

New study shows how AMD Ryzen AI PCs slash time to execute project management tasks, freeing up to 18 hours weekly

Principled Technologies tests show local AI on PCs featuring AMD Ryzen AI 7 PRO 450G processors can cut task times by up to 96.3%

SAN JOSE, CA, UNITED STATES, July 30, 2026 /EINPresswire.com/ -- A new report from Principled Technologies (PT), commissioned by AMD, shows that modern desktop PCs equipped with AMD Ryzen AI processors and local AI workflows can dramatically reduce the time power users spend on routine tasks. The report, "Power through daily tasks with modern AI PCs featuring AMD Ryzen AI processors," is based on hands-on testing performed by PT. It demonstrates that local, on-device AI can cut task completion time by as much as 96.3 percent and free up as much as 18 hours per workweek for a typical project manager.

PT conducted five common project-management scenarios on an HP EliteDesk 8 SFF G2a configured with an AMD Ryzen AI 7 PRO 450G processor and compared AI-assisted local workflows to manual approaches on the same system and on an older HP Pavilion TP01-2096 system. The scenarios PT tested included: generating tasks from emails, summarizing meeting transcripts, reviewing Jira tickets, updating presentations, and managing client communication and scheduling meetings.



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A Principled Technologies report: Hands-on testing. Real-world results.

Power through daily tasks with modern AI PCs featuring AMD Ryzen AI processors

Automating everyday tasks like email triage and meeting summaries with local AI can save more than 18 hours per week

Power user
Juggles tasks using multiple applications

Give project managers over 2 workdays back each week
by streamlining routine tasks with AI

Reduce task completion time
by up to 96.3% with local AI-assisted workflows

Power users like project managers spend their days juggling many tasks across multiple applications, requiring high-performing PCs that keep their workflows moving instead of forcing them to wait to move onto the next task.

Modern desktops with built-in local AI can help these power users streamline many of their routine tasks, directly speeding up their workflows. Desktops with local AI can also offer organizations additional benefits over those that rely on a cloud service, including stronger protection for sensitive data, better responsiveness, the ability to run AI workloads as an always-on service, and potential cost savings.

To build on our findings in a previous study exploring how information-focused professionals can leverage AI, we measured the benefits of upgrading to AI PCs powered by AMD Ryzen™ AI processors and using local AI technologies. We ran a set of defined scenarios three ways:

- Using local AI technologies on a modern AI-capable PC powered by an AMD Ryzen AI processor
- Completing the same tasks manually on the same modern AMD Ryzen AI processor-based PC
- Completing the tasks manually on an older desktop PC

In our tests, modern desktops with local AI features reduced task-completion time by as much as 96.3 percent compared with traditional, non-AI approaches. For example, summarizing a meeting transcript manually took just over 1 hour, but AI tools cut this time to 2 minutes and 12 seconds.

Using local AI on AMD Ryzen AI processors for routine tasks can help professionals complete repetitive work faster and free up time for higher-value activities such as problem-solving and collaboration. These productivity gains can accelerate project progress, and let teams focus their energy on work that drives business outcomes.

Power through daily tasks with modern AI PCs featuring AMD Ryzen AI processors July 2026

Report: Power through daily tasks with modern AI PCs featuring AMD Ryzen AI processors

Key findings include:

- Summarizing meeting transcripts: reduced from 1 hour 12 seconds to 2 minutes and 12 seconds — a 96.3% time reduction.
- Managing client communication and scheduling: reduced from 18 minutes and 51 seconds to 3 minutes and 56 seconds — a 79.1% reduction.
- Overall workflow: total time fell from 1 hour and 56 minutes to 27 minutes and 29 seconds on the modern AI PC — a 76.6% reduction for a single iteration and an estimated 80.7% weekly reduction when extrapolated across typical task frequencies.
- Weekly impact: estimated time to complete the sampled set of tasks over a typical week dropped from 22 hours and 19 minutes to 4 hours and 17 minutes, freeing roughly 18 hours — more than two full business days.

The report highlights several advantages of running AI locally on desktops with embedded NPUs, including:

- Stronger privacy and security, since sensitive data remains on-device.
- Faster performance and offline capability, allowing responsiveness without internet connectivity.
- Always-on operation suitable for continuous local LLMs and long-running tasks.
- Potentially lower long-term costs by reducing reliance on recurring cloud AI fees.

Benchmark testing further showed improved multitasking performance when running a local LLM concurrently with office workloads. On the Procyon Office Productivity benchmark, the AMD Ryzen AI system scored 7,594 versus 5,452 on the previous-generation desktop — a 39.2% improvement overall, with notable uplifts across Word, Excel, PowerPoint, and Outlook workloads.

Principled Technologies' methodology used real-world workflows and local AI tools such as AnythingLLM, Lemonade Server, and LM Studio to automate and accelerate typical project-management tasks. PT has provided system configurations, step-by-step procedures, and reproducible testing instructions in the science appendix.

"Project management is a practice built on organization, context switching, and attention to detail. Improving productivity through AI tools on AMD Ryzen AI processor-powered systems adds up to meaningful progression towards business goals," the report concludes. The combination of an NPU-enabled desktop and local LLMs lets professionals focus on higher-value activities such as strategy, problem-solving, and cross-team collaboration.

[Read the report.](#)

About Principled Technologies, Inc.

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Principled Technologies, Inc. is located in Durham, North Carolina, USA. For more information, please visit www.principledtechnologies.com.

Sharon Horton

Principled Technologies, Inc.

press@principledtechnologies.com

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