

# Lenovo launches Legion 7: High-end gaming laptop, running Ryzen 9 5000 series, NVIDIA RTX 3080, 165Hz screen

Lenovo Legion 7 is equipped with many high-end configuration parameters, including AMD Ryzen 9 5000 series chip, RTX 3080 graphics card with smart cooling system.

On July 8, Lenovo launched a line of powerful gaming laptops called Lenovo Legion 7. The advantage of this machine comes from a unique design that is suitable for gamers, high quality screen. has a 165Hz refresh rate, accompanied by strong performance thanks to the AMD Ryzen 9 5000 series chip.



Lenovo Legion 7 is designed with the typical appearance of the Legion Gaming Laptop series. The edge of the screen is thinner, the design is more modern and aggressive, and the ability to personalize with RGB lights in many areas such as logos, four heat sinks around the machine, keys .



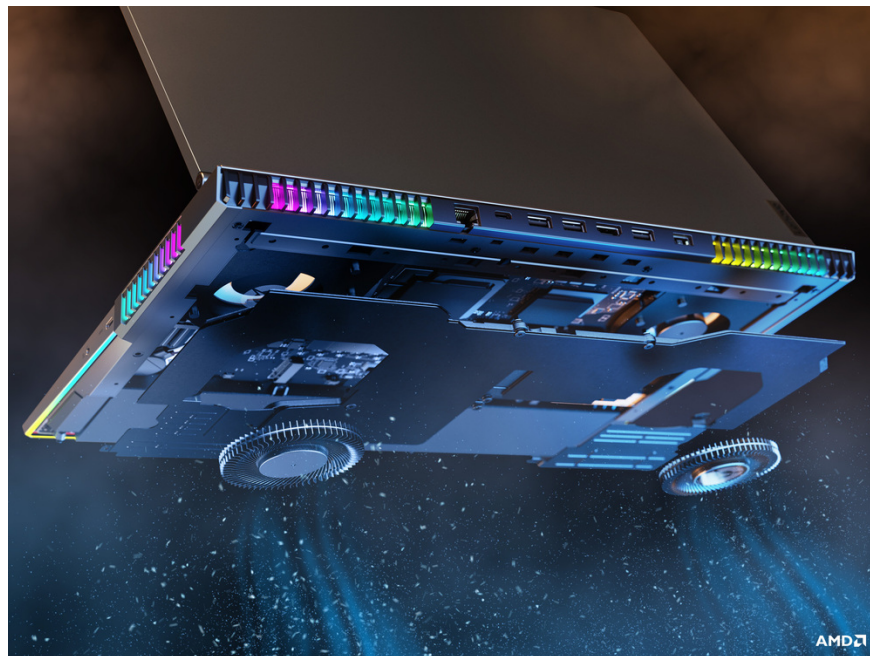
Lenovo equips its Legion 7 series with a 16-inch screen, with a resolution of 2560 x 1600, a ratio of 16:10. As a laptop line for gamers, the screen of the machine also has a high refresh rate of up to 165Hz, enough for the smoothest visual experience when playing games. This screen also has good display quality when it supports 100% sRGB color reproduction, 500 nits brightness and an anti-glare layer on the outside. In addition, this screen is also TUV Rheinland certified to effectively filter blue light, protecting users' eyes.



In terms of performance, the Lenovo Legion 7 is equipped with an AMD Ryzen 9 5900HX chip with 8 cores and 16 threads, combined with 32GB DDR4 RAM, a high-end 1TB SSD and a discrete Nvidia GeForce RTX 3080 16GB GDDR6 graphics card. The product supports Wi-Fi 6, built-in high-power speakers, many connection ports such as USB 3.2, USB-C 3.2, HDMI.



In order to help the Lenovo Legion 7 run cooler, Lenovo has equipped this high-end gaming laptop with a copper heatsink system arranged around the machine with a larger heatsink than the previous generation. Lenovo Legion Coldfront 3.0 intelligent thermal management software combined with Vapor Chamber cooling technology and many smart sensors on CPU, GPU, heatsink, etc., helps the machine operate cooler and quieter, even when operating in high performance mode continuously for a long time.



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