<b>FINANSTILSYNE</b>	1
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

The person liable:		
PDMR	<ul><li>Closely associated person (natural person)</li></ul>	<ul><li>Closely associated person (legal person)</li></ul>
Info about the one	who reports	
Last name	TRAAHOLT	
First name	KNUT	
Business name		
About PDMR		
Last name	KALLEKLEV	
First name	ØYSTEIN MOKSHEIM	
Position / role	CEO	
Initial notification	or amendment to prior notification	
<ul><li>Initial</li></ul>	<ul><li>Amendment</li></ul>	
Details about the is	ssuer or emission allowance market particip	ant
Business name	Flex LNG Ltd	
LEI number	21380084THHU3MPC364	7

### 9/12/2022 5:49:19 PM AR506229465

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



		·
Description of the financial instru		
Instrument ISIN code	Share	
Name of the financial instrument	BMG359472021	
Flex LNG Ltd		
Nature of the transaction		
Transaction type	Exercise of a stock option	
Share option program		
The transaction is linked to an excers	sise of a share option program	<ul><li>Yes</li><li>No</li></ul>
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	99.178	
Volume	62 500	
Aggregated information		
Average price per unit	99.17800	
Aggregated volume	62 500	
Total amount	6 198 625.000000	
Date of the transaction		
Date	9/12/2022	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	

<b>FINANSTILSYNET</b>
THE FINANCIAL SUPERVISORY
AUTHORITY OF NORWAY

		•
The person liable:		
PDMR	<ul><li>Closely associated person (natural person)</li></ul>	<ul><li>Closely associated person (legal person)</li></ul>
Info about the one	e who reports	
Last name	TRAAHOLT	
First name	KNUT	
Business name		
About PDMR Last name	KALLEKLEV	
First name	ØYSTEIN MOKSHEIM	
Position / role	CEO	
Initial notification	or amendment to prior notification	
<ul><li>Initial</li></ul>	Amendment	
Details about the is	ssuer or emission allowance market part	icipant
Business name	Flex LNG Ltd	

### 9/12/2022 5:52:14 PM AR506229669

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



nstrument	Share	
ISIN code	BMG359472021	
Name of the financial instrument		
Flex LNG Ltd		
Nature of the transaction		
Transaction type	Disposal	
Share option program		
The transaction is linked to an exce	ersise of a share option program	<ul><li>Yes</li><li>No</li></ul>
Common of the transcriber		
Currency of the transaction Currency	NOK	
	NOK	
Price(s) and volume(s)		
Price per unit	328.1716	
Volume	62 500	
Aggregated information		
Average price per unit	328.17160	
Aggregated volume	62 500	
Total amount	20 510 725.000000	
Date of the transaction		
Date	9/12/2022	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	



The person liable:	
PDMR	Closely associated person (natural person)  Closely associated person (legal person)
About PDMR	
Last name	TRAAHOLT
First name	KNUT
Position / role	СГО
Initial notification	or amendment to prior notification
<ul><li>Initial</li></ul>	○ Amendment
Details about the iss	suer or emission allowance market participant
Business name	Flex LNG Ltd
LEI number	21380084THHU3MPC3647



Instrument	Share		
ISIN code	BMG359472021		
Name of the financial instrument	<u>'</u>		
Flex LNG Ltd			
Nature of the transaction			
Transaction type	Exercise of a stock option		
Share option program			
The transaction is linked to an exce	ersise of a share option program	Yes	O No
Communication in the state of t			
Currency of the transaction			
Currency	NOK		
Price(s) and volume(s)			
Price per unit	99.178		
Volume	30 000		
Aggregated information			
Average price per unit	99.17800		
Aggregated volume	30 000		
Total amount	2 975 340.000000		
Date of the transaction			
Date	9/12/2022		
Place of the transaction			
Trading venue	XOSL - Oslo Børs		
Comment			

### 9/12/2022 5:44:34 PM AR506229065

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

FINANSTILSYNE	
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

The person liable:	
• PDMR	Closely associated person (natural person)  Closely associated person (legal person)
About PDMR	
Last name	TRAAHOLT
First name	KNUT
Position / role	СБО
Initial notificatio	on or amendment to prior notification
<ul><li>Initial</li></ul>	Amendment
Details about the	issuer or emission allowance market participant
Business name	Flex LNG Ltd
LEI number	21380084THHU3MPC3647

## 9/12/2022 5:44:34 PM AR506229065

# pers and De Ins IS: Na

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

<b>FINANSTILSYNET</b>
THE FINANCIAL SUPERVISORY
AUTHORITY OF NORWAY

Instrument	Share	
ISIN code	BMG359472021	
Name of the financial instrument		
Flex LNG Ltd		
Nature of the transaction		
Transaction type	Disposal	
Share option program		
The transaction is linked to an exce	rsise of a share option program	Yes No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	328.1716	
Volume	30 000	
Aggregated information		
Average price per unit	328.17160	
Aggregated volume	30 000	
Total amount	9 845 148.000000	
Date of the transaction		
Date	9/12/2022	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	