

HOW TO MANAGE THREATENED SPX CREDIT SPREADS

HOW TO CHANGE YOUR MINDSET AND REDUCE
LARGE LOSSES

We will begin shortly!

Hosted By Al Losada
Founder of Simple Option Strategies



► What You Can Expect

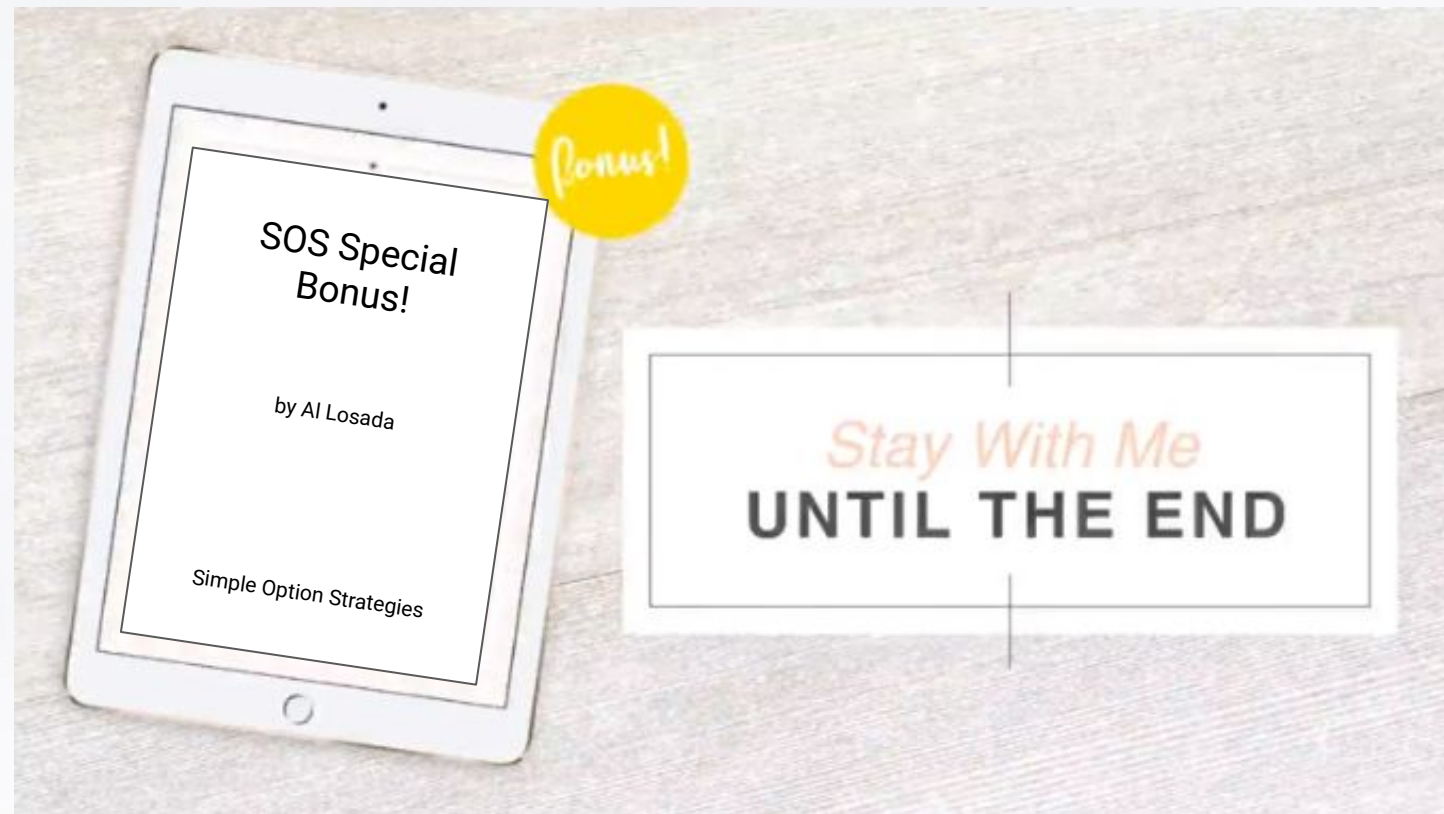
I am going to show you how you can make consistent **returns monthly**, based on margin capital at risk by **adjusting trades**, without taking large losses, and make profitable **returns month over month**.





