

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

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Knut Traaholt		
2	Reason for the notification			
a)	Position/status	Chief Financial Officer		
b)	Initial notification /Amendment	Initial notification		
3	Details of the issuer, an emission allowances market participant, auction platform, the auctioneer, or the auction monitor			
a)	Business name	Flex LNG Ltd		
b)	LEI code	21380084THHU3MPC3647		
4	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			
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)	Currency	Price(s)	Volume(s)
		NOK	0	61,043
d)	Aggregated information - Aggregated volume - Aggregated price	61,043 synthetic options NOK 0		
e)	Date of the transaction	2025-06-24		
f)	Place of the transaction	XOFF – Outside a trading venue		

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1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Halfdan Marius Foss		
2	Reason for the notification			
a)	Position/status	Interim Chief Executive Officer		
b)	Initial notification /Amendment	Initial notification		
3	Details of the issuer, an emission allowances market participant, auction platform, the auctioneer, or the auction monitor			
a)	Business name	Flex LNG Ltd		
b)	LEI code	21380084THHU3MPC3647		
4	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			
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)	Currency	Price(s)	Volume(s)
		NOK	0	82,724
d)	Aggregated information - Aggregated volume - Aggregated price	82,724 synthetic options NOK 0		
e)	Date of the transaction	2025-06-24		
f)	Place of the transaction	XOFF – Outside a trading venue		