

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 6.925	100,000
d)	Aggregated information — Aggregated volume — Price	A total of 100,000 options with a total exercise price of USD 692,500.	
e)	Date of the transaction	2024-09-18	
f)	Place of the transaction	XOFF - Outside of a trading venue	

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 6.925	48,000
d)	Aggregated information — Aggregated volume — Price	A total of 48,000 options with a total exercise price of USD 332,400.	
e)	Date of the transaction	2024-09-18	
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)	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) ¹	Volume(s)	Place of transaction	Date of the transaction
		26.4812	2,128	ARCX	2024-09-18
		26.4733	360	BAML	2024-09-18
		26.4700	1025	BARX	2024-09-18
		26.4821	2,019	BATS	2024-09-18
		26.5532	6,116	CDED	2024-09-18
		26.5075	200	CGXS	2024-09-18
		26.4771	2,197	EDGX	2024-09-18
		26.4471	374	EPRL	2024-09-18
		26.4799	1,496	HRTX	2024-09-18
		26.4854	733	ICBX	2024-09-18
		26.4611	548	IEXG	2024-09-18
		26.4795	941	INCR	2024-09-18
		26.4161	109	ITGI	2024-09-18
		26.4598	402	JSJX	2024-09-18
		26.5195	3,395	KNLI	2024-09-18
		26.4621	350	LEVL	2024-09-18
		26.4826	1,145	MEMX	2024-09-18
		26.4000	100	MSPL	2024-09-18
		26.4105	101	ONEC	2024-09-18
		26.4549	991	SGMT	2024-09-18
		26.5200	1,839	SOHO	2024-09-18
		26.5288	3,194	UBSA	2024-09-18

		26.4050	200	VFMI	2024-09-18
		26.5085	3,942	XNAS	2024-09-18
		26.5696	21,095	XNYS	2024-09-18
		26.7898	2,054	ARCX	2024-09-19
		26.7760	803	BAML	2024-09-19
		26.7862	474	BARX	2024-09-19
		26.7946	1,605	BATS	2024-09-19
		26.7717	2,836	CDED	2024-09-19
		26.7076	72	EDGA	2024-09-19
		26.8177	1,834	EDGX	2024-09-19
		26.7740	75	EPRL	2024-09-19
		26.7981	1,388	HRTX	2024-09-19
		26.8061	1,230	IEXG	2024-09-19
		26.7966	1,682	INCR	2024-09-19
		26.7700	3	ITGI	2024-09-19
		26.8149	281	JPMX	2024-09-19
		26.7603	2,697	KNLI	2024-09-19
		26.8059	574	LEVL	2024-09-19
		26.8084	503	MEMX	2024-09-19
		26.7937	205	SGMT	2024-09-19
		26.7457	992	SOHO	2024-09-19
		26.7972	634	UBSA	2024-09-19
		26.8118	1,238	XNAS	2024-09-19
		26.7998	23,736	XNYS	2024-09-19
		26.8600	84	XPXS	2024-09-19
		¹ Average price of the transactions made on the relevant market place.			
d)	Aggregated information	Total volume: 100,000			
	— Aggregated volume				
	— Price	Total price: USD 2,664,866.90			

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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	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021			
b)	Nature of the transaction	Sale			
c)	Price(s) and volume(s)	Price(s) ¹	Volume(s)	Place of transaction	Date of the transaction
		26.5422	1,532	ARCX	2024-09-18
		26.6000	100	BAML	2024-09-18
		26.4509	275	BARX	2024-09-18
		26.5080	1312	BATS	2024-09-18
		26.5526	2,884	CDED	2024-09-18
		26.5307	740	EDGX	2024-09-18
		26.4833	1,200	EPRL	2024-09-18
		26.4579	475	HRTX	2024-09-18
		26.4100	200	ICBX	2024-09-18
		26.4663	410	IEXG	2024-09-18
		26.4880	702	INCR	2024-09-18
		26.5733	15	JPMX	2024-09-18
		25.5300	2,900	KNLI	2024-09-18
		26.4833	225	LEVL	2024-09-18
		26.4793	1,772	MEMX	2024-09-18
		26.5500	409	SGMT	2024-09-18
		26.5204	754	SOHO	2024-09-18
		26.4767	412	UBSA	2024-09-18
		26.6000	100	VFMI	2024-09-18
		26.4857	604	XNAS	2024-09-18
		26.5534	9,379	XNYS	2024-09-18

		26.7895	990	ARCX	2024-09-19
		26.7759	385	BAML	2024-09-19
		26.7869	226	BARX	2024-09-19
		26.7948	765	BATS	2024-09-19
		26.7717	1,364	CDED	2024-09-19
		28.2351	35	EDGA	2024-09-19
		26.8171	888	EDGX	2024-09-19
		26.7733	36	EPRL	2024-09-19
		26.7984	662	HRTX	2024-09-19
		26.8061	593	IEXG	2024-09-19
		26.7965	810	INCR	2024-09-19
		26.7700	1	ITGI	2024-09-19
		26.8149	134	JPMX	2024-09-19
		26.7604	1,298	KNLI	2024-09-19
		26.8049	276	LEVL	2024-09-19
		26.8079	243	MEMX	2024-09-19
		26.7934	99	SGMT	2024-09-19
		26.7456	480	SOHO	2024-09-19
		26.7973	302	UBSA	2024-09-19
		26.8122	586	XNAS	2024-09-19
		26.7998	1,1387	XNYS	2024-09-19
		26.8600	40	XPXS	2024-09-19
		¹ Average price of the transactions made on the relevant market place.			
d)	Aggregated information	Total volume: 48,000			
	— Aggregated volume				
	— Price	Total price: USD 1,279,101.80			