What you will learn...

- How I Went From Taking 0 DTE 3x Losses To **Very Few Losses In Months**
- How To Identify The Strikes And Strike Prices You Will Use To **Increase Your Chances Of Profitability**
- How Best To Mitigate a Trade That Is Threatened
- **Capital Requirements** To Manage ITM and OTM Credit Spreads
- The best time to **widen** spreads to gain an edge on a position





Turn off all distractions.



Reason **one**

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 **two**

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 **three**

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.

One: Interested in learning new strategies

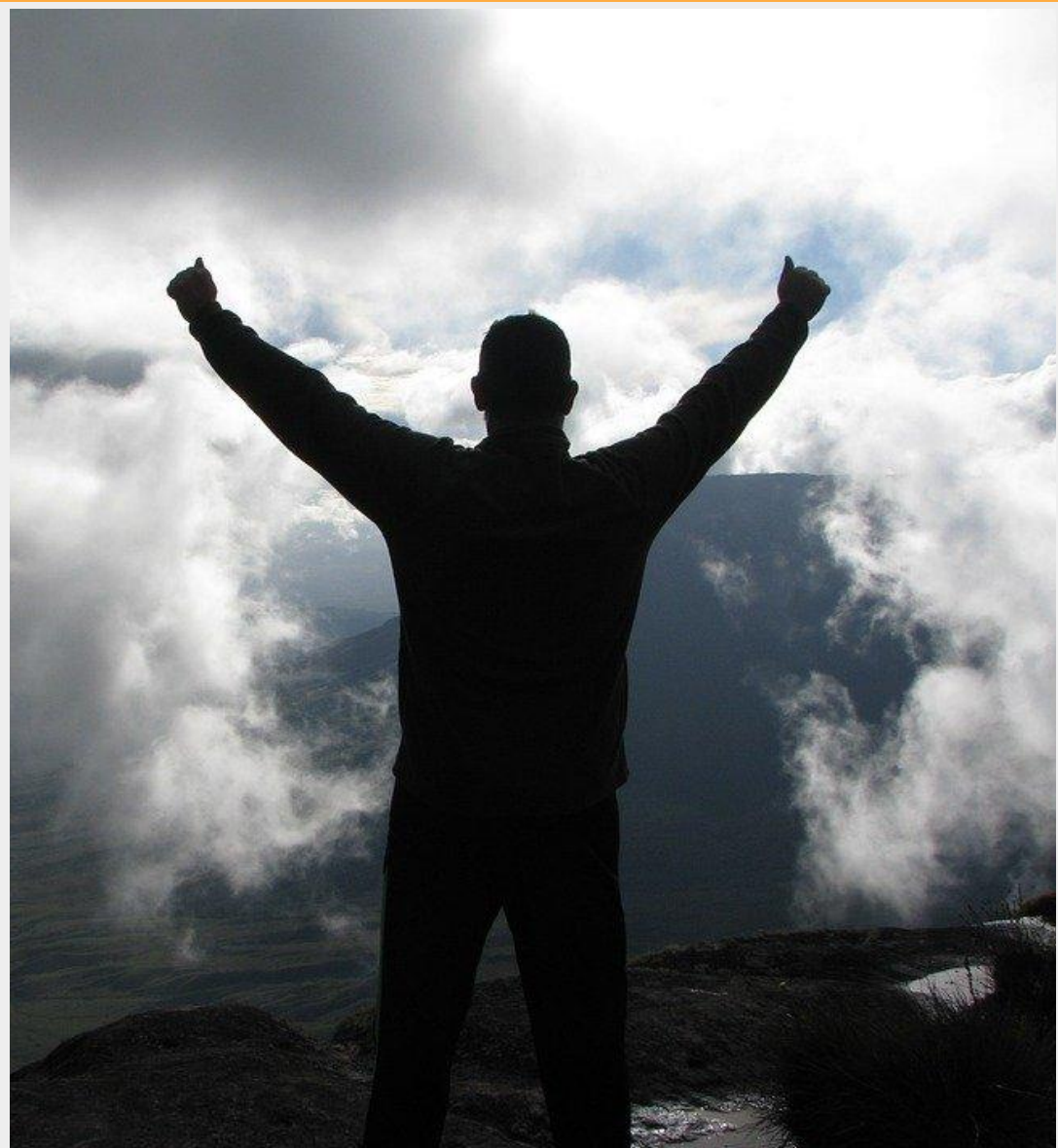
Two: Desire to see your account grow month after month

