

# SPX 7 DTE Workshop

How to Break the Barriers that Lead to  
**Trading Profitably Month After Month**

with Al Losada

**We will be starting shortly!**





## ► What You Can Expect

I am going to show you how you can  
make consistent **returns monthly**,  
based on margin capital at risk by **using**  
**high probability trades**  
**SPX 7 DTE**  
without taking large losses, and make  
those **returns month over month**.



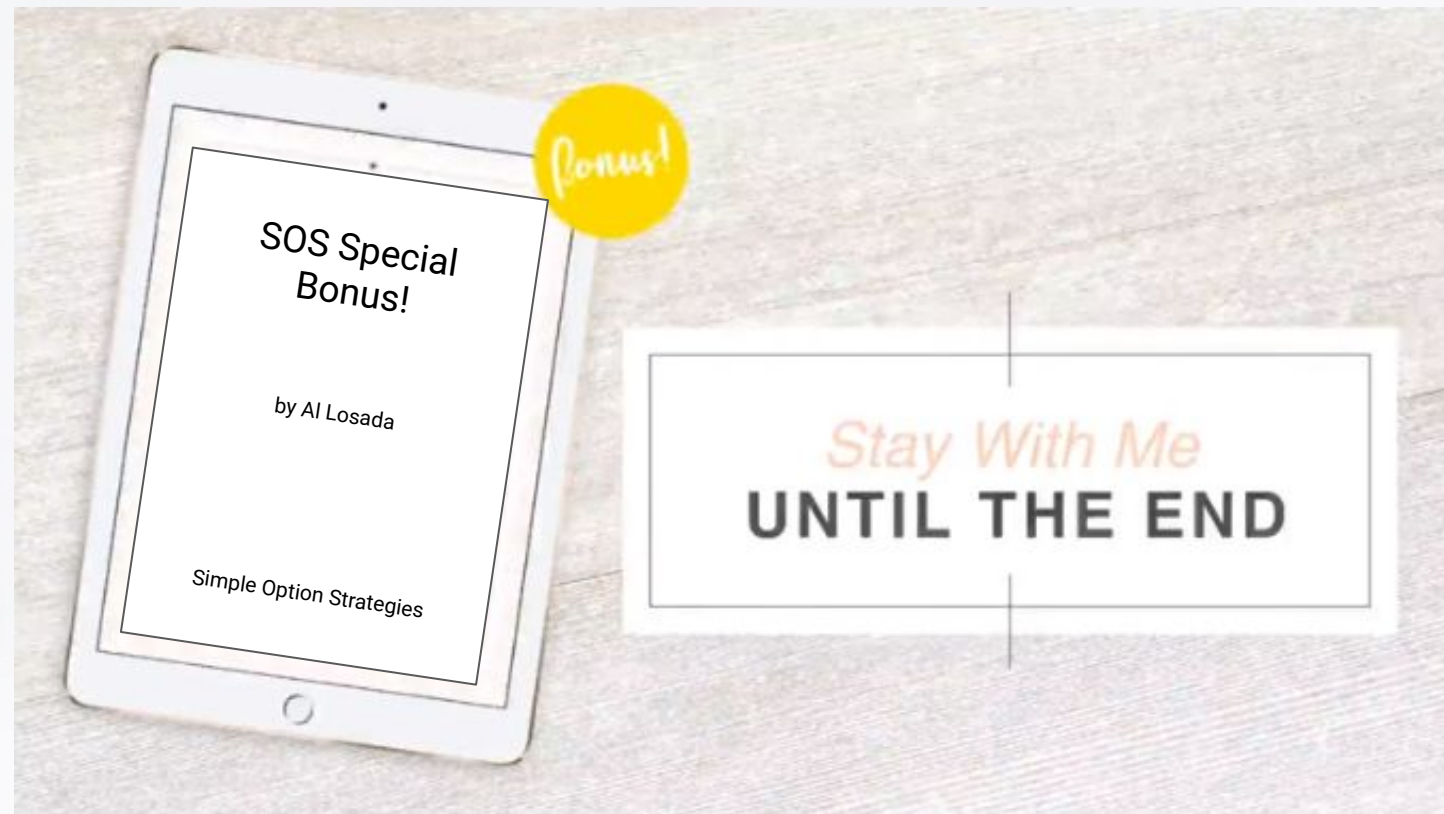


## ► What You Will Learn



- ☐ How to select the right strike prices
- ☐ How to enter and exit your trade
- ☐ How to prevent large losses by managing a threatened trade
- ☐ How to know when not to trade
- ☐ How to trade consistently profitable









Turn off all distractions.





Reason

01

You are interested in learning new strategies that will take your trading performance to the next level so you can finally leave the 9-5 career behind.



