

OMB APPROVAL	
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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).

1. Name and Address of Reporting Person* <u>White NaTausha Heleena</u> (Last) (First) (Middle) C/O SPX TECHNOLOGIES, INC. 6325 ARDREY KELL ROAD, SUITE 400 (Street) CHARLOTTE NC 28277 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>SPX Technologies, Inc. [SPXC]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ Officer (give title below) _____ Other (specify below) _____ VP AND CHRO
	3. Date of Earliest Transaction (Month/Day/Year) <u>01/31/2023</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

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			
Common Stock	01/31/2023		M		13,022	A	\$12.85	46,540 ⁽¹⁾	D	
Common Stock	01/31/2023		S ⁽²⁾		13,022	D	\$75	33,518 ⁽¹⁾	D	
Common Stock	02/01/2023		M		8,506	A	\$12.85	42,024 ⁽¹⁾	D	
Common Stock	02/01/2023		S ⁽²⁾		3,956	D	\$75.32	38,068 ⁽¹⁾	D	
Common Stock	02/01/2023		S ⁽²⁾		4,550	D	\$76.13	33,518 ⁽¹⁾	D	
Common Stock								5,731	I	401 (k) Plan

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
Employee stock option to purchase common stock	\$12.85	01/31/2023		M			13,022	03/02/2019 ⁽³⁾	03/02/2026	Common Stock	13,022	\$0	8,506	D	
Employee stock option to purchase common stock	\$12.85	02/01/2023		M			8,506	03/02/2019 ⁽³⁾	03/02/2026	Common Stock	8,506	\$0	0	D	
Employee stock option to purchase common stock	\$27.4							03/01/2020 ⁽⁴⁾	03/01/2027	Common Stock	10,230		10,230	D	
Employee stock option to purchase common stock	\$32.69							02/22/2021 ⁽⁵⁾	02/22/2028	Common Stock	9,096		9,096	D	
Employee stock option to purchase common stock	\$36.51							02/21/2022 ⁽⁶⁾	02/21/2029	Common Stock	9,037		9,037	D	
Employee stock option to purchase common stock	\$50.09							02/20/2023 ⁽⁷⁾	02/20/2030	Common Stock	6,191		6,191	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)				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 to purchase common stock	\$58.34							03/01/2024 ⁽⁸⁾	03/01/2031	Common Stock	5,208		5,208	D	
Employee stock option to purchase common stock	\$48.97							03/01/2025 ⁽⁹⁾	03/01/2032	Common Stock	5,864		5,864	D	

Explanation of Responses:

1. Includes unvested restricted stock units.
2. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 19, 2022.
3. Vests in three equal installments beginning on March 2, 2017.
4. Vests in three equal installments beginning on March 1, 2018.
5. Vests in three equal installments beginning on February 22, 2019.
6. Vests in three equal installments beginning on February 21, 2020.
7. Vests in three equal installments beginning on February 20, 2021.
8. Vests in three equal installments beginning on March 1, 2022.
9. Vests in three equal installments beginning on March 1, 2023.

/s/ John Nurkin, Attorney-in-Fact 02/02/2023

** 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.

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