



HP ZBook Firefly 14 G7 Mobile Workstation

ZBook performance, more mobile than ever

Our smallest and lightest ZBook ever provides true mobility for people who push the typical business PC past its breaking point. In the office or in the field, with pro-level performance and a beautiful bright display, you have everything you need to review work and manage projects from anywhere.



HP recommends Windows 10 Pro for business

Manage it on the move

- Starting at just 3.1 lbs¹ our most mobile ZBook is made to move. With 3X faster Wi-Fi², gigabit-class 4G LTE³ and better battery life⁴, you're equipped for days offsite. And HP SureView privacy screen guards private information from prying eyes.⁵

Pro-level performance. To go

- Say goodbye to slowdowns. Power through projects and heavy workloads with the latest Intel[®] Core™ processors and NVIDIA Quadro[®] graphics, certified for pro apps. Open large files and run apps simultaneously for speedy multitasking and productivity.

Upgrade to a modern viewing experience

- Enjoy beautiful visuals even in direct light with a super-bright 550 nit 4K⁶ UHD HDR display. Blacks are blacker, whites are whiter, and color gradients are defined. All this in a modern, slim-bezel design that maximizes your viewing area.
- Work anywhere without compromising on performance or security with Windows 10 Pro, powered by HP's collaboration and connectivity technology.⁶
- Open large files and run apps simultaneously for speedy multitasking and productivity with the next generation NVIDIA[®] Quadro[®] graphics with 4GB of video memory.
- Bring your ideas to life quickly and effectively with the latest 10th gen quad core Intel[®] Core™ processors with up to 4.2 GHz of acceleration when you need it most.^{7,8}
- Strenuously tested to meet ISV certification and deliver superb performance and support with leading software providers, including Autodesk and Adobe.⁹
- Have confidence with the HP's most secure mobile workstations. Instantly protect against visual hacking with HP Sure View, and defend against firmware and malware attacks with HP Sure Start and HP Sure Sense.^{5,10}
- Built with the environment in mind, this Zbook includes recycled ocean-bound plastics, plastic-free packaging, a reduction in hazardous material and ultra-efficient power consumption.¹¹
- The keyboard has been re-imagined with rubber domes, power button, and a quiet clickpad for a more comfortable, intuitive, and quiet experience.
- Designed for ultimate durability, this ZBook undergoes brutal MIL-STD 810H tests to help ensure this PC keeps rolling through your workday.¹²
- Plug in to greater connectivity at your desktop with the HP Thunderbolt Dock for lightning-fast Thunderbolt™ 3 transfers and the flexibility to run up to two external 4K displays.¹³
- Work without limits in any location with up to 2TB of local PCIe storage.¹⁴
- 170 degree clamshell hinges lay almost flat, for easy collaboration and comfortable viewing at every angle.
- No need to risk riding someone else's network when you have your own. Optional 4G LTE leverages the SIM card from your wireless provider for enhanced security.¹⁵