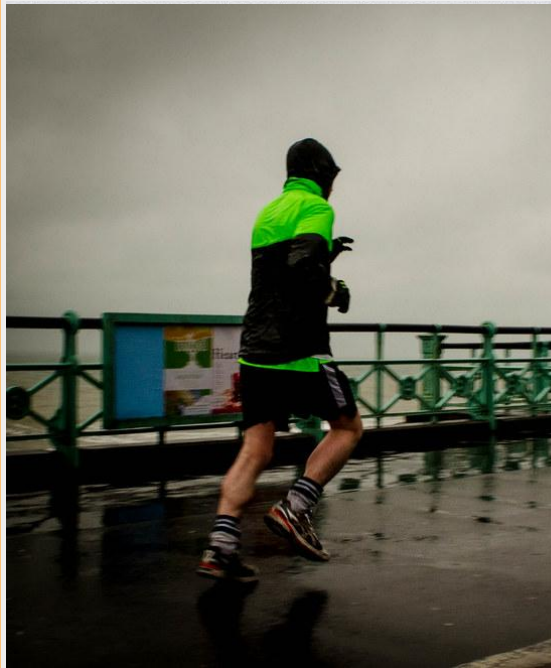


Reason

02

You've seen, heard about, read about others making money trading, and you know you can do it too but you're just not seeing your account grow fast enough based on your goals.





Reason

03

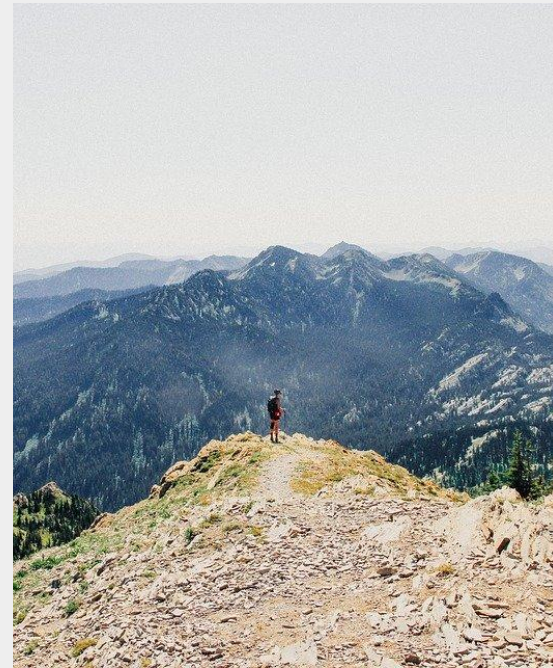
You've tried different trading strategies that you thought, “okay, this is it”, only to discover it’s just not getting you to that place of consistent trading results.



# 1: Interested in learning new strategies

# 2: Desire to see your account grow month after month

# 3: Find the right strategy that provides consistent trading results











Imagine what it would feel like if most of your trades were winners month after month and it would be confirmed by watching the size of your account grow at the same time.







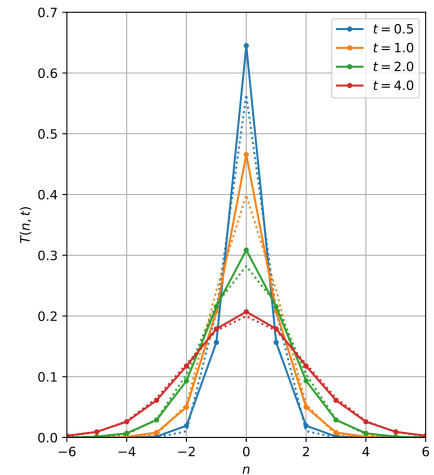
Becoming the trader that no longer takes large losses but consistently trades according to a proven trade plan that is profitable over time allowing you to grow your account month over month





## ► SPX Credit Spread - What is it?

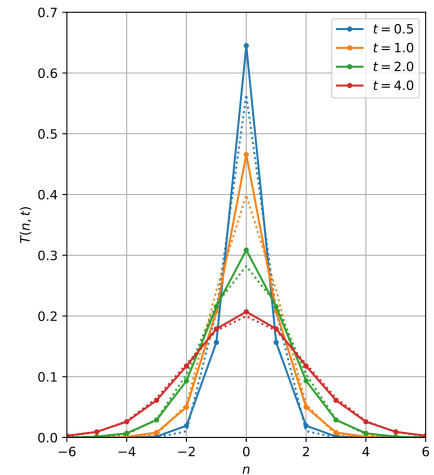
- A credit spread has a combination of two puts or two calls where the put or call that is sold is more expensive than the put or call that is bought
- -10 VERTICAL SPX 100 (Weeklys) 30 OCT 19  
3010/3005 PUT @.45 (Bull Credit Spread)
- Selling the 3010 Put and Buying a 3005 Put
- Trade is considered to be a High Probability Trade





## ► SPX Credit Spread - Risk/Reward

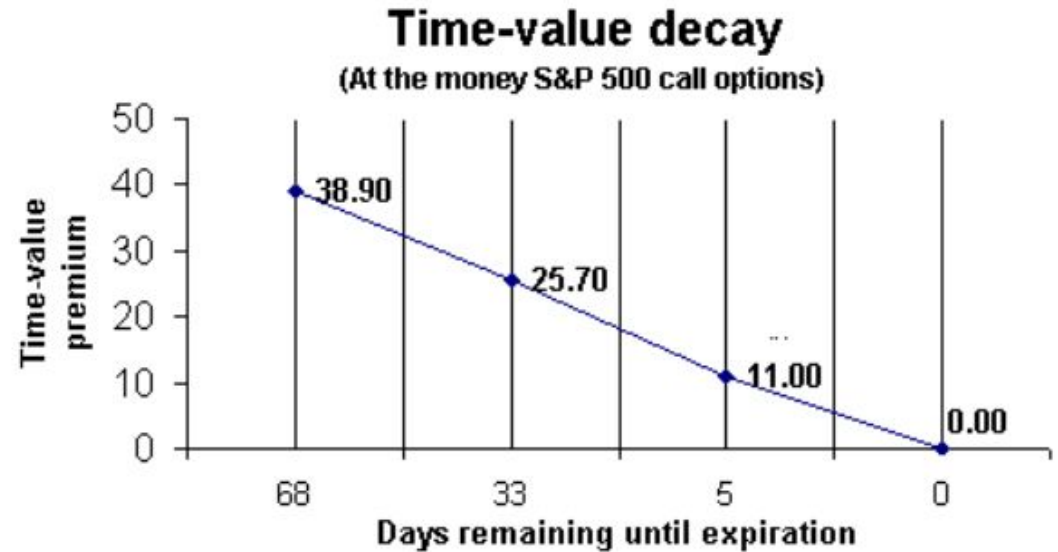
- ❑ -10 VERTICAL SPX 100 (Weeklys) 30 OCT 19 3010/3005 PUT @.45 (Bull Credit Spread)
- ❑ Risk/Reward is \$5,000/\$450
- ❑ Max loss is \$5000, which is also the margin requirement