Three: 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
- SELL -1 29 AUG 22 4050/4040 PUT @.50 (Bull Credit Spread)
- Selling the 4050 Put and Buying a 4040 Put
- Trade is considered to be a High Probability Trade



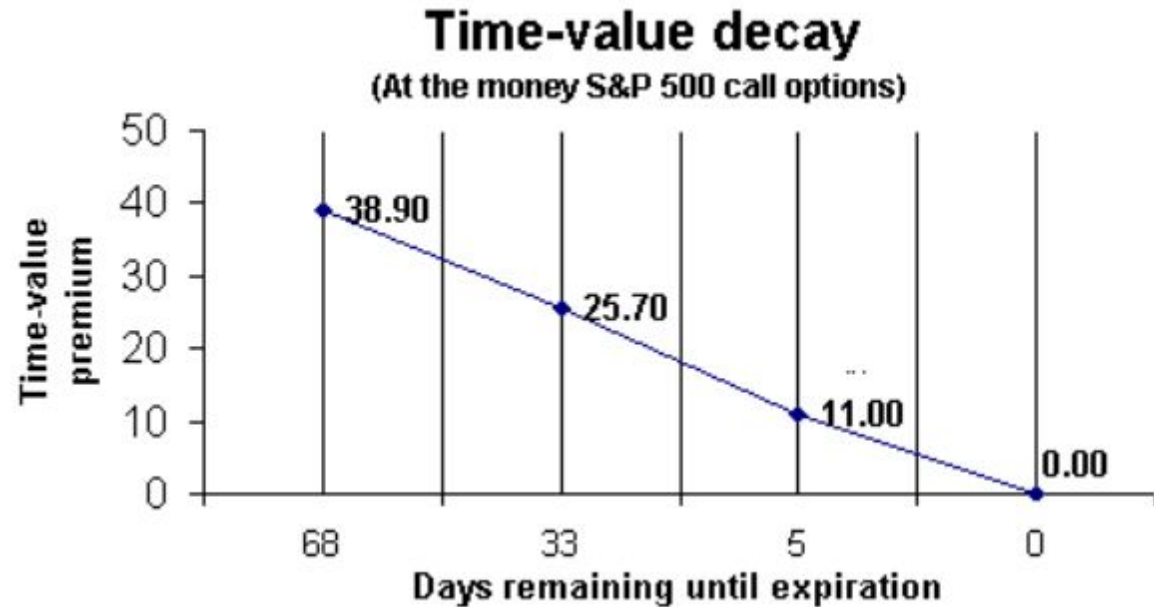
► SPX Credit Spread - Risk/Reward

- -1 29 AUG 22 4050/4040 PUT @.50 (Bull Credit Spread)
- Risk/Reward is \$1,000/\$50
- Max loss is \$1000, 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%



Next topic: Profitability Factors - Implied Volatility

Profitability Factor One

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.

Next topic: Profitability Factors - Theta

Profitability Factor Two

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.

Profitability Factor Three

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

Next Topic: Risk Management Guidelines
& Daily Routines

Risk Management Guidelines & Daily Routines

Things you need to know



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
- Size your trades to ensure emotions are not part of the decision making process - Trade small, trade often

Next Topic: Pattern Day Trader



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



Pattern Day Trader

- **What is it** - the buying and selling or selling and buying the same security on the same day and initiates days trades three or more times in any five consecutive business day period
- **What can happen** - If your account value is below \$25k, your account can be restricted to only selling current holdings

