

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001653219
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer SPX Technologies, Inc.
SEC File Number 001-06948
Address of Issuer 6325 ARDREY KELL ROAD
SUITE 400
CHARLOTTE
NORTH CAROLINA
28277
Phone 980-474-3700
Name of Person for Whose Account the Securities are To Be Sold Nurkin John Webster

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Former Officer Within 90 Days

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Wells Fargo Clearing Services One North Jefferson Avenue St. Louis MO 63103	7805	1263382.11	46295232	09/19/2024	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the	Date you	Nature of	Name of	Is	Date	Amount of	Date of	Nature of
--------------	----------	-----------	---------	----	------	-----------	---------	-----------

Class	Acquired	Acquisition Transaction	Person from Whom Acquired	this a Gift?	Donor Acquired	Securities Acquired	Payment	Payment *
Common	02/21/2021	Vested Restricted Shares	Issuer	<input type="checkbox"/>		227	02/21/2021	N/A
Common	02/22/2021	Vested Restricted Shares	Issuer	<input type="checkbox"/>		4346	02/22/2021	N/A
Common	03/01/2023	Vested Restricted Shares	Issuer	<input type="checkbox"/>		957	03/01/2023	N/A
Common	02/20/2023	Vested Restricted Shares	Issuer	<input type="checkbox"/>		2275	02/20/2023	N/A

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
John W Nurkin 6325 Ardrey Kell Road, Suite 400 Charlotte NC 28277	SPX Technologies, Inc.	08/30/2024	9417	1502769.90
John W Nurkin 6325 Ardrey Kell Road, Suite 400 Charlotte NC 28277	SPX Technologies, Inc.	09/03/2024	10891	1657752.05
John W Nurkin 6325 Ardrey Kell Road, Suite 400 Charlotte NC 28277	SPX Technologies, Inc.	09/13/2024	11232	1696118.00
John W Nurkin 6325 Ardrey Kell Road, Suite 400 Charlotte NC 28277	SPX Technologies	09/16/2024	11735	1795455.00

144: Remarks and Signature

Remarks The shares were sold form the Nurkin Family TR
Date of Notice 09/19/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature John W Nurkin

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)