## ► SPX Options Rate of Decay

- From 68 days to 33 days, the rate of decay is 34%
- From 33 days to 5 days, the rate of decay is 57%
- From 5 days to expiration the rate of decay is 100%





## ► Profitability Factors

1. **Implied Volatility** - The ideal setup is a market with volatility moving lower while in a trade. Placing the trade when volatility is high and then decreases, will significantly reduce the initial premium collected.



## ► Profitability Factors

1. **Theta** - Which is one of the greeks and measures the rate of decline in the value of an option due to the passage of time. This is a big factor for 7 DTE and Monthlys.



## ► Profitability Factors

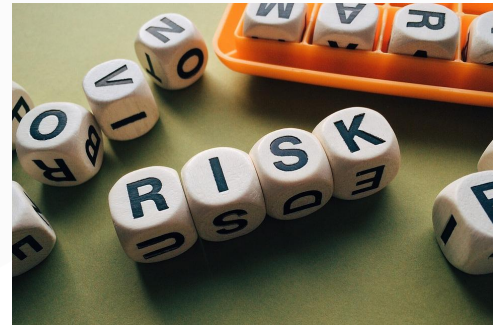
1. **Market direction** - A market trending away from your position will cause the premium price to drop. If you enter this trade and the market moves against you or in the direction of the credit spread, you will see the premium price increase significantly but as long as it stays within an acceptable range, it will remain profitable



# Risk Management Guidelines & Daily Routines



## ► Risk Management



- Always trade with a plan
- Determine Max Loss and Risk/Reward before entering trade
- Trade no more than 20% (Credit Margin) of Trading Capital
- Do not allow more than a 2% loss/trade based on Trading Capital
- For highly trending market, position trades to follow the trend
- Never hold short term credit spread overnight
- Size your trades to ensure emotions are not part of the decision making process - Trade small, trade often



## ▶ Pre-market routine

- Review areas of support and resistance
- Review US Dollar (\$DXY) for price action that can move the SPX
- Review 10 Year Treasury (TNX) Rates for price action that can move the SPX
- Review /ES (Futures) Trending Direction
- Review VIX level and Change
- Determine Credit Spread Positions and Save in TOS





## ► Post-market routine



- Determine if rules were broken and why
- Determine if risk was within acceptable levels especially for wins
- Determine if losses were within acceptable ranges
- Determine tweeks if adjustment to trading plan is necessary
- Update trade journal with findings



# SPX 7 DTE Trade Strategy





## ▶ 7 DTE Entry/Exit Guidelines



- ☐ **Enter with small positions** using multiple expirations.
- ☐ **Entry should be done when there is relative increase in volatility** - during market rallies, wait for pullback to enter and during those time only a bull spread may be advisable
- ☐ **Use a Delta of -.10 to -.12 for bull spread and .07 to .10 for bear spreads** - a premium of .30 to .45 should be targeted
- ☐ **Exit - Take Profit**
  - ☐ An acceptable take profit is fifty to eighty percent of credit received or greater if market conditions are favorable
  - ☐ For positions that have been rolled or adjusted, profit target should be twenty to fifty percent of credit
- ☐ **Exit - Adjustment or Roll**
  - ☐ Initiate roll when within 20 points of threatened short strike
- ☐ **Exit - Stop Loss**
  - ☐ It is not necessary to use stop losses to exit this trade



