Minimum and Recommended Tablet and Computer Requirements for Zoom

https://support.zoom.us/hc/en-us/articles/201179966-System-requirements-for-iOS-iPadOS-and-Android https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for-Windows-macOS-and-Linux

Requirement Type	Apple iPhone (iOS)	Android Phone	Apple Tablet (iPadOS)	Android Tablet	Windows PC	Apple MacOS
An Internet connection	WiFi (a/g/n/ac) or wireless (3G or 4G/LTE)		WiFi (a/g/n/ac) or wireless (3G or 4G/LTE)		WiFi (a/g/n/ac)	
Speakers and a microphone	built-in or wireless Bluetooth		built-in or wireless Bluetooth		built-in, USB plug-in, or wireless Bluetooth	
A webcam or HD webcam	built-in		built-in		built-in or USB plug-in	
Supported operating systems	iOS 8.0 or later	Android 5.0x or later	iPadOS 13 or later	Android 5.0x or later	Windows 7, 8, 8.1, and 10 (but not 10 S mode)	macOS X with macOS 10.9 or later
Supported browsers for web start	Safari5+, Chrome	Webkit (default), Chrome	Safari5+, Chrome	Webkit (default), Chrome	Windows: IE 11+, Edge 12+, Firefox 27+, Chrome 30+	Safari 7+, Firefox 27+, Chrome 30+
Processor / RAM Minimum requirement	Any 1 Ghz single core processor or better (non-Intel)		Any 1 Ghz single core processor or better (non-Intel)		Single Core 1Ghz or Higher / RAM - N/A	
Processor / RAM Recommended requirement (NOTE 1)	Any 1 Ghz single core processor or better (non-Intel)		Any 1 Ghz single core processor or better (non-Intel)		Dual Core 2Ghz or Higher (i3/i5/i7 or AMD equivalent) / RAM 4Gb	
WiFi Bandwidth recommendations For 1 : 1 video calling	600kbps (up/down) for high quality video and 1.2 Mbps (up/down) for HD video		600kbps (up/down) for high quality video and 1.2 Mbps (up/down) for HD video		600kbps (up/down) for high quality video 1.2 Mbps (up/down) for 720p HD video Receiving or Sending 1080p HD video requires 1.8 Mbps (up/down)	
WiFi Bandwidth recommendations For Group video calling	600kbps/1.2Mbps (up/down) for high quality video. For gallery view: 1.5Mbps/1.5Mbps (up/down).		600kbps/1.2Mbps (up/down) for high quality video. For gallery view: 1.5Mbps/1.5Mbps (up/down).		800kbps/1.0Mbps (up/down) for high quality video For gallery view and/or 720p HD video: 1.5Mbps/1.5Mbps (up/down) Receiving 1080p HD video requires 2.5mbps (up/down) Sending 1080p HD video requires 3.0 Mbps (up/down)	

NOTE 1: Dual and single core laptops have a reduced frame rate when screen sharing (around 5 frames per second). For optimum screen sharing performance on laptops we recommend a quad core processor or higher.