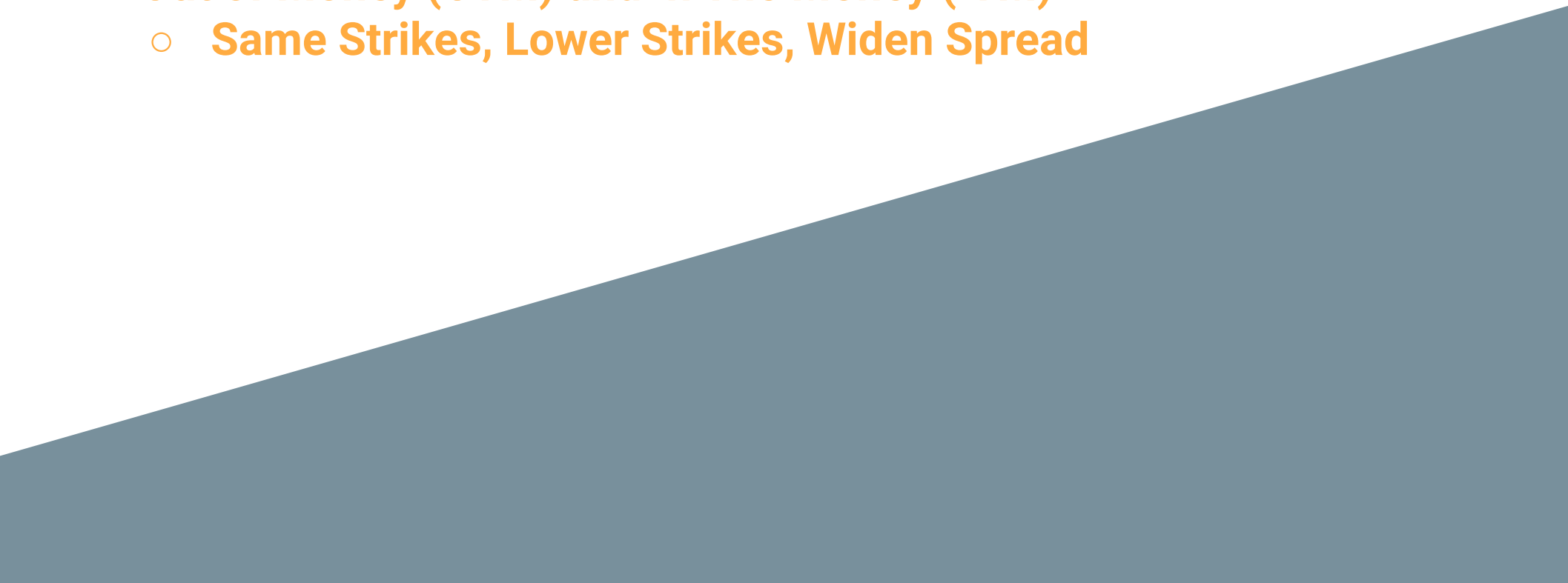
Pattern Day Trader

How to avoid being flagged as a PDT Account:

- Limit trades to one trade, three days/week
- Manage trades from multiple accounts
- Trade wide Iron Condors and allow them to expire
- Trade ES Futures Spreads since it is not subject to PDT Restrictions