HP ZBook Firefly 14 G7 Mobile Workstation Specifications Table



Available Operating Systems	Windows 10 Pro 64 – HP recommends Windows 10 Pro for business ¹ Windows 10 Home 64 ¹ Windows 10 Home Single Language 64 ¹ Windows 10 Pro 64 ¹ Windows 10 Enterprise 64 FreeDOS 3.0 Red Hat® Enterprise Linux® 7 ²⁰
Processor family ^{2,3,4,5,6}	10th Generation Intel® Core™ i7 processor (i7-10810U, i7-10610U, i7-10510U); 10th Generation Intel® Core™ i5 processor (i5-10310U, i5-10210U)
Available Processors ^{2,3,4,5,6}	Intel® Core™ i7-10510U with Intel® UHD Graphics (1.8 GHz base frequency, up to 4.9 GHz with Intel® Turbo Boost Technology, 8 MB L3 cache, 4 cores) Intel® Core™ i7-10810U with Intel® UHD Graphics (1.1 GHz base frequency, up to 4.9 GHz with Intel® Turbo Boost Technology, 12 MB L3 cache, 6 cores), supports Intel® vPro™ Technology Intel® Core™ i7-10610U with Intel® UHD Graphics (1.8 GHz base frequency, up to 4.9 GHz with Intel® Turbo Boost Technology, 8 MB L3 cache, 4 cores), supports Intel® vPro™ Technology Intel® Core™ i5-10310U with Intel® UHD Graphics (1.7 GHz base frequency, up to 4.4 GHz with Intel® Turbo Boost Technology, 6 MB L3 cache, 4 cores), supports Intel® vPro™ Technology Intel® Core™ i5-10210U with Intel® UHD Graphics (1.6 GHz base frequency, up to 4.2 GHz with Intel® Turbo Boost Technology, 6 MB L3 cache, 4 cores)
Chipset	Intel® Integrated SoC
Display size (diagonal)	14"
Maximum memory	64 GB DDR4-2666 non-ECC SDRAM (integrated graphics configurations); 32 GB DDR4-2666 non-ECC SDRAM (discrete graphics configurations) ⁸
Memory slots	2 SODIMM, supports dual channel (integrated graphics configurations); Memory soldered down, supports dual channel (discrete graphics configurations)
Internal storage	256 GB up to 2 TB PCIe® Gen 3 x 4 NVMe™ M.2 SSD ⁷ 256 GB up to 512 GB PCIe® NVMe™ M.2 SED SSD ⁷ 256 GB PCIe® NVMe™ M.2 SSD ⁷ 256 GB Intel® PCIe® NVMe™ QLC M.2 SSD with 16 GB Intel® Optane™ memory H10 up to 512 GB Intel® PCIe® NVMe™ QLC M.2 SSD with 32 GB Intel® Optane™ memory H10 PCIe® NVMe™ M.2 QLC SSD ^{7,50,51}
Display ^{11,33,34,36,37}	14" diagonal FHD IPS eDP + PSR anti-glare, 100% sRGB at 400 nits with ambient light sensor (1920 x 1080) 14" diagonal FHD, IPS, anti-glare, eDP, 250 nits, 45% NTSC (1920 x 1080) 14" diagonal FHD, IPS, touch screen, eDP, 250 nits, 45% NTSC (1920 x 1080) 14" diagonal FHD, IPS, anti-glare, eDP + PSR, with HP SureView Reflect integrated privacy screen, 1000 nits, 72% NTSC (1920 x 1080) 14" diagonal 4K UHD, IPS, HDR-400, anti-glare, eDP 1.4 + PSR with ambient light sensor, 550 nits, 95% sRGB (3840 x 2160)
Available Graphics	Integrated: Intel® UHD Graphics ^{11,27,28,32} Discrete: NVIDIA® Quadro® P520 (4 GB GDDR5 dedicated) ^{12,32}
Audio	Audio by Bang & Olufsen, dual stereo speakers, HP World Facing Microphone dual array digital microphone, functions keys for volume up and down, combo microphone/headphone jack, HD audio
Expansion slots	1 smart card reader
Ports and Connectors	Left side: 1 headphone/microphone combo; 1 USB 3.1 Gen 1; 1 USB 3.1 Gen 1 (charging) Right side: 1 power connector; 1 HDMI 1.4b; 2 USB Type-C™ (Thunderbolt™ 3)
Available Keyboards	HP Premium Quiet Keyboard, full-size, spill-resistant, backlit, with drain and DuraKeys, clickpad with image sensor and glass surface, multi-touch gestures and taps enabled
Available Pointing Devices	Dual pointstick; Clickpad with multi-touch gestures enabled, taps enabled as default; Microsoft Precision Touchpad Default Gestures Support
WLAN ⁹ Network Interface ⁹	Intel® Wi-Fi 6 AX201 (2x2) and Bluetooth® 5 combo, vPro™ Intel® Wi-Fi 6 AX201 (2x2) and Bluetooth® 5 combo, non-vPro™
WWAN ^{10,47}	Intel® XMM™ 7560 LTE-Advanced Pro Cat 16 Intel® XMM™ 7360 LTE Advanced CAT 9
Camera ^{13,14}	720p HD webcam with IR; 720p HD webcam
Available Software ^{18,19,20,21,22,23,35}	Bing search for IE11; Buy Office; CyberLink Power Media Player; HP Hotkey Support; HP Noise Cancellation Software; HP Performance Advisor; HP Recovery Manager; HP Support Assistant; HP JumpStart; HP Mobile Connect Pro; Native Miracast support; HP Connection Optimizer; HP ZCentral Remote Boost Software
Software	Bing search for IE11; Buy Office; CyberLink Power Media Player; HP Hotkey Support; HP Noise Cancellation Software; HP Performance Advisor; HP Recovery Manager; HP Support Assistant; HP JumpStart; HP Mobile Connect Pro; Native Miracast support; HP Connection Optimizer
Security management ^{18,19,20,21,22,23,35}	Absolute persistence module; HP Device Access Manager; HP Power On Authentication; Security lock slot; Trusted Platform Module TPM 2.0 Embedded Security Chip; Master Boot Record security; Pre-boot authentication; Microsoft Security Defender; HP Secure Erase; HP Manageability Integration Kit; HP Support Assistant; HP BIOSphere with HP Sure Start; HP Sure Sense; HP Client Security Manager; HP Sure Recover; HP Sure Recover with Embedded Reimaging; HP Sure Platform
Fingerprint reader	Fingerprint reader (select models)
Power	HP Smart 65 W External AC Power Adapter; HP Smart 45 W External AC Power Adapter
Battery type ³⁰	HP Long Life 3-cell, 56 Wh Li-ion polymer
Battery life ¹⁵	Up to 14 hours
Battery recharge time	Supports battery fast charge: approximately 50% in 30 minutes
Dimensions	12.73 x 8.45 x 0.71 in; 32.3 x 21.46 x 1.79 cm
Weight	Starting at 3.1 lb; Starting at 1.41 kg (Weight varies by configuration and components.)
Energy efficiency compliance ¹⁶	ENERGY STAR® certified and EPEAT® Gold registered configurations available
Environmental specifications ¹⁷	Low halogen
Warranty	Protected by HP Services, including a standard limited 3 years parts, 3 years labor, and 3 years onsite service (3-3-3) limited warranty. HP Services offers 3 year limited warranty and 90 day software limited warranty options depending on country. Batteries have a default one year limited warranty except for Long Life batteries which will have same 1 year or 3 year limited warranty as the platform. HP Care Pack Services are optional extended service contracts that go beyond the standard limited warranties. To choose the right level of service for your HP product, use the HP Care Pack Services Lookup Tool at: http://www.hp.com/go/cpc