## SPX 7 DTE Trade/Adjustment

STO -5 VERT ROLL SPX 31 JUL  
19/29 JUL 19 3055/3060/3035/3040  
CALL @-.35

BTC 5 SPX 31 JUL 19  
3055/3060 CALL @.10

Closed Trade  
for .60 Profit

STO -5 SPX 29 JUL 19  
3035/3040 CALL @.40

Paid .05 to  
Roll

Collected .85  
Premium

7/24



3020

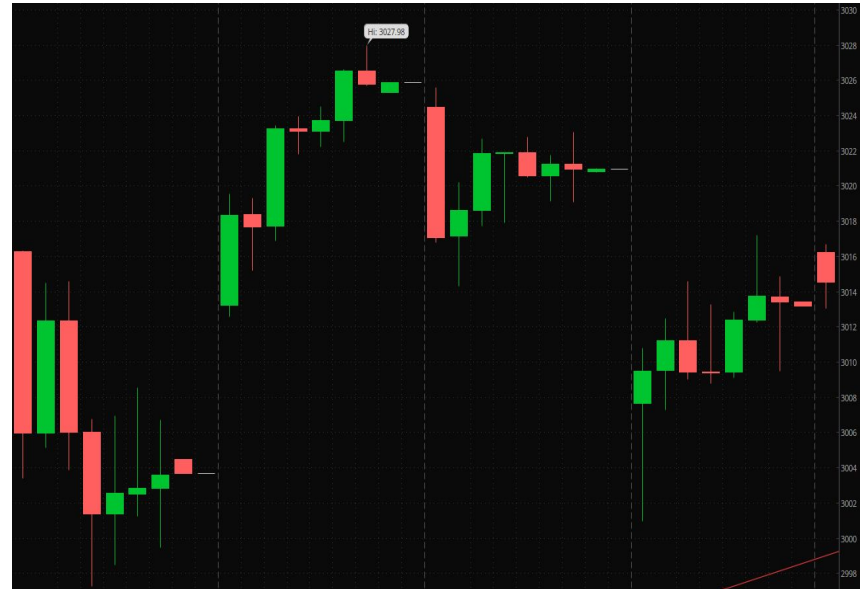
2997

7/26

7/29

7/30

7/31



3028

2997

STO -5 VERT ROLL SPX 31 JUL  
19/29 JUL 19 2955/2950/2945/2940  
PUT @.30

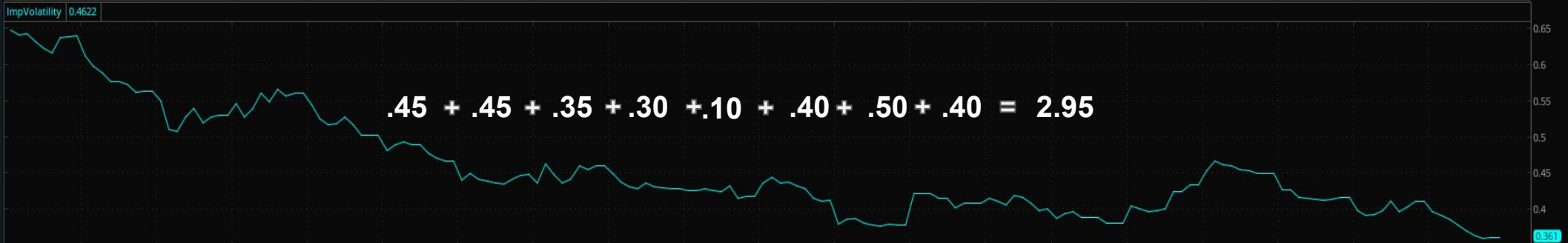
BTC 5 SPX 31 JUL 19  
2955/2950 PUT @.10

STO -5 SPX 29 JUL 19  
2945/2940 PUT @.45





$.45 + .45 + .35 + .30 + .10 + .40 + .50 + .40 = 2.95$





## ► April 2021 Trade Performance

- 7 DTE as of Apr 20 - 6 Spreads x 3 Expirations - \$18k Margin
  - \$8,237.91
  - Recent trades:
    - 4/1: STO -6 VERTICAL SPX 100 (Weeklys) 9 APR 21 3890/3880 PUT @.65
    - 4/5: BTC +6 VERTICAL SPX 100 (Weeklys) 9 APR 21 3890/3880 PUT @.15
    - **Net gain minus commissions/fees: \$300 - Running Total: \$300**
    - 4/6: STO -6 VERTICAL SPX 100 (Weeklys) 14 APR 21 3950/3940 PUT @.65
    - 4/9 BTC +6 VERTICAL SPX 100 (Weeklys) 14 APR 21 3950/3940 PUT @.10
    - **Net gain minus commissions/fees: \$330 - Running Total \$630**
    - 4/9: BTO -6 VERTICAL SPX 100 (Weeklys) 16 APR 21 3970/3960 PUT @.60
    - 4/12: BTC +6 VERTICAL SPX 100 (Weeklys) 16 APR 21 3970/3960 PUT @.10
    - **Net gain minus commissions/fees: \$330 - Running Total \$960**



## ► Additional Recent 7 DTE Trades

- 4/14: STO -3 VERTICAL SPX 100 (Weeklys) 21 APR 21 4230/4240 CALL @.50
- 4/16: STO -3 VERT ROLL SPX 100 (Weeklys) 26 APR 21/21 APR 21 4250/4260/4230/4240 CALL @.00
- 4/19: STO -3 VERTICAL SPX 100 (Weeklys) 26 APR 21 4250/4260 CALL @.80
- 4/20: BTC +6 VERTICAL SPX 100 (Weeklys) 26 APR 21 4250/4260 CALL @.20
- **Net gain minus commissions/fees: \$315 - Running Total 1,275**
  
- 4/19: STO -6 VERTICAL SPX 100 (Weeklys) 26 APR 21 4050/4040 PUT @.65
- 4/22: BTC +6 VERTICAL SPX 100 (Weeklys) 26 APR 21 4250/4260 CALL @.10
- **Net gain minus commissions/fees: \$330 - Running Total \$1,605**
  
- 4/20: STO -6 VERTICAL SPX 100 (Weeklys) 28 APR 21 3990/3980 PUT @.625
- 4/23: BTC +6 VERTICAL SPX 100 (Weeklys) 28 APR 21 3990/3980 PUT @.10
- **Net gain minus commissions/fees: \$315 - \$1,920**