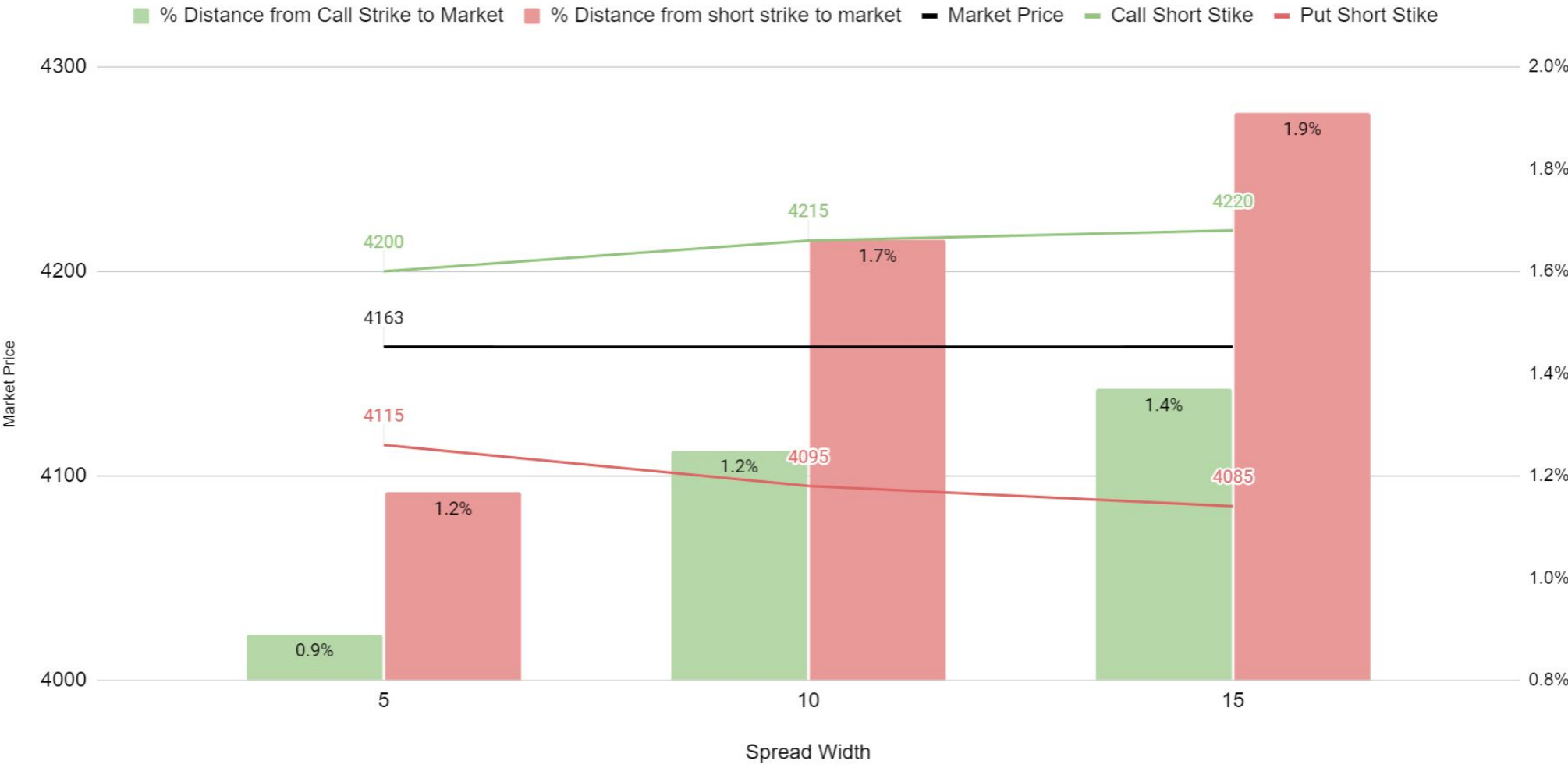
Managing Threatened Trades

- Out of Money (OTM) and In The Money (ITM)
 - Same Strikes, Lower Strikes, Widen Spread
- 

0 DTE Entry/Exit/Threatened

- **Entry**
 - Enter within 1-10 min of market open using a 5 to 30 wide spread
 - Wider spreads provides a greater distance to the market (**less risk**) price but also require additional margin (**greater risk**)
 - Premium should be between .45 - .90
- **Exit - Take Profit**
 - \$.10 for each spread
 - Closing the short strike @\$.05 (Commision free but still incurs PDT restriction and exchange fees)
 - Expiration
- **Exit - Trade Threatened**
 - **Use a 2X to 3X short strike stop loss**
 - Roll trade near or at the money one to two days out (**preferred**)
 - Roll trade that are ITM by widening the spread one to two days out (**not recommended**)

0 DTE 22 VIX





OTM 0 DTE

Same Strikes, Next Day

Same strikes
for a \$1.75 credit

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled to Following Day:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3575/3565/3575/3565 PUT @1.75

SPX	12 OCT 22 (Weeklys)	3575	PUT	1.75
SPX	12 OCT 22 (Weeklys)	3565	PUT	CREDIT
SPX	11 OCT 22 (Weeklys)	3575	PUT	
SPX	11 OCT 22 (Weeklys)	3565	PUT	

OTM 0 DTE

Rolled Down, Next Day

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled to Following Day:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3550/3540/3575/3565 PUT @.35

SPX	12 OCT 22 (Weeklys)	3550	PUT	.35
SPX	12 OCT 22 (Weeklys)	3540	PUT	CREDIT
SPX	11 OCT 22 (Weeklys)	3575	PUT	
SPX	11 OCT 22 (Weeklys)	3565	PUT	

Rolled down 25 points
for a \$.35 credit

OTM O DTE Rolled Down and Widened, Next Day

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled to Following Day and Widened:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3530/3515/3575/3565 PUT @.15

SPX	12 OCT 22 (Weeklys)	3530	PUT	.15	LMT
SPX	12 OCT 22 (Weeklys)	3515	PUT	CREDIT	
SPX	11 OCT 22 (Weeklys)	3575	PUT		
SPX	11 OCT 22 (Weeklys)	3565	PUT		

