

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 (CFO)	
b)	Initial notification/Amendment	Initial notification	
3	Details of issuer		
a)	Name	Flex LNG Ltd	
b)	LEI	21380084THHU3MPC3647	
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of instrument Identification code	Share options linked to shares with ISIN BMG359472021	
b)	Nature of the transaction	Exercise of options	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		USD 6.825	42,000
d)	Aggregated information — Aggregated volume — Price	A total of 42,000 options with a total exercise price of USD 286,650.	
e)	Date of the transaction	2024-04-15	
f)	Place of the transaction	XOFF - Outside of a trading venue	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Øystein Kalleklev	
2	Reason for the notification		
a)	Position/status	Chief Executive Officer (CEO)	
b)	Initial notification/Amendment	Initial notification	
3	Details of issuer		
a)	Name	Flex LNG Ltd	
b)	LEI	21380084THHU3MPC3647	
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of instrument Identification code	Share options linked to shares with ISIN BMG359472021	
b)	Nature of the transaction	Exercise of options	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		USD 6.825	87,500
d)	Aggregated information — Aggregated volume — Price	A total of 87,500 options with a total exercise price of USD 597,187.5.	
e)	Date of the transaction	2024-04-15	
f)	Place of the transaction	XOFF - Outside of a trading venue	

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a)	Name	Øystein Kalleklev		
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a)	Position/status	Chief Executive Officer (CEO)		
b)	Initial notification/Amendment	Initial notification		
3	Details of issuer			
a)	Name	Flex LNG Ltd		
b)	LEI	21380084THHU3MPC3647		
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted			
a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021		
b)	Nature of the transaction	Sale		
c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.2197	1 668	ARCX
		25.2382	370	BAML
		25.29	1 091	BARX
		25.32	1 606	BATS
		25.25	493	BATY
		25.275	3	BNPC
		25.26	10 503	CDED
		25.13	68	CGXS
		25.18	132	EDGA
		25.27	3 034	EDGX
		25.26	712	EPRL
		25.38	941	HRTX
		25.175	68	ICBX
		25.22	1 619	IEXG
		25.29	2 973	INCR
		25.12	62	INCR
		25.45	68	ITGI
		25.21	322	JPMX
		25.43	68	JSJX
		25.25	405	LEVL

		25.23	2 809	MEMX
		25.27	541	MSPL
		25.2	135	ONEC
		25.29	1 081	SGMT
		25.29	2 121	UBSA
		25.35	338	VFMI
		25.13	71	XASE
		25.31	135	XCHI
		25.22	459	XCIS
		25.23	3 007	XNAS
		25.29	5 901	XNYS
		25.2	1	XPSX
d)	Aggregated information	Total volume: 43,750 shares		
	— Aggregated volume			
	— Price	Total price: USD 1,105,492.50		
e)	Date of the transaction	2024-04-15		

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a)	Name	Flex LNG Ltd	
b)	LEI	21380084THHU3MPC3647	
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021	
b)	Nature of the transaction	Sale	
c)	Price(s) and volume(s)	Price(s) in USD	Volume(s) Place of transaction
		25.2197	801 ARCX
		25.2382	177 BAML
		25.290	523 BARX
		25.320	771 BATS
		25.250	237 BATY
		25.275	2 BNPC
		25.260	5 041 CDED
		25.130	32 CGXS
		25.180	64 EDGA
		25.270	1 456 EDGX
		25.260	342 EPRL
		25.380	451 HRTX
		25.175	32 ICBX
		25.220	777 IEXG
		25.29	1 427 INCR
		25.12	30 INCR
		25.45	32 ITGI
		25.21	154 JPMX
		25.43	32 JSJX
		25.31	454 KNLI
		25.25	195 LEVL

		25.23	1 349	MEMX
		25.27	259	MSPL
		25.20	65	ONEC
		25.29	519	SGMT
		25.29	1 018	UBSA
		25.35	162	VFMI
		25.13	34	XASE
		25.31	65	XCHI
		25.22	221	XCIS
		25.23	1 444	XNAS
		25.29	2 833	XNYS
d)	Aggregated information	Total volume: 21,000 shares		
	— Aggregated volume			
	— Price	Total price: USD 530,636.40		
e)	Date of the transaction	2024-04-15		

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a)	Name	Øystein Kalleklev		
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a)	Position/status	Chief Executive Officer (CEO)		
b)	Name	Øystein Kalleklev		
3	Details of issuer			
a)	Name	Flex LNG Ltd		
b)	LEI	21380084THHU3MPC3647		
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted			
a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021		
b)	Nature of the transaction	Sale		
c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.0782	1 669	ARCX
		25.04	675	ASPN
		25.1156	409	BAML
		25.0751	746	BARX
		25.0707	1 290	BATS
		25.01	135	BNPC
		25.1325	945	CDED
		25.02	135	EDGA
		25.0719	2 468	EDGX
		25.0889	1 461	EPRL
		25.01	135	HRTX
		25.02	338	IATS
		25.09120	196	ICBX
		25.1387	4 656	IEXG
		25.0968	5 965	INCR
		25.1507	473	ITGI
		25.0575	540	JPMX
		25.15	135	JSJX
		25.0106	143	KNLI
		25.0377	2 219	LEVL
		25.0649	2 039	MEMX
		25.0496	945	MSPL

		25.0787	5 297	SGMT
		25.0233	405	TRCX
		25.0677	4 778	UBSA
		25.08	338	VFMI
		25	68	XASE
		25.0473	2 448	XNAS
		25.0653	2 658	XNYS
d)	Aggregated information	Total volume: 43,750 shares		
	— Aggregated volume			
	— Price	Total price: USD 1,097,245.63		
e)	Date of the transaction	2024-04-16		

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b)	LEI	21380084THHU3MPC3647		
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a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021		
b)	Nature of the transaction	Sale		
c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.0782	804	ARCX
		25.04	325	ASPN
		25.1156	197	BAML
		25.0751	359	BARX
		25.0707	621	BATS
		25.01	65	BNPC
		25.1325	455	CDED
		25.02	65	EDGA
		25.0719	1 188	EDGX
		25.0889	704	EPRL
		25.01	65	HRTX
		25.02	162	IATS
		25.0912	94	ICBX
		25.1387	2 242	IEXG
		25.0968	2 872	INCR
		25.1507	227	ITGI
		25.0575	260	JPMX
		25.15	65	JSJX
		25.0106	69	KNLI
		25.03770	1 068	LEVL
		25.0649	982	MEMX

		25.0496	455	MSPL
		25.0787	2 550	SGMT
		25.0233	195	TRCX
		25.0677	2 300	UBSA
		25.08	162	VFMI
		25	32	XASE
		25.0473	1 178	XNAS
		25.0653	1 280	XNYS
d)	Aggregated information — Aggregated volume — Price	Total volume: 21,000 shares Total price: USD 526,677.90		
e)	Date of the transaction	2024-04-16		