## ► Additional Recent 7 DTE Trades

- 4/22: STO -6 VERTICAL SPX 100 (Weeklys) 30 APR 21 4025/4015 PUT @.75
- 4/26: BTC +6 VERTICAL SPX 100 (Weeklys) 30 APR 21 4025/4015 PUT @.10
- **Net gain minus commissions/fees: \$390 - Running Total \$2,310**
  
- 4/23: STO -6 VERTICAL SPX 100 (Weeklys) 28 APR 21 4075/4065 PUT @.65
- 4/26: BTC +6 VERTICAL SPX 100 (Weeklys) 28 APR 21 4075/4065 PUT @.11
- **Net gain minus commissions/fees: \$324 - Running Total \$2,634**
  
- 4/26: STO -6 VERTICAL SPX 100 (Weeklys) 3 MAY 21 4070/4060 PUT @.65
- 4/29: BTC +6 VERTICAL SPX 100 (Weeklys) 3 MAY 21 4070/4060 PUT @.10
- **Net gain minus commissions/fees: \$330 - Running Total \$2,964**
- 
- 4/27: STO -6 VERTICAL SPX 100 (Weeklys) 5 MAY 21 4060/4050 PUT @.65
- 5/3: BTC +6 VERTICAL SPX 100 (Weeklys) 5 MAY 21 4060/4050 PUT @.10
- **Net gain minus commissions/fees: \$330 - Running Total \$3,294**



## Support & Resistance Level

Paychex Inc (PAYX), 5 Year, 1 Day Interval Price Chart



## Support & Resistance Trend Lines

Oracle (ORCL), 5 Year, 1 Day Interval Price Chart



# Technical Analysis

## Support and Resistance Trading Channel

Microsoft (MSFT), 5 Year, 1 Week Interval Price Chart













## ► Micro Futures Performance - MES, MNQ

This year ▼	01/01/2021	08/03/2021	Select value ▼
<b><u>ALL TRADES</u></b>	<b><u>PROFIT TRADES</u></b>	<b><u>LOSING TRADES</u></b>	<b><u>WINNING VS LOSING TRADES</u></b>
Gross P/L <b>\$9,957.75</b>	Total Profit <b>\$53,126.75</b>	Total Loss <b>\$(43,169.00)</b>	(MOVE MOUSE OVER DIAGRAMS OR TOUCH TO SEE VALUES)
# of Trades <b>1146</b>	# of Winning Trades <b>620</b>	# of Losing Trades <b>509</b>	<div>WINNING TRADES: 54.10% BREAKEVEN TRADES: 1.48% LOSING TRADES: 44.42%</div>
# of Contracts <b>2726</b>	# of Winning Contracts <b>712</b>	# of Losing Contracts <b>626</b>	
Avg. Trade Time <b>9h 32min 23sec</b>	Largest Winning Trade <b>\$1,645.00</b>	Largest Losing Trade <b>\$(1,459.00)</b>	
Longest Trade Time <b>309h 42min 9sec</b>	Avg. Winning Trade <b>\$85.69</b>	Avg. Losing Trade <b>\$(84.81)</b>	
% Profitable Trades <b>54.10%</b>	Std. Dev. Winning Trade <b>\$108.67</b>	Std. Dev. Losing Trade <b>\$139.98</b>	
Expectancy <b>\$8.69</b>	Avg. Winning Trade Time <b>9h 22min 12sec</b>	Avg. Losing Trade Time <b>10h 1min 47sec</b>	
Trade Fees & Comm. <b>\$(1,821.18)</b>	Longest Winning Trade Time <b>309h 42min 9sec</b>	Longest Losing Trade Time <b>309h 42min 3sec</b>	
Total P/L <b>\$8,136.57</b>	Max Run-up <b>\$10,950.65</b>	Max Drawdown <b>\$(9,669.90)</b>	
	Max Run-up, from <b>03/04/2021 04:36:47</b>	Max Drawdown, from <b>04/26/2021 15:30:37</b>	
	Max Run-up, to <b>04/26/2021 15:30:37</b>	Max Drawdown, to <b>05/19/2021 16:02:09</b>	

<https://www.simpletradingstrategies.com/micro-futures-live-workshop-registration-live>



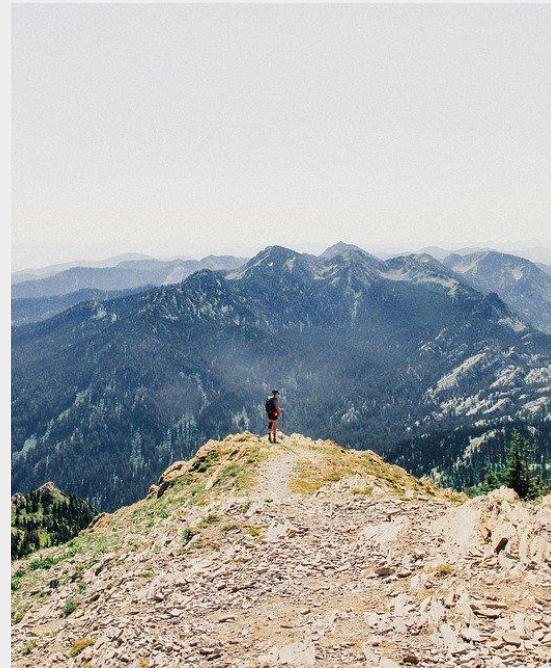
Would you like to follow our trades while you learn using **high probability strategies like SPX 7DTE** so you can be a consistently profitable trader?



