

SONY

New Products Information

Interchangeable-lens
Digital Camera



α 7_{III}

The Power of Imaging

BE MOVED



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Safety Cautions

To ensure correct use of this product, read the "Instruction Manual" prior to use. Failure to follow all safeguards can result in fire, electric shock, or other accidents. Do not use headphones while driving and cycling, etc.

Main specifications of α7m

		Body only	FE 28-70mm F3.5-5.6 Lens kit
General	Camera Type	Interchangeable-lens digital camera	
	Lens mount	E-mount	
Image sensor	Type	35mm full frame (35.6x23.8mm), Exmor R CMOS sensor	
	Number of Pixels	Approx. 24.2 megapixels (effective), Approx. 25.3 (Total)	
	Image sensor Aspect Ratio	3:2	
	Anti-Dust System	Charge protection coating on optical filter and image sensor shift mechanism	
Recording System (still image)	Recording Format	JPEG (DCF Ver. 2.0, Exif Ver.2.31, MPF Baseline compliant), RAW (Sony ARW 2.3 format)	
	Image Size (pixels) [3:2]	[35mm full frame] L: 6000 x 4000 (24M), M: 3936 x 2624 (10M), S: 3008 x 2000 (6.0M) [APS-C] L: 3936 x 2624 (10M), M: 3008 x 2000 (6.0M), S: 1968 x 1312 (2.6M)	
	Image Size (pixels) [16:9]	[35mm full frame] L: 6000 x 3376 (20M), M: 3936 x 2216 (8.7M), S: 3008 x 1688 (5.1M) [APS-C] L: 3936 x 2216 (8.7M), M: 3008 x 1688 (5.1M), S: 1968 x 1112 (2.2M)	
	Image Quality modes	RAW, RAW & JPEG (Extra fine, Fine, Standard), JPEG (Extra fine, Fine, Standard)	
	Picture Effect	8 types: Posterization (Color), Posterization (B/W), Pop Color, Retro Photo, Partial Color (R/G/B/Y), High Contrast Monochrome, Toy Camera (Normal/Cool/Warm/Green/Magenta), Soft High-key, Rich-tone Monochrome	
	Creative Style	Standard, Vivid, Neutral, Clear, Deep, Light, Portrait, Landscape, Sunset, Night Scene, Autumn leaves, Black & White, Sepia, Style Box (1-6), (Contrast (-3 to +3 steps), Saturation (-3 to +3 steps), Sharpness (-3 to +3 steps))	
	Picture Profile	Yes (Off / PPI-PP10) Parameters: Black level, Gamma (Movie, Still, Cine1-4, ITU709, ITU709(800%)), S-Log2, S-Log3, HLG, HLG1-3), Black Gamma, Knee, Color Mode, Saturation, Color Phase, Color Depth, Detail, Copy, Reset	
	Dynamic Range Functions	Off, Dynamic Range Optimizer (Auto/Level (1-5)), Auto High Dynamic Range (Auto Exposure Difference, Exposure Difference Level (1-6 EV, 1.0 EV step))	
	Color Space	sRGB standard (with sYCC gamut) and Adobe RGB standard compatible with TRILUMINOS Color	
	14bit RAW	Yes	
Recording System (movie)	Uncompressed RAW	Yes	
	Recording Format	XAVC S, AVCHD format Ver. 2.0 compliant	
	Video Compression	XAVC S: MPEG-4 AVC/H.264, AVCHD: MPEG-4 AVC/H.264	
