



Lenovo LOQ 32Q-10 Monitor

NEXT-LEVEL VISUALS FOR NEXT-GEN GAMERS

Oops, meet your maker with the LOQ 32Q-10, a vast display with refreshingly sharp clarity, vibrant 99% sRGB color, and ultra-realistic HDR10 visuals. Gaming pros in training can rely on a 180Hz refresh rate and lightning-fast 0.5ms MPRT¹ (1ms GtG) response time to hit every mark. AMD FreeSync™ and VESA Adaptive Sync keep your play experience smooth and seamless by eliminating screen tearing and stutter.



Display performance that slaps

- **Clear visuals, every time**
Immerse yourself in play on a vast 31.5-inch Fast VA display with QHD resolution, featuring stunningly sharp detail at every turn for goated gaming sessions.
- **Smooth motion, ultra-fast responsiveness**
Land more hits with a high 180Hz refresh rate and lightning-fast 0.5ms MPRT¹ (1ms GtG) response time. Fluid action and quick reaction times get you ready to dominate in any field.
- **Vibrant color that pops**
99% sRGB brings your game world to life with bold, vibrant colors, while HDR10 adds rich contrast to virtual worlds, videos or content that hit hard and feel incredibly real.



Always-ready gaming aura

- **Seamless gameplay**
AMD FreeSync™ and VESA Adaptive Sync technologies eliminate screen tearing, stuttering and ghosting for highly responsive, uninterrupted immersion.
- **Plug-and-play setup**
With HDMI CEC support, just connect your console and jump straight into the game—no extra hassle, no extra button mashing.
- **Gameroom rizz that eats**
Set the mood for your setup with Legion Space and Lenovo Artery (Lenovo Accessories and Display Manager)² software. Tweak display settings, manage audio, and flex advanced gaming features to match your vibe.



Connect your gear with ease and comfort

- **Advanced connectivity for your LOQ ecosystem**
Built-in HDMI 2.1³ TMDS, and DP 1.4⁴ ports make it easy to hook up your favorite devices and consoles. Plug into the LOQ PC and accessories ecosystem, and stay locked in to own the competition or crush assignments.
- **Eye health protection**
Low blue light mode and flicker-free technologies keep eye strain and fatigue in check, so you can game, stream, or study all day with zero worries.

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SPECIFICATIONS

DISPLAY	
Panel Size	31.5-inch
Screen Dimensions	709.6 mm x 412.0 mm
Panel Type	3-sided NearEdgeless, VA
Active Area	697.3 mm x 392.2 mm
Backlight	WLED
Aspect Ratio	16:9
Resolution	2560 x 1440
Pixel Pitch	0.2724 mm x 0.2724 mm
Dot/Pixel Per Inch (DPI/PPI)	93
Viewing Angle (H x V @ CR 10:1)	178° / 178°
Response Time (G to G)	0.5ms (MPRT ¹), 1ms (Level 4), 2ms (Level 3), 3ms (Level 2), 4ms (Level 1), 5ms (Off)
Refresh Rate	180Hz
Brightness (Typical)	300 cd/m ²
Contrast Ratio (Typical)	3500:1
Dynamic Contrast Ratio (Typical)	3M:1
Color Gamut (Coverage Ratio)	99% sRGB (CIE 1931)
Color Gamut (Area Ratio)	124% sRGB
Color Support (Typical)	16.7 Million
Color Depth	8+FRC
HDR Compliance	Yes (HDR10)
Anti-glare	Yes

CONNECTIVITY	
Video Signal	2 x HDMI 2.1 TMDS ³ 1 x DP 1.4 (HBR3) ⁴

SPECIAL FEATURES	
Software	Legion Space, Lenovo Artery (Lenovo Accessories and Display Manager) ²
Sync Technology	AMD FreeSync™ / VESA Adaptive Sync
Gaming Console Support	Yes, PS4 / Nintendo Switch / PS5 / Xbox One X / Legion Go

POWER	
Power Consumption (Typ. / Max.)	28.0W / 49.0W
Power Consumption Sleep/Off Mode	< 0.5W
Power Consumption Switch-Off Mode	< 0.3W
Power Supply	Internal
Voltage Required	AC 100 to 240 V (50-60Hz)

MECHANICAL	
Tilt Angle (Front / Back)	-5° / 22°
VESA Mount Capability	Yes (100 x 100 mm)
Kensington Lock Slot	Yes (3 mm x 7 mm)
Bezel Color	Luna Grey
Minimum Thickness of Head	13.8 mm
Bezel Width (Side)	1.8 mm
Bezel Width (Top)	1.8 mm
Bezel Width (Bottom)	21.4 mm

DIMENSION	
Size Packed (W x D x H, mm/inch)	820.0 x 160.0 x 525.0 mm 32.28 x 6.30 x 20.67 inches
Size Unpacked with Stand (W x D x H, mm/inch)	713.9 x 216.0 x 507.7 mm 28.11 x 8.50 x 19.99 inches
Size Unpacked without Stand (Head Only) (W x D x H, mm/inch)	713.9 x 52.3 x 423.2 mm 28.11 x 2.06 x 16.66 inches
Weight Packed (kg / lbs.)	EPS : 9.7 kg / 21.4 lbs. Pulp : 11.3 kg / 24.9 lbs.
Weight Unpacked (kg / lbs.)	7.4 kg / 16.3 lbs.
Weight (Head only) (kg / lbs.)	6.3 kg / 13.9 lbs.

WHAT'S IN THE BOX	
Monitor with Stand	Yes
Power Cable (Cable Length)	1 x Power Cable (1.8 m)
DP Cable (Cable Length)	1 x DP 1.4 Cable (1.8 m)
Quick Setup Guide	Yes
Warranty Booklet	Yes
Tools	1 x Screwdriver and 4 x Screws

CERTIFICATION	
Volatile Organic Compound Certification	Yes
RoHS (2011/65/EU)	Yes
Windows Certification	Windows 10, Windows 11
EU Energy Level Certification	Yes (Level-F)
China Energy Efficiency Standard	Tier 1







¹ Moving Picture Response Time (MPRT) improves the response time and reduces motion blur in the monitor. Enabling MPRT will disable AMD FreeSync™, and you may notice a negligible flicker. | ² Legion Space and LADM are targeted for official release in May. | ³ Supports 2560 x 1440 @ 144Hz as specified in HDMI 2.1 TMDS. | ⁴ Supports max. bandwidth 32.4 Gbps.

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Specifications may vary depending upon region.

