FORM 4

may continue. See Instruction 1(b).

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

$\bigcirc$	ΛD	AΡ	DD	$\sim$	/ A I
( )1	ЛΚ	AΡ	РΚ	( ) \	/AI

OMB Number:	3235-0287
Estimated average burde	en
hours per response:	0.5

#### Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations

### 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 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.

Name and Address of Reporting Person*     Young Bruce F.			2. Issuer Name and Ticker or Trading Symbol Concrete Pumping Holdings, Inc. [ BBCP ]	Relationship of Reporting Person(s) to Issuer (Check all applicable)     X Director 10% Owner					
(Last) (First) (Middle) C/O CONCRETE PUMPING HOLDINGS, INC.			3. Date of Earliest Transaction (Month/Day/Year) 05/14/2024	X Officer (give title Other (specify below)  Chief Executive Officer					
500 E. 84TH AVENUE, SUITE A-5 (Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person					
DENVER	CO	80229		Form filed by More than One Reporting Person					
(City)	(State)	(Zip)							

#### 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)	Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	05/14/2024		M		10,565(1)	A	\$0.87	2,045,753	D	
Common Stock	05/14/2024		S		5,000(1)	D	\$7	2,040,753	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. Transac Code (In 8)		Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Option	\$0.87	05/14/2024		M <sup>(1)</sup>			10,565	01/01/2019	02/05/2025	Common Stock	10,565	\$0	697,544	D	

#### Explanation of Responses:

1. The options were exercised, and a portion of the underlying shares were sold to cover the tax obligation, the exercise price and associated fees, pursuant to a Rule 10b5-1Plan, which was adopted January 15, 2024 and terminated following completion of the transactions disclosed herein.

<u>/s/ Bruce Young</u>

\*\* Signature of Reporting Person

Date

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

- $^{\star}$  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.