

**NOTIFICATION OF TRANSACTIONS BY PERSONS DISCHARGING MANAGERIAL  
RESEPONSIBILITIES (PDMR) AND PERSONS CLOSELY ASSOCIATED WITH THEM**

<b>1</b>	<b>Details of the person discharging managerial responsibilities/person closely associated</b>		
a)	Name	Knut Traaholt	
<b>2</b>	<b>Reason for the notification</b>		
a)	Position/status	Chief Financial Officer	
b)	Initial notification /Amendment	Initial notification	
<b>3</b>	<b>Details of the issuer, an emission allowances market participant, auction platform, the auctioneer, or the auction monitor</b>		
a)	Business name	Flex LNG Ltd	
b)	LEI code	21380084THHU3MPC3647	
<b>4</b>	<b>Details of the transaction(s): Section to be repeated for i) each type of instrument ii) each type pf transaction, iii) each date, and iv) each place where the transaction(s) have been conducted</b>		
a)	Description of the financial instrument/type of instrument	Synthetic options giving a right to cash settlements depending on the development of the share price of the shares of Flex LNG Ltd (ISIN: BMG359472021)	
	Identification code	Synthetic options relating to the shares of Flex LNG Ltd (ISIN: BMG359472021)	
b)	Nature of the transaction	Granting of synthetic options relating to the shares of Flex LNG Ltd	
c)	Price(s) and volume(s)	<b>Currency</b>	<b>Price(s)</b>
		NOK	0
			<b>Volume(s)</b>
			61,043
d)	Aggregated information		
	- Aggregated volume	61,043 synthetic options	
	- Aggregated price	NOK 0	
e)	Date of the transaction	2025-06-24	
f)	Place of the transaction	XOFF – Outside a trading venue	

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<b>1</b>	<b>Details of the person discharging managerial responsibilities/person closely associated</b>		
a)	Name	Halfdan Marius Foss	
<b>2</b>	<b>Reason for the notification</b>		
a)	Position/status	Interim Chief Executive Officer	
b)	Initial notification /Amendment	Initial notification	
<b>3</b>	<b>Details of the issuer, an emission allowances market participant, auction platform, the auctioneer, or the auction monitor</b>		
a)	Business name	Flex LNG Ltd	
b)	LEI code	21380084THHU3MPC3647	
<b>4</b>	<b>Details of the transaction(s): Section to be repeated for i) each type of instrument ii) each type pf transaction, iii) each date, and iv) each place where the transaction(s) have been conducted</b>		
a)	Description of the financial instrument/type of instrument	Synthetic options giving a right to cash settlements depending on the development of the share price of the shares of Flex LNG Ltd (ISIN: BMG359472021)	
	Identification code	Synthetic options relating to the shares of Flex LNG Ltd (ISIN: BMG359472021)	
b)	Nature of the transaction	Granting of synthetic options relating to the shares of Flex LNG Ltd	
c)	Price(s) and volume(s)	<b>Currency</b>	<b>Price(s)</b>
		NOK	0
			<b>Volume(s)</b>
			82,724
d)	Aggregated information		
	- Aggregated volume	82,724 synthetic options	
	- Aggregated price	NOK 0	
e)	Date of the transaction	2025-06-24	
f)	Place of the transaction	XOFF – Outside a trading venue	