.90 x 0.45/0.67 (front/rear), 0.85 (maximum) inches

Weight
Starting at 1.389 kg (3.06 lbs)

Color
Black

Case material
Aluminium (top), PC-ABS (bottom)
PC-ABS (top), PC-ABS (bottom)

Connectivity

Ethernet*
Gigabit onboard Ethernet

WLAN + Bluetooth*
MediaTek Wi-Fi 7 MT7925, 802.11be, Bluetooth 5.4

WWAN*
4G LTE CAT6 with embedded eSIM
4G LTE CAT12 with embedded eSIM

NFC
Near Field Communication*

Ports
1x USB-A (Hi-Speed USB)
1x USB-A (USB 5Gbps)
1x USB-A (USB 5Gbps), Always On
2x Thunderbolt 4, with USB PD 15-65W & DP 2.1
1x HDMI 2.1, up to 4K/60Hz
1x Ethernet (RJ-45)
1x Headphone / microphone combo jack (3.5mm)
1x Smart card reader*
1x Nano-SIM card slot (WWAN support models)*

Docking
Docking support via Thunderbolt / USB-C

Security & Privacy

Security
ThinkShield
Discrete TPM 2.0
Kensington Nano Security Slot
Smart card reader, supports ISO 7816 and EMV*
Touch style MOC fingerprint reader*
Camera privacy shutter
IR camera for Windows Hello (facial recognition)*
Privacy Guard with Privacy Alert (software solution)

Manageability

System Management*
DASH*

Environmental

Material
50% recycled aluminium on top cover
50% PCC recycled on display cover bezel
60% PCC recycled on keyboard frame
Up to 50% PCC recycled on bottom cover
85% PCC recycled plastic used in key caps (backlight)
70% PCC recycled plastic used in key caps (non-backlight)
90% PCC recycled plastic used in speaker enclosure
90% PCC recycled plastic used in the battery pack enclosure
90% PCC recycled plastic used in slim GaN 65W adapters and standard 65W adapters
100% plastic-free primary packaging
TOTAL PCC: 24.23%-32.62%

Certifications

Green Certifications
ENERGY STAR 9.0
EPEAT Gold Registered
ErP Lot 6/26
TCO Certified, generation 10
RoHS compliant

Other Certifications
Eyesafe Certified 2.0*
TÜV Rheinland Low Blue Light (Hardware Solution)*
MIL-STD-810H

Items with * are optional and only available on selected models. Information presented here may represent the maximum possible configurations for this product, but it does not necessarily reflect what is available in your region. Please ask your rep or check the specifications for specific Part Numbers in your region. © 2026 Lenovo. Products are available while supplies last. Lenovo is not responsible for photographic or typographic errors. Lenovo, the Lenovo logo, ThinkPad, ThinkCentre, ThinkBook, ThinkStation and ThinkVision are trademarks or registered trademarks of Lenovo. 3rd party product and service names may be trademarks of others. Depending on factors such as the processing capability of peripheral devices, file attributes, system configuration and operating environments, the actual data transfer rate of USB connectors will vary and is typically slower than published standards.