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Accessories and services (not included)

Additional Services (Not included)



HP Care Pack

UD0P8E - HP 1 year Next business day onsite Hardware Support with Accidental Damage Protection
U02BVE - HP 3 year Next business day onsite Hardware Support with Accidental Damage Protection

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Messaging Footnotes

¹Weight will vary by configuration.

²Based on Wi-Fi 5 80MHz and Wi-Fi 6 160MHz minimum requirements when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 802.11ax (Wi-Fi 6). Only available in countries where 802.11ax is supported. Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs. The specifications for Wi-Fi 6 (802.11ax) are draft and are not final. If the final specifications differ from the draft specifications, it may affect the ability of the notebook to communicate with other 802.11ax devices.

³Gigabit class Category 16 4G LTE module is optional and must be configured at the factory. Module designed for up to 1 Gbps download speeds as carriers deploy 5 carrier aggregation and 100MHz channel bandwidth, requires activation and separately purchased service contract. Backwards compatible to HSPA 3G technologies. Check with service provider for coverage and availability in your area. Connection, upload and download speeds will vary due to network, location, environment, network conditions, and other factors. 4G LTE not available on all products, in all regions

⁴When compared to HP ZBook 15u G6

⁵HP Sure View is an optional feature, requires factory configuration and is designed to operate in landscape orientation.

⁶4K UHD HDR display is an optional feature and requires configuration at purchase.

⁷Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows 10 is automatically updated, which is always enabled. ISP fees may apply and additional requirements may apply over time for updates. See <http://www.windows.com>

⁸Multicore is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.

⁹Intel® Turbo Boost technology requires a PC with a processor with Intel Turbo Boost capability. Intel Turbo Boost performance varies depending on hardware, software and overall system configuration. See www.intel.com/technology/turboboost for more information.

¹⁰Adobe and Autodesk software sold separately.

¹¹HP Sure Start Gen5 is available on select HP PCs with Intel processors. See product specifications for availability. HP Sure Sense requires Windows 10. See product specifications for availability.

¹²Speaker enclosure component made with 5% ocean bound plastic as of 2/3/2020.

¹³Testing is not intended to demonstrate fitness of U.S. Department of Defense (DoD) contract requirements or for military use. Test results are not a guarantee of future performance under these test conditions. Accidental damage requires an optional HP Accidental Damage Protection Care Pack.

¹⁴HP Thunderbolt Dock with Thunderbolt™ 3 sold separately. External displays sold separately. Optional hybrid graphics is required to run up to two external 4K displays.

¹⁵For hard drives, GB = 1 billion bytes. TB = 1 trillion bytes. Actual formatted capacity is less. Up to 30GB (for Windows 10) of system disk is reserved for system recovery software.