Rolled down 45 points
by widened spread for
a \$.15 credit

OTM 0 DTE

Same Strikes, 2 Days Out

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled 2 Days Out, Same Strikes

SELL -1 VERT ROLL SPX 100 (Weeklys) 13 OCT 22/11 OCT 22 3575/3565/3575/3565 PUT @2.15

SPX	13 OCT 22 (Weeklys)	3575	PUT	2.15
SPX	13 OCT 22 (Weeklys)	3565	PUT	CREDIT
SPX	11 OCT 22 (Weeklys)	3575	PUT	
SPX	11 OCT 22 (Weeklys)	3565	PUT	

Rolling 2 days out
instead of 1, gives you a
\$.40 cent higher credit

OTM 0 DTE Rolled Down and Widened, 2 Days Out

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled Down and Widened, 2 Days Out

SELL -1 VERT ROLL SPX 100 (Weeklys) 13 OCT 22/11 OCT 22 3515/3505/3575/3565 PUT @.35

SPX	13 OCT 22 (Weeklys)	3515	PUT	.35
SPX	13 OCT 22 (Weeklys)	3505	PUT	CREDIT
SPX	11 OCT 22 (Weeklys)	3575	PUT	
SPX	11 OCT 22 (Weeklys)	3565	PUT	

Rolling down 2 days and
widening gives you 60
points for \$.35

OTM 0 DTE Rolled Down and Widened, 2 Days Out

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3575/3565 PUT @2.45

SPX	11 OCT 22 (Weeklys)	3575	PUT	2.45
SPX	11 OCT 22 (Weeklys)	3565	PUT	CREDIT

Rolled Down and Widened, 2 Days Out with Lower Credit

SELL -1 VERT ROLL SPX 100 (Weeklys) 13 OCT 22/11 OCT 22 3475/3460/3575/3565 PUT @.15

SPX	13 OCT 22 (Weeklys)	3475	PUT	.15
SPX	13 OCT 22 (Weeklys)	3460	PUT	CREDIT
SPX	11 OCT 22 (Weeklys)	3575	PUT	
SPX	11 OCT 22 (Weeklys)	3565	PUT	

Rolling down 2 days and
widening by 5 points gives
you 100 SPX points

ITM O DTE

Same Strikes, Next Day

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3590/3580 PUT @6.10

SPX	11 OCT 22 (Weeklys)	3590	PUT	6.10
SPX	11 OCT 22 (Weeklys)	3580	PUT	CREDIT

Roll Down to Following Day:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3590/3580/3590/3580 PUT @-.90

12 OCT 22 (Weeklys)	3590	PUT	-.90
12 OCT 22 (Weeklys)	3580	PUT	DEBIT
11 OCT 22 (Weeklys)	3590	PUT	
11 OCT 22 (Weeklys)	3580	PUT	

Rolling an ITM credit credit spread, will always end up costing you to get out of it

ITM 0 DTE

Same Strikes, Next Day

An ITM credit spread is
very expensive to roll down

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3590/3580 PUT @6.10

SPX	11 OCT 22 (Weeklys)	3590	PUT	6.10
SPX	11 OCT 22 (Weeklys)	3580	PUT	CREDIT

Roll Down to Following Day:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3550/3540/3590/3580 PUT @-3.30

SPX	12 OCT 22 (Weeklys)	3550	PUT	-3.30
SPX	12 OCT 22 (Weeklys)	3540	PUT	DEBIT
SPX	11 OCT 22 (Weeklys)	3590	PUT	
SPX	11 OCT 22 (Weeklys)	3580	PUT	

ITM 0 DTE Rolled Down and Widened, Next Day

Date/Time: 10/11/2022, 3:32 PM

Market Price: 3580

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 11 OCT 22 3590/3580 PUT @6.10

SPX	11 OCT 22 (Weeklys)	3590	PUT	6.10
SPX	11 OCT 22 (Weeklys)	3580	PUT	CREDIT

Roll to Following Day:

SELL -1 VERT ROLL SPX 100 (Weeklys) 12 OCT 22/11 OCT 22 3575/3560/3590/3580 PUT @.00

SPX	12 OCT 22 (Weeklys)	3575	PUT	.00
SPX	12 OCT 22 (Weeklys)	3560	PUT	
SPX	11 OCT 22 (Weeklys)	3590	PUT	
SPX	11 OCT 22 (Weeklys)	3580	PUT	

