

14-inch

16-inch



Finish



Silver

Space Gray

Price

\$2499

\$2699

\$3499

Chip



Apple M1 Pro chip

10-core CPU with 8 performance cores and 2 efficiency cores

16-core GPU

16-core Neural Engine

200GB/s memory bandwidth



Apple M1 Pro chip

10-core CPU with 8 performance cores and 2 efficiency cores

16-core GPU

16-core Neural Engine

200GB/s memory bandwidth



Apple M1 Max chip

10-core CPU with 8 performance cores and 2 efficiency cores

32-core GPU

16-core Neural Engine

400GB/s memory bandwidth

Media engine	Media engine	Media engine
Hardware-accelerated H.264, HEVC, ProRes, and ProRes RAW	Hardware-accelerated H.264, HEVC, ProRes, and ProRes RAW	Hardware-accelerated H.264, HEVC, ProRes, and ProRes RAW
Video decode engine	Video decode engine	Video decode engine
Video encode engine	Video encode engine	Two video encode engines
ProRes encode and decode engine	ProRes encode and decode engine	Two ProRes encode and decode engines
Configurable to:	Configurable to:	—
M1 Max with 10-core CPU and 24-core GPU or M1 Max with 10-core CPU and 32-core GPU	M1 Max with 10-core CPU and 24-core GPU or M1 Max with 10-core CPU and 32-core GPU	

Display

Liquid Retina XDR display

16.2-inch (diagonal) Liquid Retina XDR display;¹ 3456-by-2234 native resolution at 254 pixels per inch



XDR (Extreme Dynamic Range)

Up to 1000 nits sustained (full-screen) brightness, 1600 nits peak brightness

1,000,000:1 contrast ratio

Color

1 billion colors

Wide color (P3)

True Tone technology

Refresh rates

ProMotion technology for adaptive refresh rates up to 120Hz

Fixed refresh rates: 47.95Hz, 48.00Hz, 50.00Hz, 59.94Hz, 60.00Hz

Memory

16GB

16GB unified memory

Configurable to:

32GB (M1 Pro or M1 Max) or
64GB (M1 Max)

16GB

16GB unified memory

Configurable to:

32GB (M1 Pro or M1 Max) or
64GB (M1 Max)

32GB

32GB unified memory

Configurable to:

64GB

Battery and Power²

Up to 21 hours Apple TV app movie playback

Up to 14 hours wireless web

100-watt-hour lithium-polymer battery²

140W USB-C Power Adapter

USB-C to MagSafe 3 Cable

Fast-charge capable with included 140W USB-C Power Adapter

Storage³

512GB

512GB SSD

Configurable to:

1TB, 2TB, 4TB, or 8TB

1TB

1TB SSD

Configurable to:

2TB, 4TB, or 8TB

1TB

1TB SSD

Configurable to:

2TB, 4TB, or 8TB

Charging and Expansion

SDXC card slot

HDMI port

3.5 mm headphone jack

MagSafe 3 port

Three Thunderbolt 4 (USB-C) ports with support for:

Charging

DisplayPort

Thunderbolt 4 (up to 40Gb/s)

USB 4 (up to 40Gb/s)

SDXC Thunderbolt 4 HDMI



[Overview](#) [Why Mac](#) [Tech Specs](#) [Buy](#)

14" and 16" models
MacBook Pro



MagSafe 3

Headphone jack

Thunderbolt 4

Video Support

Simultaneously supports full native resolution on the built-in display at 1 billion colors and:

Up to two external displays with up to 6K resolution at 60Hz at over a billion colors (M1 Pro) or

Up to three external displays with up to 6K resolution and one external display with up to 4K resolution at 60Hz at over a billion colors (M1 Max)

Thunderbolt 4 digital video output

Native DisplayPort output over USB-C

VGA, HDMI, DVI, and Thunderbolt 2 output supported using adapters (sold separately)

HDMI digital video output

Support for one display with up to 4K resolution at 60Hz

DVI output using HDMI to DVI Adapter (sold separately)

Keyboard and Trackpad

Backlit Magic Keyboard with:

