

KRT-1500 Template for notification of transactions by persons discharging managerial responsibilities (PDMR) and persons closely associated with them

The person liable:

- PDMR Closely associated person (natural person) Closely associated person (legal person)

Info about the one who reports

Last name: TRAAHOLT
First name: KNUT
Business name:

About PDMR

Last name: Sakmar
First name: Susan
Position / role: Director / Board member

Initial notification or amendment to prior notification

- Initial Amendment

Details about the issuer or emission allowance market participant

Business name: Flex LNG Ltd.
LEI number: 21380084THHU3MPC3647

Skjemaversjon: 46345

KRT-1500 Template for notification of transactions by persons discharging managerial responsibilities (PDMR) and persons closely associated with them

Description of the financial instrument/type of instrument

Instrument	Share
ISIN code	BMG359472021
Name of the financial instrument	Flex LNG Ltd

Nature of the transaction

Transaction type	Acquisition
------------------	-------------

Share option program

The transaction is linked to an exercise of a share option program Yes No

Currency of the transaction

Currency	USD
----------	-----

Price(s) and volume(s)

Price per unit	34.6774
Volume	500

Aggregated information

Average price per unit	34.67740
Aggregated volume	500
Total amount	17 338.700000

Date of the transaction

Date	2/21/2023
------	-----------

Place of the transaction

Trading venue	Other trading venue
Other trading venue	NYSE - New York Stock Exchange
Market Identifier Code (MIC)	XNYS

Comment

The reporting relates to purchase of Flex LNG Ltd' s shares listed on NYSE.