Even trying to widen an
ITM credit spread will only
yield 15 points of downside
protection

OTM 0 DTE

Lowered Strikes, 1 Week Out

Date/Time: 10/3/2022, 3:32 PM

Market Price: 3698

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 3 OCT 22 3690/3680 PUT @2.50

SPX	3 OCT 22 (Weeklys)	3690	PUT	2.50
SPX	3 OCT 22 (Weeklys)	3680	PUT	CREDIT

Roll One Week Out

SELL -1 VERT ROLL SPX 100 (Weeklys) 10 OCT 22/3 OCT 22 3620/3610/3690/3680 PUT @.10

SPX	10 OCT 22 (Weeklys)	3620	PUT	.10
SPX	10 OCT 22 (Weeklys)	3610	PUT	CREDIT
SPX	3 OCT 22 (Weeklys)	3690	PUT	
SPX	3 OCT 22 (Weeklys)	3680	PUT	

Rolling out a week can
provide additional distance
and allow you to convert the
position to an Iron Condor

OTM O DTE Rolled Down and Widened, 1 Week Out

Date/Time: 10/3/2022, 3:32 PM

Market Price: 3698

Position:

SELL -1 VERTICAL SPX 100 (Weeklys) 3 OCT 22 3690/3680 PUT @2.50

SPX	3 OCT 22 (Weeklys)	3690	PUT		2.50
SPX	3 OCT 22 (Weeklys)	3680	PUT		CREDIT

Rolled Down and Widened, 1 Week Out:

SELL -1 VERT ROLL SPX 100 (Weeklys) 10 OCT 22/3 OCT 22 3575/3560/3690/3680 PUT @.15

SPX	10 OCT 22 (Weeklys)	3575	PUT		.15
SPX	10 OCT 22 (Weeklys)	3560	PUT		CREDIT
SPX	3 OCT 22 (Weeklys)	3690	PUT		
SPX	3 OCT 22 (Weeklys)	3680	PUT		

Rolling and widening can
also work well for additional
distance

7 DTE Entry/Exit/Threatened

- **Enter with small positions** 10 wide spreads 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 .70 to .90 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 there is 40 points or more of threatened short strike
- **Exit - Stop Loss**
 - Call side stop loss should be considered after two or three rolls

7 DTE Position

On 9/19, I legged into a
7 DTE Iron Condor with
a 300+ point range

Date/Time: 9/19/2022, 10:12 AM

Market Price: 3864

Bull Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3680/3670 PUT @1.10

Bear Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 4040/4050 CALL @.95

SPX	26 SEP 22 (Weeklys)	3680	PUT	1.10
SPX	26 SEP 22 (Weeklys)	3670	PUT	CREDIT

SPX	26 SEP 22 (Weeklys)	4040	CALL	.95
SPX	26 SEP 22 (Weeklys)	4050	CALL	CREDIT

7 DTE Position Update 1

At 3:51 PM, the call spread
was closed out @\$.10

Date/Time: 9/21/2022, 15:46 PM

Market Price: 3802

Bull Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3680/3670 PUT @1.10

Bear Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 4040/4050 CALL @.95

SPX	26 SEP 22 (Weeklys)	3680	PUT	1.10
SPX	26 SEP 22 (Weeklys)	3670	PUT	CREDIT

SPX	26 SEP 22 (Weeklys)	4040	CALL	.95
SPX	26 SEP 22 (Weeklys)	4050	CALL	CREDIT

BUY	+1	AUTO	SPX	26 SEP 22 (Weeklys)	3680	PUT	.10 LMT	GTC	1.45	WORKING
SELL	-1	AUTO	SPX	26 SEP 22 (Weeklys)	3670	PUT	DEBIT			
BUY	+1	AUTO	SPX	26 SEP 22 (Weeklys)	4040	CALL	.10 LMT	DAY	.15	WORKING
SELL	-1	AUTO	SPX	26 SEP 22 (Weeklys)	4050	CALL	DEBIT			

7 DTE Position Update 2

At 3:55 PM, I placed a
call spread for the 26 Sep
expiration

Date/Time: 9/21/2022, 15:46 PM

Market Price: 3802

Bull Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3680/3670 PUT @1.10

Bear Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3950/3960 CALL @1.00

SPX	26 SEP 22 (Weeklys)	3680	PUT		1.10
SPX	26 SEP 22 (Weeklys)	3670	PUT		CREDIT

SPX	26 SEP 22 (Weeklys)	3950	CALL		1.00
SPX	26 SEP 22 (Weeklys)	3960	CALL		CREDIT