	Audio Recording Format	XAVC S: LPCM 2ch, AVCHD: Dolby Digital (AC-3) 2ch, Dolby Digital Stereo Creator	
	Color Space	xVCC standard (x.v.Color when connected via HDMI cable) compatible with TRILUMINOS Color	
	Picture Effect	Posterization (Color), Posterization (B/W), Pop Color, Retro Photo, Partial Color (R/G/B/Y), High Contrast Monochrome, Toy Camera (Normal/Cool/Warm/Green/Magenta), Soft High-key	
	Creative Style	Standard, Vivid, Neutral, Clear, Deep, Light, Portrait, Landscape, Sunset, Night Scene, Autumn leaves, Black & White, Sepia, Style Box (1-6) (Contrast (-3 to +3 steps), Saturation (-3 to +3 steps), Sharpness (-3 to +3 steps))	
	Picture Profile	Yes (Off / PPI-PP10) Parameters: Black level, Gamma (Movie, Still, Cine1-4, ITU709, ITU709(800%)), S-Log2, S-Log3, HLG, HLG1-3), Black Gamma, Knee, Color Mode, Saturation, Color Phase, Color Depth, Detail, Copy, Reset	
	Image Size (Pixels), NTSC	XAVC S 4K: 3840 x 2160 (30p, 100M), 3840 x 2160 (24p, 100M), 3840 x 2160 (30p, 60M), 3840 x 2160 (24p, 60M)	
	Image Size (pixels), PAL	XAVC S HD: 1920 x 1080 (120p, 100M), 1920 x 1080 (120p, 60M), 1920 x 1080 (60p, 50M), 1920 x 1080 (30p, 50M), 1920 x 1080 (24p, 50M), 1920 x 1080 (60p, 25M), 1920 x 1080 (30p, 16M) AVCHD: 1920 x 1080 (60i, 24M, FX), 1920 x 1080 (60i, 17M, FH)	
Noise reduction	Slow & Quick Motion (S&Q) / Image size	XAVC S 4K: 3840 x 2160 (25p, 100M), 3840 x 2160 (25p, 60M)	
	Slow & Quick Motion (S&Q) / Image frame rate	XAVC S HD: 1920 x 1080 (100p, 100M), 1920 x 1080 (100p, 60M), 1920 x 1080 (50p, 50M), 1920 x 1080 (25p, 50M), 1920 x 1080 (50p, 25M), 1920 x 1080 (25p, 16M)	
	Movie Functions	AVCHD: 1920 x 1080 (50i, 24M, FX), 1920 x 1080 (50i, 17M, FH)	
	HDMI Output	NTSC mode: 1920 x 1080 (60p, 30p, 24p) PAL mode: 1920 x 1080 (50p, 25p)	
		Simult. Rec (Still), Simult. Rec (Movie), Simult. Rec (Still/Movie), Sort (JPEG/RAW), Sort (Still/Movie), Auto Switch Media (On/Off), Copy	
		Long exposure NR: On/Off, available at shutter speeds longer than 1 sec.	
		High ISO NR: Normal/Low/Off	
		-	
		Auto / Daylight / Shade / Cloudy / Incandescent / Fluorescent <Warm White / Cool White / Day White / Daylight> / Flash / Underwater/ Color Temperature <2500 to 9900K> / color filter <G7 to M7/57-step>, A7 to B7(28-step) / Custom	
		Yes <G7 to M7/57-step><A7 to B7,29-step>	
Focus	AWB Micro Adjustment	Yes	
	Priority Set in AWB Bracketing	3 frames, 1/4 selectable	
	Focus Type	Fast Hybrid AF (phase-detection AF/contrast-detection AF) ¹⁾	
	Focus Sensor	Exmor R CMOS sensor	
	Focus Point	35mm full frame: 693 points (phase-detection AF), APS-C mode with FE lens: 299 points (phase-detection AF), with APS-C lens: 221 points (phase-detection AF) / 425 points (contrast-detection AF)	