# 1: Interested in learning new strategies

# 2: Maybe you're not seeing your account grow month after month

# 3: You haven't found the right strategy that provides consistent trading results





## ► Time to Break the Barriers!

Will you keep doing what you're doing and **hope** that one day something will stick?

Will you finally **take the steps** that will get you to the place you want to be and **THAT WORKS!**

Discipline  
Commitment



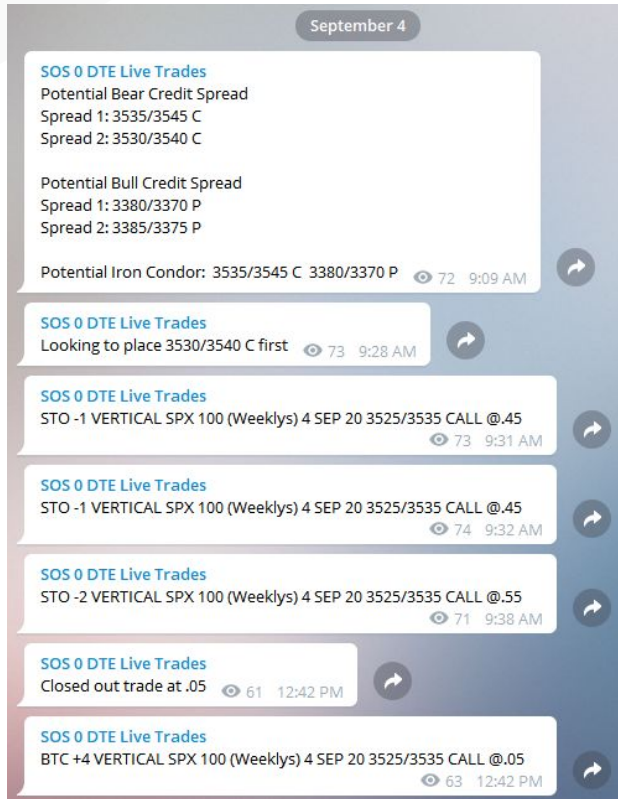
Having an Edge  
No Quit Attitude





SUCCESS

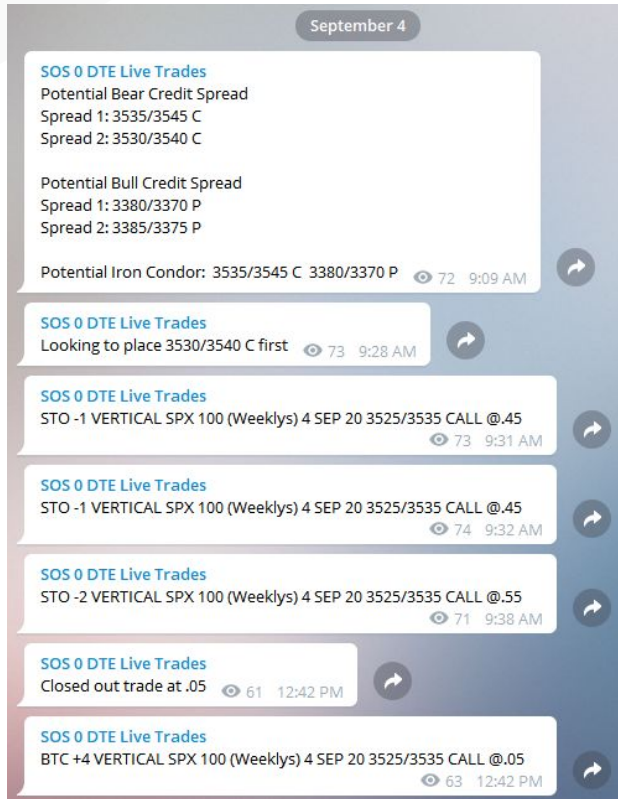




# What are SOS Trade Alerts?

SOS Trade Alerts are instant trade notifications sent directly to a phone or computer that announce high probability options and futures trades for those who are seeking to generate consistent income and more dependable returns from their trades.