¹⁶4G LTE is an optional feature, requires separately purchased service contract, and configuration at purchase. Check with service provider for coverage and availability in your area. Connection speeds will vary due to location, environment, network conditions, and other factors. 4G LTE not available on all products, in all regions.

Technical Specifications Footnotes

¹ Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows 10 is automatically updated, which is always enabled. ISP fees may apply and additional requirements may apply over time for updates. See <http://www.windows.com>.

² Multicore is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.

³ Processor speed denotes maximum performance mode; processors will run at lower speeds in battery optimization mode.

⁴ Intel® Turbo Boost performance varies depending on hardware, software and overall system configuration. See www.intel.com/technology/turboboost for more information.

⁵ In accordance with Microsoft's support policy, HP does not support the Windows 8 or Windows 7 operating system on products configured with Intel and AMD 7th generation and forward processors or provide any Windows 8 or Windows 7 drivers on <http://www.support.hp.com>.

⁷ For storage drives, GB = 1 billion bytes. TB = 1 trillion bytes. Actual formatted capacity is less. Up to 35GB of disk is reserved for system recovery software.

⁸ The term "10/100/1000" or "Gigabit" Ethernet indicates compatibility with IEEE standard 802.3ab for Gigabit Ethernet, and does not connote actual operating speed of 1 Gb/s. For high-speed transmission, connection to a Gigabit Ethernet server and network infrastructure is required.

⁹ Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs. The specifications for Wi-Fi 6 (802.11ax) are draft and are not final. If the final specifications differ from the draft specifications, it may affect the ability of the notebook to communicate with other 802.11ax devices. Only available in countries where 802.11ax is supported.

¹⁰ WWAN is an optional feature and requires factory configuration and separately purchased service contract. Check with service provider for coverage and availability in your area. Connection speeds will vary due to location, environment, network conditions, and other factors. 4G LTE not available on all products, and in all regions.

¹¹ UHD content required to view UHD images.

¹² Both UMA & Discrete configurations support 3 independent displays when on the HP UltraSlim Dock (sold separately) - Max. resolution = 2.5K @60Hz (DP1) & 2.5K @60Hz (DP2) & FHD (VGA), and support 3 independent displays when on the HP Thunderbolt Dock G2 (sold separately) - Max. resolution = 2.5K @60Hz (DP1) & 2.5K @60Hz (DP2) & FHD (VGA) OR 4K @60Hz (one DP Port) & 4K @60Hz (Type-C output port using a Type C-to-DP adapter).

¹³ HD content required to view HD images.

¹⁴ Windows Hello face authentication utilizes a camera specially configured for near infrared (IR) imaging to authenticate and unlock Windows devices as well as unlock your Microsoft Passport.

¹⁵ Battery life will vary depending on the product model, configuration, loaded applications, features, use, wireless functionality and power management settings. The maximum capacity of the battery will naturally decrease with time and usage. See MobileMark14 battery benchmark <https://bapco.com/products/mobilemark-2014/> for additional details

¹⁶ EPEAT® registered where applicable. EPEAT registration varies by country. See www.epeat.net for registration status by country. Search keyword generator on HP's 3rd party option store for solar generator accessories at www.hp.com/go/options.

¹⁷ External power supplies, power cords, cables and peripherals are not low halogen. Service parts obtained after purchase may not be low halogen.

¹⁸ HP Support Assistant - Requires Windows and Internet Access.

¹⁹ HP Z Central Remote Boost Software - The remote desktop solution for serious workstation users and their most demanding applications. Download at: <http://www.hp.com/go/RGS>.

²⁰ Web-only Support

²¹ HP Mobile Connect Pro is only available on preconfigured devices with WWAN. For geographic availability refer to <http://www.hp.com/go/mobileconnect>.

²² Miracast is a wireless technology your PC can use to project your screen to TVs, projectors, and streaming media players that also support Miracast. You can use Miracast to share what you're doing on your PC and present a slide show. For more information: <http://windows.microsoft.com/en-us/windows-8/project-wireless-screen-miracast>.

²³ HP Performance Advisor Software - HP Performance Advisor is ready and waiting to help you get the most out of your HP Workstation from day one—and every day after. Learn more or download at: <https://www8.hp.com/us/en/workstations/performance-advisor.html>

²⁴ HP BIOSphere Gen5 is available on select HP Pro, Elite and ZBook PCs. See product specifications for details. Features may vary depending on the platform and configurations.