	Focus Sensitivity Range	EV-3 to EV20 (ISO100 equivalent with F2.0 lens attached)	
	Focus Mode	AF-A (Automatic AF), AF-S (Single-shot AF), AF-C (Continuous AF), DMF (Direct Manual Focus), Manual Focus	
	Focus Area	Wide (693 points (phase-detection AF), 425 points(contrast-detection AF)) / Zone / Center / Flexible Spot (S/M/L) / Expanded Flexible Spot/ Lock-on AF (Wide / Zone / Center / Flexible Spot (S/M/L)/Expanded Flexible Spot)	
	Other Features	Eye-start AF (only with LA-EA2 or LA-EA4 attached (Sold separately)), Lock-on AF, Eye AF, AF micro adjustment with LA-EA2 or LA-EA4 (sold separately), Predictive control, Focus lock, AF Track Sens, Swt./W/H AF Area, AF Area Regist.	
	AF Illuminator	Yes (with Built-in LED type)	
Exposure	AF Illuminator Range	Approx. 0.3m - approx. 3.0m (with FE 28-70mm F3.5-5.6 OSS attached)	
	Focus Type With LA-EA3 (Sold separately)	Selectable (phase-detection, contrast-detection)	
	Metering Type	1200-zone evaluative metering	
	Metering Sensor	Exmor R CMOS sensor	
	Metering Sensitivity	EV-3 to EV20 (at ISO100 equivalent with F2.0 lens attached)	
	Metering Mode	Multi-segment, Center-weighted, Spot, Spot Standard/Large, Entire Screen Avg., Highlight	
	Exposure Compensation	+/- 5.0EV(1/3 EV, 1/2 EV steps selectable) (with exposure compensation dial: +/- 3EV (1/3 EV steps))	
	Exposure Bracketing	Bracket: Cont., Bracket: Single, 3/5/9 frames selectable. With 3 or 5 frames, in 1/3, 1/2, 2/3, 1.0, 2.0, or 3.0 EV increments, with 9 frames, in 1/3, 1/2, 2/3, or 1.0 EV increments.	
	AE Lock	Locked when shutter button is pressed halfway. Available with AE lock button. (On/Off/Auto)	
	Exposure Modes	AUTO (Auto), Programmed AE (P), Aperture priority (A), Shutter-speed priority (S), Manual (M), Movie (Programmed AE (P) / Aperture priority (A) / Shutter-speed priority (S) / Manual (M)), Slow & Quick Motion (Programmed AE (P) / Aperture priority (A) / Shutter-speed priority (S) / Manual (M))	
Viewfinder	ISO sensitivity (Recommended Exposure Index)	Still images: ISO 100-51200 (ISO numbers up from ISO 50 to ISO 204800 can be set as expanded ISO range.)	
		AUTO (ISO 100-12800, selectable lower limit and upper limit)	
		Movies: ISO 100-51200 equivalent (ISO numbers up to ISO 102400 can be set as expanded ISO range.), AUTO (ISO 100-12800, selectable lower limit and upper limit)	
	Anti-flicker Shoot.	Yes	
	Scene Selection	Portrait, Sports Action, Macro, Landscape, Sunset, Night Scene, Night Portrait	
	Viewfinder Type	1.3 cm (0.5-type) electronic viewfinder (color), XGA OLED	
	Number of Dots	2,359,296 dots	
	Brightness Control (Viewfinder)	Auto/Manual (5 steps between -2 and +2)	
	Color Temperature Control	Manual (5 steps)	