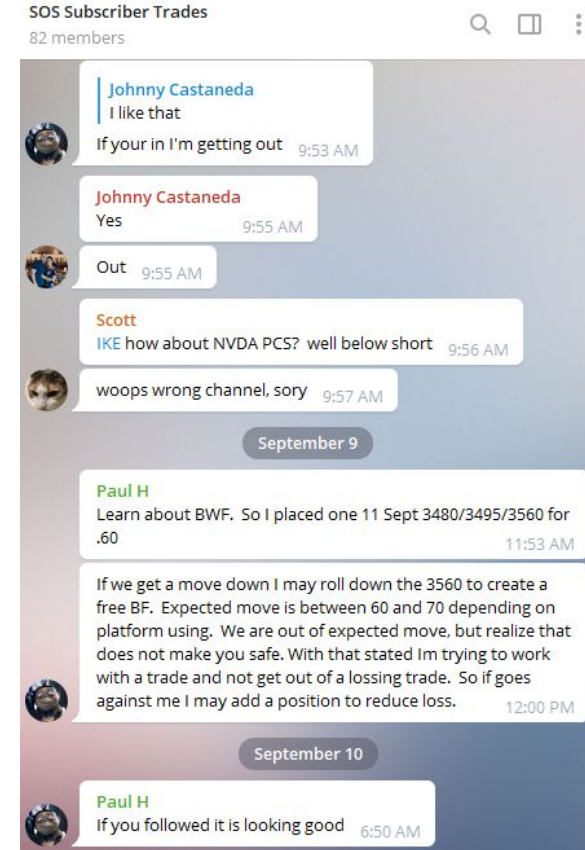
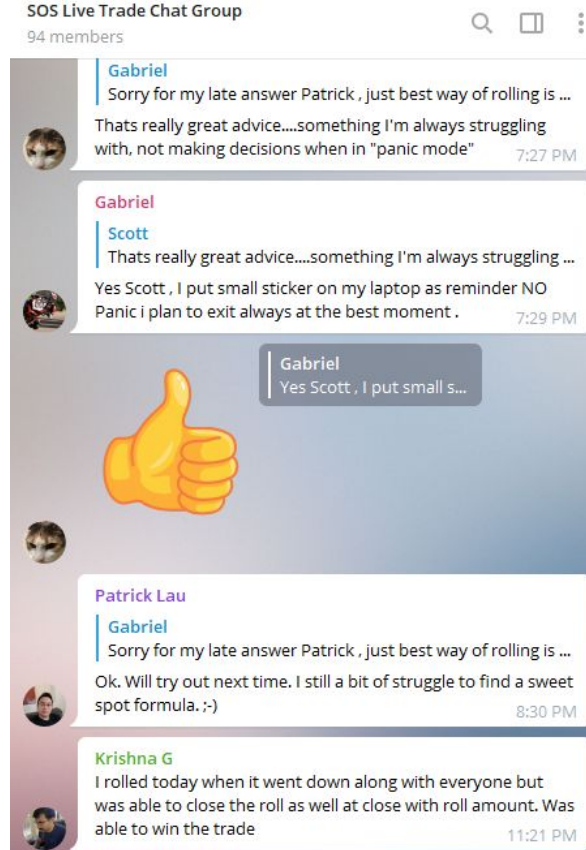
# What are SOS Trade Alerts?

Whether you're just getting started or already successful and ready to expand your strategies, SOS Trade Alerts will help you trade at your highest level. It's designed to transform your trading from uncertain to predictable and teach you how to generate consistent returns.



# Live chat and..

## Subscriber Chat Groups





# Channels for Trade Alerts

## SOS 0 DTE Live Trades

108 subscribers

### Pinned message

Google sheet update to include all 0 DTE trades with co...

### SOS 0 DTE Live Trades

Potential Bear Credit Spread

Spread 1: 3455/3465 C

Spread 2: 3450/3460 C

Potential Bull Credit Spread

Spread 1: 3280/3270 P

Spread 2: 3285/3275 P

Potential Iron Condor: 3455/3465 C 3280/3270 P

83 9:00 AM

### SOS 0 DTE Live Trades

Potential spreads above may be invalid due to volatility but will do my best to share what I've trading before initiating trade

82 9:27 AM

### SOS 0 DTE Live Trades

STO -3 VERTICAL SPX 100 (Weeklys) 8 SEP 20 3265/3255 PUT @.50

84 9:32 AM

### SOS 0 DTE Live Trades

3265/55 @.50

84 9:32 AM

### SOS 0 DTE Live Trades

STO -2 VERTICAL SPX 100 (Weeklys) 8 SEP 20 3265/3255 PUT @.70

84 9:48 AM

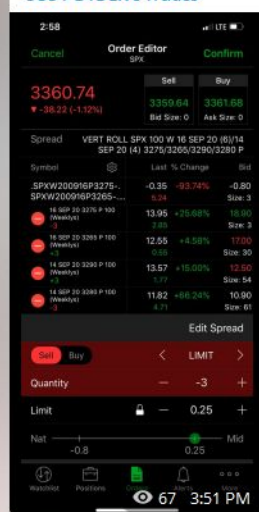
### SOS 0 DTE Live Trades

8 Sep 20 SPX 3265/3255 PUT 0.60 -5 0.60 \$297.01

## SOS 7 DTE Live Trades

103 subscribers

### SOS 7 DTE Live Trades



### SOS 7 DTE Live Trades

Rolled for a .05 credit

67 3:51 PM

### SOS 7 DTE Live Trades

Trade Date: 2020-09-10T19:50:02.000Z

Trade: STO -2 VERT ROLL SPX 100 (Weeklys) 16 SEP 20/14 SEP

20 3275/3265/3290/3280 PUT @.05

66 3:51 PM

### SOS 7 DTE Live Trades

Trade 95

65 3:52 PM

## SOS AI's Futures Trades

56 subscribers

### Pinned message

<https://docs.google.com/spreadsheets/d/1iIQIDRYCHnG...>

### SOS AI's Futures Trades

Adding one more MES contract

43 1:23 PM

### SOS AI's Futures Trades

Break even for MES is at 3387 and break even for MNQ is at 11314.38

43 1:24 PM

September 10

### SOS AI's Futures Trades

SOLD -1 /MNQU20 @11529.00

35 10:25 AM

### SOS AI's Futures Trades

Closed all futures positions.