²⁵ Absolute agent is shipped turned off, and will be activated when customers activate a purchased subscription. Subscriptions can be purchased for terms ranging multiple years. Service is limited, check with Absolute for availability outside the U.S. The Absolute Recovery Guarantee is a limited warranty. Certain conditions apply. For full details visit: <http://www.absolute.com/company/legal/agreements/computrace-agreement>. Data Delete is an optional service provided by Absolute Software. If utilized, the Recovery Guarantee is null and void. In order to use the Data Delete service, customers must first sign a Pre-Authorization Agreement and either obtain a PIN or purchase one or more RSA SecurID tokens from Absolute Software.

²⁶ HP Support Assistant requires Windows and Intel® 8th generation processors.

²⁷ Support HD decode, DX12, HDMI 1.4, HDCP 2.2 via DP up to 4K @ 60Hz and via HDMI up to 4K @ 30Hz

²⁸ Shared video memory (UMA) uses part of the total system memory for video performance. System memory dedicated to video performance is not available for other use by other programs.

²⁹ AMD Dynamic Switchable Graphics technology requires an Intel processor, plus an AMD Radeon™ discrete graphics configuration and is not available on FreeDOS and Linux OS. With AMD Dynamic Switchable Graphics technology, full enablement of all discrete graphics video and display features may not be supported on all systems (e.g. OpenGL applications will run on the integrated GPU or the APU as the case may be).

³⁰ Supports HP Fast Charge Technology

³¹ Microsoft Defender Opt in and internet connection required for updates.

³² HDMI cable Sold Separately.

³³ HP Sure View Gen3 is optional and must be configured at purchase.

³⁴ HP Sure View Gen3 available in 2nd half of 2019.

³⁵ HP Connection Optimizer requires Windows 10.

³⁶ Sold separately or as an optional feature.

³⁷ Resolutions are dependent upon monitor capability, and resolution and color depth settings.

³⁸ HP Manageability Integration Kit can be downloaded from <http://www.hp.com/go/clientmanagement>.

³⁹ HP Client Security Manager Gen5 requires Windows and is available on select HP Pro, Elite, and ZBook PCs. See product specifications for details.

⁴⁰ Security lock slot is Lock sold separately.

⁴¹ Available as an option on select HP PCs.

⁴² HP Sure Recover Gen2: See product specifications for availability. Requires an open, wired network connection. Not available on platforms with multiple internal storage drives. You must back up important files, data, photos, videos, etc. before using HP Sure Recover to avoid loss of data. HP Sure Recover (Gen1) does not support platforms with Intel® Optane™.

⁴³ HP Sure Recover with Embedded Reimaging Gen2 is an optional feature which must be configured at purchase. See product specifications for availability. Not available on platforms with multiple internal storage drives. You must back up important files, data, photos, videos, etc. before use to avoid loss of data. HP Sure Recover with Embedded Reimaging (Gen1) does not support platforms with Intel® Optane™.

⁴⁴ HP Client Security Manager Gen5 requires Windows and is available on select HP Pro, Elite and ZBook PCs. See product specifications for details.

⁴⁵ HP Sure Start Gen5 is available on select HP PCs with Intel processors. See product specifications for availability.

⁴⁶ For the methods outlined in the National Institute of Standards and Technology Special Publication 800-88 "Clear" sanitation method. HP Secure Erase does not support platforms with Intel® Optane™.

⁴⁷ Gigabit class Category 16 4G LTE module is optional and must be configured at the factory. Module designed for up to 1 Gbps download speeds as carriers deploy 5 carrier aggregation and 100MHz channel bandwidth, requires activation and separately purchased service contract. Backwards compatible to HSPA 3G technologies. Check with service provider for coverage and availability in your area. Connection, upload and download speeds will vary due to network, location, environment, network conditions, and other factors. 4G LTE not available on all products, in all regions.

⁴⁸ Wireless access point and Internet service required and sold separately. Availability of public wireless access points limited.

⁴⁹ HP Sure Platform is only available on Discrete configurations

⁵⁰ Intel® Optane™ memory system acceleration does not replace or increase the DRAM in your system. Requires 8th Gen or higher Intel® Core™ processor, BIOS version with Intel® Optane™ supported, Windows 10 64-bit, and an Intel® Rapid Storage Technology (Intel® RST) driver.

⁵¹ Intel® Optane™ memory H10 only for Intel® PCIe® NVMe™ QLC M.2 SSD

⁵² Based on US EPEAT® registration according to IEEE 1680.1-2018 EPEAT®. Status varies by country. Visit www.epeat.net for more information.

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