*1 Phase-detection AF may not work with certain lenses or may require lens software update. See Sony support page for details. *2 With compatible Sony external flash. *3 With compatible external flash. *4 Varies according to shooting conditions or memory card used. *5 Supports Micro USB compatible device. *6 Sony accessories for the Accessory Shoe can be attached. *7 The LCD screen is turned on, shot once every 30 seconds, operate zoom alternately between W and L ends, flash strobe once every two times, turn power off and on once every ten times. *8 Continuous movie recording is possible for approximately 29 minutes (limited by product specifications). *9 Indication recording time, which is defined by repeating the cycle: Power on, start recording, zoom, stand-by and power off. *10 The total movie recording time. When the limit of the continuous movie recording time (29 minutes) is reached, let the camera continue movie recording by pressing the MOVIE button again. No other operation such as zoom is performed.

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• “α”, “Exmor”, “Exmor R”, “BIONZ X”, “BRAVIA”, “SteadyShot”, “InfoLithium”, “Translucent Mirror Technology”, “Tru-Finder”, “Memory Stick”, “Memory Stick PRO Duo”, “Memory Stick PRO-HG Duo”, “PlayMemories Home”, “PlayMemories Mobile”, “PlayMemories Camera Apps”, “x.v.Color”, “TRILUMINOS”, “TRILUMINOS Color”, “TRILUMINOS Display” and “XAVC S” are trademarks or registered trademarks of Sony Corporation. • “Xperia” is a trademark or registered trademark of Sony Mobile Communications AB. • “AVCHD” and “AVCHD Progressive” are trademarks of Panasonic Corporation and Sony Corporation. • The SD Logo, SDHC Logo and SDXC Logo are trademarks of SD-3C, LLC. • The terms HDMI and HDMI High-Definition Multimedia Interface, and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. in the United States and other countries. • The Wi-Fi Protected Setup Identifier Mark is a mark of the Wi-Fi Alliance. • N-Mac is a registered trademark of the NFC forum. • Dolby is a trademark of Dolby Laboratories. • WhiteMagic is a trademark of Japan Display Inc. • App Store is a service mark of Apple Inc. • Android, Google Play and Google Play Protect are trademarks or registered trademarks of Google Inc. • iPad is a trademark of Apple Inc., registered in the U.S. and other countries. • All other company names mentioned herein are used for identification purposes only and may be the trademarks or registered trademarks of their respective owners. • “InfoLithium” is a lithium battery pack which can exchange data with compatible electronic equipment about its energy consumption. • Sony recommends that you use the battery pack with electronic equipment bearing the “InfoLithium” mark. • Screen displays and effects used to illustrate some functions are simulated. • For use of other companies’ services and software, 1) other conditions for use may be applied. 2) updating of services and software may be stopped/terminated without prior notice. 3) the contents of services and software may be changed without prior notice. 4) other registrations or payments of other fees may be required.

Specifications and features are subject to change without notice. Product availability varies depending on market.

