14″ and 16″ models

MacBook Pro

Overview   Why Mac   Tech Specs   Buy

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	32GB
	16GB unified memory	16GB unified memory	32GB unified memory
	Configurable to:	**Configurable to:**	**Configurable to:**
	32GB (M1 Pro or M1 Max) or 64GB (M1 Max)	32GB (M1 Pro or M1 Max) or 64GB (M1 Max)	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	1TB	1TB
	512GB SSD	1TB SSD	1TB SSD
	Configurable to:	**Configurable to:**	**Configurable to:**
	1TB, 2TB, 4TB, or 8TB	2TB, 4TB, or 8TB	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

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]

14.01 inches
(35.57 cm)

9.77 inches
(24.81 cm)

0.66 inch
(1.68 cm)

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	Increase Contrast	Switch Control
VoiceOver	Reduce Motion	Closed Captions
Zoom	Siri and Dictation	Text to Speech

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 >

Made with better materials

100% recycled aluminum in the enclosure

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

Responsible packaging

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® certified[7]

Smarter chemistry[8]

Arsenic-free display glass

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

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

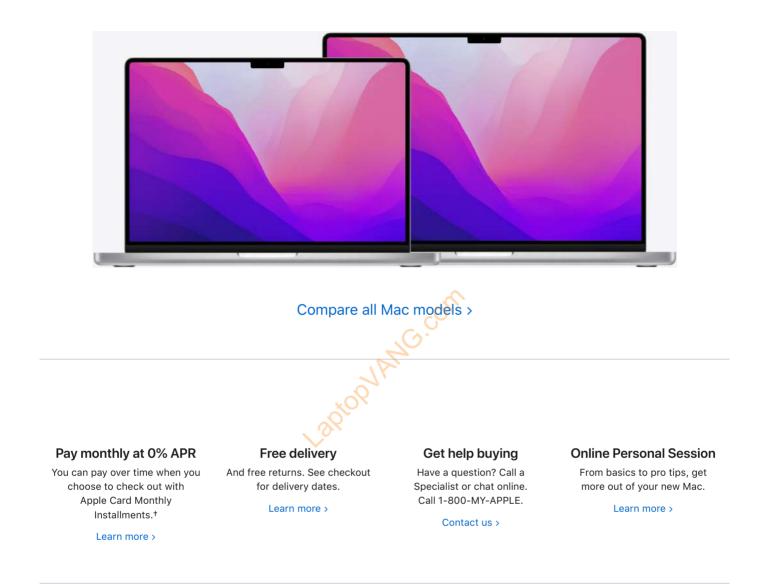Belkin USB-C to Gigabit Ethernet Adapter

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

Polishing Cloth

AppleCare+ for Mac

Find the right MacBook Pro for you.

Shop

Compare all Mac models ›

Pay monthly at 0% APR

You can pay over time when you choose to check out with Apple Card Monthly Installments.†

Learn more ›

Free delivery

And free returns. See checkout for delivery dates.

Learn more ›

Get help buying

Have a question? Call a Specialist or chat online. Call 1-800-MY-APPLE.

Contact us ›

Online Personal Session

From basics to pro tips, get more out of your new Mac.

Learn more ›

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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

Store

Mac

iPad

iPhone

Watch

AirPods

TV & Home

iPod touch

AirTag

Accessories

Gift Cards

Services

Apple Music

Apple TV+

Apple Fitness+

Apple News+

Apple Arcade

iCloud

Apple One

Apple Card

Apple Books

Apple Podcasts

App Store

Account

Manage Your Apple ID

Apple Store Account

iCloud.com

Apple Store

Find a Store

Genius Bar

Today at Apple

Apple Camp

Apple Store App

Refurbished and Clearance

Financing

Apple Trade In

Order Status

Shopping Help

For Business

Apple and Business

Shop for Business

For Education

Apple and Education

Shop for K-12

Shop for College

For Healthcare

Apple in Healthcare

Health on Apple Watch

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Privacy

Racial Equity and Justice

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