78 (U.S.) or 79 (ISO) keys including 12 full-height function keys and 4 arrow keys in an inverted-T arrangement

Touch ID

Ambient light sensor

Force Touch trackpad for precise cursor control and pressure-sensing capabilities; enables Force clicks, accelerators, pressure-sensitive drawing, and Multi-Touch gestures



Force Touch trackpad

Wireless

Wi-Fi

802.11ax Wi-Fi 6 wireless networking
IEEE 802.11a/b/g/n/ac compatible

Bluetooth

Bluetooth 5.0 wireless technology

Camera

1080p FaceTime HD camera
Advanced image signal processor with computational video

Audio

High-fidelity six-speaker sound system with force-cancelling woofers

Wide stereo sound

Support for spatial audio when playing music or video with Dolby Atmos on built-in speakers

Spatial audio with dynamic head tracking when using AirPods (3rd generation), AirPods Pro, and AirPods Max

Studio-quality three-mic array with high signal-to-noise ratio and directional beamforming

3.5 mm headphone jack with advanced support for high-impedance headphones

Operating Requirements

Line voltage: 100V to 240V AC

Frequency: 50Hz to 60Hz

Operating temperature: 50° to 95° F (10° to 35° C)

Storage temperature: -13° to 113° F (-25° to 45° C)

Relative humidity: 0% to 90% noncondensing

Operating altitude: tested up to 10,000 feet

Maximum storage altitude: 15,000 feet

Maximum shipping altitude: 35,000 feet

Size and Weight

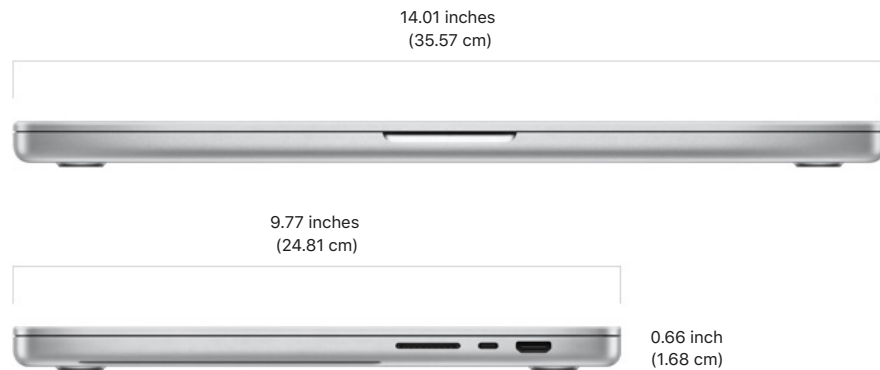
Height 0.66 inch (1.68 cm)

Width: 14.01 inches (35.57 cm)

Depth: 9.77 inches (24.81 cm)

Weight (M1 Pro): 4.7 pounds (2.1 kg)⁴

Weight (M1 Max): 4.8 pounds (2.2 kg)⁴



Operating System

macOS

macOS is the most advanced desktop operating system in the world. macOS Monterey introduces powerful new features to help you connect, share, and create like never before.

[Learn more >](#)

Accessibility

Accessibility features help people with disabilities get the most out of their new MacBook Pro. With built-in support for vision, hearing, mobility, and learning, you can create and do amazing things.

[Learn more >](#)

Features include:

Voice Control

Zoom

Reduce Motion

VoiceOver

Increase Contrast

Siri and Dictation

Built-in Apps⁵



App Store



Books



Calendar



Contacts



FaceTime



Find My



GarageBand



Home



iMovie



Keynote



Mail



Maps



Messages



Music



News



Notes



Numbers



Pages



Photo Booth



Photos



Podcasts



Preview



QuickTime Player



Reminders



Safari



Shortcuts



Siri



Stocks



Time Machine



TV

Voice Memos

In the Box

16-inch MacBook Pro

140W USB-C Power Adapter

USB-C to MagSafe 3 Cable (2 m)

Limited Warranty and Service

Your MacBook Pro comes with 90 days of complimentary technical support and a one-year limited warranty. Purchase AppleCare+ for Mac to extend your coverage to three years from your AppleCare+ purchase date and add up to two incidents of accidental damage coverage every 12 months, each subject to a service fee of \$99 for screen damage or external enclosure damage, or \$299 for other repairable damage, plus applicable tax.