		Body only	FE 28-70mm F3.5-5.6 Lens kit
Viewfinder (Cont.)	Field Coverage	100%	
	Magnification	Aapprox. 0.78 x (with 50mm lens at infinity, -1m ⁻¹)	
LCD Screen	Dioptr Adjustment	-4.0 to +3.0m ⁻¹	
	Eye Point	Approx. 23mm from the eyepiece lens, 18.5mm from the eyepiece frame at -1m ⁻¹ (CIPA standard)	
	Finder Frame Rate Selection	-	
	Display Content	Graphic Display, Display All Info., No Disp. Info., Digital Level Gauge, Histogram	
	Type	7.5cm (3.0-type) type TFT	
	Number of Dots	921,600 dots	
	Touch Panel	Yes	
	Brightness Control	Manual (5 steps between -2 and +2), Sunny Weather mode	
	Adjustable Angle	Up by approx. 107 degrees, Down by approx. 41 degrees	
	Display Selector (Finder/LCD)	Yes (Auto/Manual)	
Other Features	Real-time Image Adjustment Display (LCD)	On/Off	
	Quick Navi	Yes	
	Focus Magnifier	Yes (35mm full frame: 5.9x, 11.7x, APS-C: 3.8x, 7.7x)	
	Zebra	Yes (Selectable level + range or lower limit as custom setting)	
	Peaking MF	Yes (Level setting: High/Mid/Low/Off, Color: White/Red/Yellow)	
	Others	Grid Line (Rule of 3rds Grid/Square Grid/Diag. + Square Grid/Off), Movie Marker (Center/Aspect/Safety Zone/Guideframe)	
	Display Contents	Graphic Display, Display All Info, No Disp. Info, Digital Level Gauge, Histogram, For viewfinder, Monitor Off	
	PlayMemories Camera Apps™	-	
	Clear Image Zoom	Still images: Approx. 2x Movies: Approx. 1.5x (4K), Approx. 2x (HD)	
	Digital Zoom	Smart zoom (Still images) [35mm full frame] M: approx 1.5x, S: approx 2x [APS-C] M: approx 1.3x, S: approx 2x Digital zoom (Still images) [35mm full frame] L: approx 4x, M: approx 6.1x, S: approx 8x [APS-C] L: approx 4x, M: approx 5.2x, S: approx 8x Digital zoom (Movie) [35mm full frame] approx 4x [APS-C] approx 4x	
Shutter	Face Detection	[Modes] Face Priority in AF (On/Off), Face Priority in Multi Metering (On/Off), Regist. Faces Priority (On/Off) [Face registration] Max. number of detectable: 8	
	Others	Touch Focus (Available with LCD monitor or Viewfinder operation), ISO AUTO Min. SS, Bright Monitoring, Copyright Info, Set file Name, FTP Transfer Func., Help guide, Area Setting, Shop Front Mode, Video Light Mode, Zoom Ring Rotate	
	Eye-Fi ready	-	
	Type	Electronically-controlled, vertical-traverse, focal-plane type	
	Shutter Speed	[Still images] 1/8000 to 30 sec, Bulb, [Movies] 1/8000 to 1/4 (1/3 steps) up to 1/60 in AUTO mode (up to 1/30 in Auto slow shutter mode).	
	Flash Sync. Speed	1/250 sec. ²⁾	
	Electronic Front Curtain Shutter	Yes (ON/OFF)	
	Silent Shooting	Yes (ON/OFF)	
	Type	Image Sensor-Shift mechanism with 5-axis compensation (Compensation depends on lens specifications)	
	Compensation Effect	5.0 stops (based on CIPA standard. Pitch/yaw shake only. With Planar T* FE 50mm F1.4 ZA lens mounted. Long exposure NR off.)	
Flash Control	Control	Pre-flash TTL	
	Flash Compensation	+/- 3.0 EV (switchable between 1/3 and 1/2 EV steps)	
	Flash Bracketing	3/5/9 frames selectable. With 3 or 5 frames, in 1/3, 1/2, 2/3, 1.0, 2.0, 3.0 EV increments, with 9 frames, in 1/3, 1/2, 2/3, 1.0 EV increments.	
	Flash Modes	Flash off, Autoflash, Fill-flash, Slow Sync., Rear Sync., Red-eye reduction (on/off selectable), Wireless ¹⁾ , Hi-speed sync ²⁾	
	External Flash Compatibility	Sony α System Flash compatible with Multi Interface Shoe, attach the shoe adaptor for flash compatible with Auto-lock accessory shoe	
	FE Level Lock	Yes	
	Wireless Control	Yes (Light signal: Available with Fill-flash, Slow Sync., Hi-speed sync. / Radio signal: Available with Fill-Flash, Rear Sync., Slow Sync., Hi-speed sync.)	
	Drive Modes	Single Shooting, Continuous shooting (Hi-/Hi/Mid/Lo selectable), Self-timer, Self-timer (Cont.), Bracket: Single, Bracket: Cont., White Balance bracket, DRO bracket	