33 10:26 AM

### SOS AI's Futures Trades

SOLD -1 /MNQU20 @11529.25

34 10:26 AM

### SOS AI's Futures Trades

SOLD -3 /MESU20 @3415.50

36 10:27 AM

### SOS AI's Futures Trades

tIP BOT +1 /MNQU20 @11208.75

33 2:50 PM

### SOS AI's Futures Trades

tIP BOT +1 /MESU20 @3357.00

32 2:51 PM

### SOS AI's Futures Trades

Long one MES and one MNQ contract

32 2:52 PM





**Matt Lennarz**

## ▶ Trader Success Story

"Al's Options Trading platform has been the foundation for my Iron Condor trading. The insight his service provides has both earned me double digit returns and saved me from making poor trades... both critical to options trading success!"





Luke Chittick

## ▶ Trader Success Story

"I've been active in the market since 2013. I've joined a ton of different newsletters and alert services. Hands down... Al's service is the best I've been a part of! I haven't lost money on any of the trade alerts Al's posted and I've been a part of his service for almost a year!"





M E Drane

## ▶ Trader Success Story

"Al, I've spent thousands on programs and I've lost thousands trading using those programs. I've learned along the way, but I want you and IKE to know your program is great. Your attitude is great. The community is great. Your training is great and your trading system is great! Thank You for all you do."



## ► My Guarantee!

Subscribe for one month and lose money by following my trades, I will refund your subscription amount x 1.25!



### "Swing Trader"

~~\$59/M~~ **\$39**

Minimum Screen Time

- ✓ Monthly Expiration Alert
- ✓ Subscriber Trade Alerts
- ✓ 0-DTE Alert
- ✓ 7-DTE Alert
- ✓ Spec Alert
- ✓ Futures Alert
- ✓ Traders Chat
- ✓ 125% Money Back Guarantee

### "Day Trader"

~~\$99/M~~ **\$79**

Most Popular

- ✓ Monthly Expiration Alert
- ✓ Subscriber Trade Alerts
- ✓ 0 DTE Alert
- ✓ 7 DTE Alert
- ✓ Spec Alert
- ✓ Futures Alert
- ✓ Traders Chat
- ✓ 125% Money Back Guarantee

### "Full time Trader"

~~\$129/M~~ **\$109**

Includes Spec & Futures

- ✓ Monthly Expiration Alert
- ✓ Subscriber Trade Alerts
- ✓ 0 DTE Alert
- ✓ 7 DTE Alert
- ✓ Spec Alert
- ✓ Futures Alert
- ✓ Traders Chat
- ✓ 125% Money Back Guarantee

<https://simpleoptionstrategies.mykajabi.com/signals-waitlist>



# ▶ SPX Credit Spread Trading Course

- ❑ Trader Psychology & its Effects
  - ❑ Mastering Emotions & Trading Discipline
- ❑ Introduction to Options
  - ❑ Option Characteristics
  - ❑ Common Option Spreads
- ❑ Technical Analysis
  - ❑ Common Chart Patterns
  - ❑ Technical Indicators Used for Trading
- ❑ Your Trade Plan
- ❑ SPX Trade Strategies
  - ❑ Risk Management Guidelines/Daily Routines
  - ❑ SPX 0 DTE
  - ❑ SPX 7 DTE
  - ❑ SPX Monthly
- ❑ Bringing it All Together

**\$397**  
**Value**



## ► What it Costs

One on One Mentoring

~~\$800~~

Group Coaching

~~\$400~~

Course Value

~~\$397~~

Regular Price

~~\$149~~

Your Price

**\$ 129**



# ▶ SPX Credit Spread Trading Course

- ❑ Trader Psychology & its Effects
  - ❑ Mastering Emotions & Trading Discipline
- ❑ Introduction to Options
  - ❑ Option Characteristics
  - ❑ Common Option Spreads
- ❑ Technical Analysis
  - ❑ Common Chart Patterns
  - ❑ Technical Indicators Used for Trading
- ❑ Your Trade Plan
- ❑ SPX Trade Strategies
  - ❑ Risk Management Guidelines/Daily Routines
  - ❑ SPX 0 DTE
  - ❑ SPX 7 DTE
  - ❑ SPX Monthly
- ❑ Bringing it All Together

**\$129**



## ▶ This is For You if...

- ☐ You want to learn a step by step process to gain income in a market that goes up and down
- ☐ You want to finally break the series of losses and account drains
- ☐ You want to earn a consistent income that sets you apart from other traders






## ► What You Get and Have Access to...

- \$20 off when you subscribe by joining our waitlist
- A Professional Traders Chat group & Subscribers Trader Chat Group
- Training and Education Channel filled with great content
- Automated Signals within seconds of trade
- Trade entry fill price
- Price target after fill
- My Guarantee that you will make money!!

**WIN**





Al Losada's

## SOS Trade Alerts

Generate Consistent Income from Options Trading

Join SOS Trade Alerts

Member Login

*Wow. This has been outstanding. I am very glad I purchased this. The guidance is realistic and not "pie in the sky" BS like many of the programs I have reviewed. The risk is real and I know how to manage it now with a plan and have confidence that my trading will be consistent.*

*Patrick Connors*

*I just want to say thank you to Al Losada and IKE. July was my 2nd best month ever, only behind June. I was up 28% in June and 15% in July. I only trade SPX. I add a few of my own trades, which are generally more conservative than Al's, but with a higher allocation. This system works!*

*Peter Murray*