[Learn more >](#)

Configure to Order

Configure your MacBook Pro with these options, only at [apple.com](#):

M1 Max with 10-core CPU and 24-core GPU

M1 Max with 10-core CPU and 32-core GPU

32GB unified memory (M1 Pro and M1 Max)

64GB unified memory (M1 Max)

1TB, 2TB, 4TB, or 8TB SSD



MacBook Pro and the Environment

The 16-inch MacBook Pro is designed with the following features to reduce its environmental impact:⁶

[See the 16-inch MacBook Pro Product Environmental Report >](#)

Green manufacturing

Apple's Zero Waste Program helps suppliers eliminate waste sent to landfill

All final assembly supplier sites are transitioning to 100% renewable energy for Apple production

Made with better materials

100% recycled aluminum in the enclosure

100% recycled rare earth elements in all magnets, representing 98% of the rare earth elements in the device

100% recycled tin in the solder of the main logic board

35% or more recycled plastic in multiple components

Energy efficient

ENERGY STAR® certified⁷

Smarter chemistry⁸

Arsenic-free display glass

Mercury-, BFR-, PVC-, and beryllium-free

Responsible packaging

100% of virgin wood fiber comes from responsibly managed forests

90% or more fiber-based packaging

Apple Trade In

Trade in your eligible device for credit toward your next purchase, or get an Apple Gift Card you can use anytime.⁹ If your device isn't eligible for credit, we'll recycle it for free.

[See how it works >](#)

Apple and the Environment

We're committed to making our products without taking from the earth, and to become carbon neutral across our entire business, including products, by 2030.

[See Apple's commitment >](#)

Accessories

Mac Software

[Final Cut Pro](#)

[Logic Pro](#)

Displays and Adapters

[Pro Display XDR](#)

[LG UltraFine 4K Display](#)

[LG UltraFine 5K Display](#)

[Thunderbolt 3 \(USB-C\) to Thunderbolt 2 Adapter](#)

[USB-C to USB Adapter](#)

[USB-C Digital AV Multiport Adapter](#)

[USB-C VGA Multiport Adapter](#)

[Belkin USB-C to Gigabit Ethernet Adapter](#)

[HDMI to DVI Adapter](#)

Other Accessories

[USB-C to Lightning Cable](#)

[USB-C to MagSafe 3 Cable](#)

[USB-C Charge Cable](#)

[140W USB-C Power Adapter](#)

[Magic Keyboard with Touch ID](#)

[Magic Keyboard with Touch ID and Numeric Keypad](#)

[Magic Keyboard](#)

[Magic Keyboard with Numeric Keypad](#)

[Magic Trackpad](#)

[Magic Mouse](#)

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1. The displays on the 14-inch and 16-inch MacBook Pro have rounded corners at the top. When measured as a standard rectangular shape, the screens are 14.2 inches and 16.2 inches diagonally (actual viewable area is less).
 2. Actual rating of 69.6 watt-hours (14-inch model) or 99.6 watt-hours (16-inch model). Testing conducted by Apple in September 2021 using preproduction 14-inch MacBook Pro systems with Apple M1 Pro, 8-core CPU, 14-core GPU, 16GB of RAM, and 512GB SSD; and preproduction 16-inch MacBook Pro systems with Apple M1 Pro, 10-core CPU, 16-core GPU, 16GB of RAM, and 1TB SSD. The wireless web test measures battery life by wirelessly browsing 25 popular websites with display brightness set to 8 clicks from bottom. The Apple TV app movie playback test measures battery life by playing back HD 1080p content with display brightness set to 8 clicks from bottom. Battery life varies by use and configuration. See apple.com/batteries for more information.
 3. 1GB = 1 billion bytes and 1TB = 1 trillion bytes; actual formatted capacity less.
 4. Weight varies by configuration and manufacturing process.
 5. iMovie, GarageBand, Pages, Numbers, and Keynote are available on the Mac App Store. Downloading apps requires an Apple ID and a device that is compatible with the OS version required for each app.
 6. Data accurate as of product launch.
 7. ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.
 8. Apple defines its restrictions on harmful substances, including definitions for what Apple considers to be "free of," in the Apple Regulated Substances Specification. Every Apple product is free of PVC and phthalates with the exception of AC power cords in India, Thailand (for two-prong AC power cords), and South Korea, where we continue to seek government approval for our PVC and phthalates replacement.
 9. Trade-in values will vary based on the condition, year, and configuration of your eligible trade-in device. Not all devices are eligible for credit. You must be at least 18 years old to be eligible to trade in for credit or for an Apple Gift Card. Trade-in value may be applied toward qualifying new device purchase, or added to an Apple Gift Card. Actual value awarded is based on receipt of a qualifying device matching the description provided when estimate was made. Sales tax may be assessed on full value of a