	Continuous Drive Speed (approx. max.) ³⁾	Continuous shooting: Hi-: max. 10 fps, Hi: max. 8 fps, Mid: max. 6 fps, Lo: max. 3 fps	
	No. of Recordable Frames (approx.) ⁴⁾	JPEG Extra Fine L: 163 frames, JPEG Fine L: 172 frames, JPEG Standard L: 177 frames, RAW: 89 frames, RAW&XPG: 79 frames, RAW (Uncompressed): 40 frames, RAW (Uncompressed) &PG: 36 frames	
Playback	Self-Timer	10 sec. delay/5 sec. delay/2 sec. delay/Continuous self-timer (3 frames after 10 sec. delay/ 5 frames after 10 sec. delay/ 3 frames after 5 sec. delay/ 5 frames after 10 sec. delay/ 3 frames after 2 sec. delay/ 5 frames after 2 sec. delay/ Bracketing self-timer	
	Photo Capture	Yes	
	Modes	Single (with or without shooting information Y RGB histogram & highlight/shadow warning), 9/25-frame index view, Enlarged display mode (L: 18.8x, M: 12.3x, S: 9.4x), Auto Review (10/5/2 sec. Off), Image orientation (Auto/Manual/Off selectable), Slideshow, Folder selection (Date/ Still/ AVCHD/XAVC S HD/XAVC S), Forward/Rewind (movie), Delete, Protect, Rating, Disp Cont Shoot Prog	
	PC Interface	Mass Storage, PTP, PC remote	
	Multi / Micro USB Terminal ⁵⁾	Yes	
	USB Type-C™ Terminal	Yes (SuperSpeed USB (USB 3.1 Gen 1) compatible)	
	NFC™	Yes (NFC forum Type 3 Tag compatible), One-touch remote, One-touch sharing	
	Wireless LAN (Built-in)	Wi-Fi Compatible, IEEE 802.11b/g/n (2.4GHz band), View on Smartphone, Remote control via Smartphone, Send to Computer, View on TV	
	Bluetooth	Yes (Bluetooth Standard Ver. 4.1 (2.4GHz band))	
	HD Output	HDMI micro connector (Type-D), BRAVIA Sync (Control for HDMI), PhotoTV HD, 4K movie output/4K still image PB	
Audio	Multi Interface Shoe ⁶⁾	Yes	
	Mic Terminal	Yes (3.5 mm Stereo minijack)	
	Sync Terminal	-	
	Headphone Terminal	Yes (3.5 mm Stereo minijack)	
	Vertical Grip Connector	Yes	
	PC Remote	Yes	
	LAN Terminal	-	
	Microphone	Built-in stereo microphone or XLR-K2M/XLR-K1M-ECM-XYST1M (sold separately)	
	Speaker	Built-in, monaural	
	Compatible Standards	Exif Print, Print Image Matching III, DPOF setting	
Print	Custom function	Custom key settings, Programmable Setting (Body 2 sets / memory card 4 sets), My Menu, Reg Cust Shoot Set	
	Setting	Peripheral Shading, Chromatic Aberration, Distortion	
	Supplied Battery	One rechargeable battery pack NP-FZ100	
	Battery Life (Still Images) ⁷⁾	Approx. 610 shots (Viewfinder) / approx. 710 shots (LCD monitor) (CIPA standard)	
	Battery Life (movie, actual recording) ^{8) 9)}	Approx. 115 min (Viewfinder) / Approx. 125 min (LCD monitor) (CIPA standard)	
	Battery Life (movie, continuous recording) ¹⁰⁾	Approx. 200 min (Viewfinder) / Approx. 210 min (LCD monitor) (CIPA standard)	
	Internal Battery Charge	Yes (Available via Multi/Micro USB Terminal or USB Type-C™ Terminal)	
	Power Consumption With Viewfinder	Still images: approx. 3.2W (with FE 28-70mm F3.5-5.6 OSS lens attached), Movies: approx. 4.9W (with FE 28-70mm F3.5-5.6 OSS lens attached)	
	Power Consumption With LCD Screen	Still images: approx. 2.8W (with FE 28-70mm F3.5-5.6 OSS lens attached), Movies: approx. 4.7W (with FE 28-70mm F3.5-5.6 OSS lens attached)	
	USB Power Supply	Yes (Available via Multi/Micro USB Terminal or USB Type-C™ Terminal)	
Others	Operating Temperature	32 - 104 degrees F / 0 - 40 degrees C	
	Dimensions (W x H x D)	Approx. 126.9mm x 95.6mm x 73.7mm, Approx. 126.9mm x 95.6mm x 62.7mm (from grip to monitor) / Approx. 5 x 3 7/8 x 3 inches, Approx. 5 x 3 7/8 x 2 1/2 inches (from grip to monitor)	
	Weight	Approx. 650 g / approx. 1lb 7.0 oz (with battery and memory card included)	
	What's In The Box	Rechargeable Battery NP-FZ100, AC Adaptor, Shoulder strap, Body cap, Accessory shoe cap, Eyepiece cup, Micro USB cable	
		Rechargeable Battery NP-FZ100, AC Adaptor, Shoulder strap, Body cap, Accessory shoe cap, Eyepiece cup, Micro USB cable, Lens SE12870	