

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person* <u>Landes Jonathan</u> _____ (Last) (First) (Middle) <u>C/O TECHNIPFMC PLC</u> <u>HADRIAN HOUSE, WINCOMBLEE ROAD</u> _____ (Street) <u>NEWCASTLE X0 NE6 3PL</u> _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>TechnipFMC plc [ FTI ]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ <u>President, Subsea</u>		
			3. Date of Earliest Transaction (Month/Day/Year) <u>03/09/2026</u>					
			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Ordinary Shares	03/09/2026		M		7,317 <sup>(1)</sup>	A	\$25.24	176,677	D	
Ordinary Shares	03/09/2026		M		10,873 <sup>(1)</sup>	A	\$21.1	187,550	D	
Ordinary Shares	03/09/2026		S		31,568 <sup>(1)</sup>	D	\$61.26 <sup>(2)</sup>	155,982	D	
Ordinary Shares	03/09/2026		S		48,559 <sup>(1)</sup>	D	\$62.13 <sup>(3)</sup>	107,423	D	
Ordinary Shares	03/09/2026		S		36,067 <sup>(1)</sup>	D	\$63.13 <sup>(4)</sup>	71,356	D	
Ordinary Shares	03/09/2026		G		20,768	D	\$0	50,588	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$25.24	03/09/2026		M			7,317 <sup>(1)(5)</sup>	02/26/2021	06/14/2028	Ordinary Shares	7,317	\$0	0	D	
Employee Stock Option (right to buy)	\$21.1	03/09/2026		M			10,873 <sup>(1)(5)</sup>	02/28/2020	06/26/2027	Ordinary Shares	10,873	\$0	0	D	

**Explanation of Responses:**

- The transactions reported in this Form 4 (all sales and the exercise of stock options) were effected pursuant to a Rule 10b1-5 trading plan adopted by the Reporting Person on December 3, 2025.
- This price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$60.67 to \$61.67, inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.
- This price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$61.68 to \$62.68, inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.
- This price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$62.68 to \$63.46, inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.
- Reflects the automatic adjustment of the exercise price and number of shares subject to the employee stock option pursuant to anti-dilution provisions contained in the applicable award, which provisions were triggered as a result of the completion of the Issuer's pro-rata distribution of a portion of the outstanding shares of Technip Energies N.V. to the Issuer's shareholders (the "Spin-off") on February 16, 2021.

**Remarks:**

/s/ Lisa P. Wang, Attorney-In-Fact 03/11/2026  
 \*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.