new device purchase. In-store trade-in requires presentation of a valid photo ID (local law may require saving this information). Offer may not be available in all stores, and may vary between in-store and online trade-in. Some stores may have additional requirements. Apple or its trade-in partners reserve the right to refuse or limit quantity of any trade-in transaction for any reason. More details are available from Apple's trade-in partner for trade-in and recycling of eligible devices. Restrictions and limitations may apply.

† Apple Card Monthly Installments (ACMI) is a 0% APR payment option available to select at checkout for certain Apple products purchased at Apple Store locations, apple.com, the Apple Store app, or by calling 1-800-MY-APPLE, and is subject to credit approval and credit limit. See <https://support.apple.com/kb/HT211204> for more information about eligible products. Variable APRs for Apple Card other than ACMI range from 10.99% to 21.99% based on creditworthiness. Rates as of April 1, 2020. If you choose the pay-in-full or one-time-payment option for an ACMI eligible purchase instead of choosing ACMI as the payment option at checkout, that purchase will be subject to the variable APR assigned to your Apple Card. Taxes and shipping are not included in ACMI and are subject to your card's variable APR. See the Apple Card Customer Agreement for more information. ACMI is not available for purchases made online at the following special stores: Apple Employee Purchase Plan; participating corporate Employee Purchase Programs; Apple at Work for small businesses; Government, and Veterans and Military Purchase Programs, or on refurbished devices. iPhone activation required on iPhone purchases made at an Apple Store with one of these national carriers: AT&T, Sprint, Verizon, or T-Mobile.

To access and use all the features of Apple Card, you must add Apple Card to Wallet on an iPhone or iPad with the latest version of iOS or iPadOS. Update to the latest version by going to Settings > General > Software Update. Tap Download and Install.

Available for qualifying applicants in the United States.

Apple Card is issued by Goldman Sachs Bank USA, Salt Lake City Branch.

Mac	MacBook Pro	MacBook Pro 14-inch and 16-inch	Technical Specifications	
Shop and Learn	Services	Apple Store	For Business	Apple Values
Store	Apple Music	Find a Store	Apple and Business	Accessibility
Mac	Apple TV+	Genius Bar	Shop for Business	Education
iPad	Apple Fitness+	Today at Apple	For Education	Environment
iPhone	Apple News+	Apple Camp	Apple and Education	Inclusion and Diversity
Watch	Apple Arcade	Apple Store App	Shop for K-12	Privacy
AirPods	iCloud	Refurbished and Clearance	Shop for College	Racial Equity and Justice
TV & Home	Apple One	Financing	For Healthcare	Supplier Responsibility
iPod touch	Apple Card	Apple Trade In	Apple in Healthcare	About Apple
AirTag	Apple Books	Order Status	Health on Apple Watch	Newsroom
Accessories	Apple Podcasts	Shopping Help	Health Records on iPhone	Apple Leadership
Gift Cards	App Store		For Government	Career Opportunities
	Account		Shop for Government	Investors
	Manage Your Apple ID		Shop for Veterans and Military	Ethics & Compliance
	Apple Store Account			Events
	iCloud.com			Contact Apple

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