7 DTE Position Update 3

The following day, the call spread cratorred and it was closed @.10 again

Date/Time: 9/22/2022, 15:43 PM

Market Price: 3774

Bull Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3680/3670 PUT @1.10

Bear Spread: SELL -1 VERTICAL SPX 100 (Weeklys) 26 SEP 22 3950/3960 CALL @1.00

SPX	26 SEP 22 (Weeklys)	3680	PUT	1.10
SPX	26 SEP 22 (Weeklys)	3670	PUT	CREDIT

SPX	26 SEP 22 (Weeklys)	3950	CALL	1.00
SPX	26 SEP 22 (Weeklys)	3960	CALL	CREDIT

BUY	+1	AUTO	SPX	26 SEP 22 (...)	3950	CALL	.10 LMT	GTC	.15	WORKING
SELL	-1	AUTO	SPX	26 SEP 22 (...)	3960	CALL	DEBIT			
BUY	+1	AUTO	SPX	26 SEP 22 (...)	3680	PUT	.10 LMT	GTC	1.30	WORKING
SELL	-1	AUTO	SPX	26 SEP 22 (...)	3670	PUT	DEBIT			

Market dropped on 9/23,
rolled the put spread and
added a call spread 1 week out

7 DTE Position Update 4

Date/Time: 9/23/2022, 9:33 AM

Market Price: 3714

SELL -1 VERT ROLL SPX 100 (Quarterlys) 30 SEP 22/23 SEP 22 3630/3620/3680/3670 PUT @.30

SPX	30 SEP 22 (Quarterlys)	3630	PUT	.30
SPX	30 SEP 22 (Quarterlys)	3620	PUT	CREDIT
SPX	23 SEP 22 (Weeklys)	3680	PUT	
SPX	23 SEP 22 (Weeklys)	3670	PUT	

Bull Spread: SELL SELL -1 VERTICAL SPX 100 (Quarterlys) 30 SEP 22 3630/3620 PUT @2.70

Bear Spread: SELL -1 VERTICAL SPX 100 (Quarterlys) 30 SEP 22 3900/3910 CALL @1.00

SPX	30 SEP 22 (Quarterlys)	3630	PUT	2.70
SPX	30 SEP 22 (Quarterlys)	3620	PUT	CREDIT
SPX	30 SEP 22 (Quarterlys)	3900	CALL	1.00
SPX	30 SEP 22 (Quarterlys)	3910	CALL	CREDIT

7 DTE Position Update 5

Date/Time: 9/27/2022, 11:17 AM

Market Price: 3679

Bull Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 6 OCT 22 3590/3580 PUT @.10

Bear Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 6 OCT 22 3870/3880 CALL @.10

SPX	6 OCT 22 (Weeklys)	3590	PUT	.10 LMT	GTC	2.85	WORKING
SPX	6 OCT 22 (Weeklys)	3580	PUT	DEBIT			
SPX	6 OCT 22 (Weeklys)	3870	CALL	.10 LMT	GTC	1.25	WORKING
SPX	6 OCT 22 (Weeklys)	3880	CALL	DEBIT			

SELL -1 VERT ROLL SPX 100 (Weeklys) 6 OCT 22/30 SEP 22 3590/3580/3630/3620 PUT @-.30

SELL -1 VERT ROLL SPX 100 (Weeklys) 6 OCT 22/30 SEP 22 3870/3880/3900/3910 CALL @1.50

SPX	6 OCT 22 (Weeklys)	3590	PUT	-.30	SPX	6 OCT 22 (Weeklys)	3870	CALL	1.00
SPX	6 OCT 22 (Weeklys)	3580	PUT	DEBIT	SPX	6 OCT 22 (Weeklys)	3880	CALL	CREDIT
SPX	30 SEP 22 (Quarterlys)	3630	PUT		SPX	30 SEP 22 (Quarterlys)	3900	CALL	
SPX	30 SEP 22 (Quarterlys)	3620	PUT		SPX	30 SEP 22 (Quarterlys)	3910	CALL	

More downside and rolled
both the put spread and call
spread for a net credit

More downside and rolled and widened both the put spread and call spread

7 DTE Position Update 6

Date/Time: 9/30/2022, 1:17 PM

Market Price: 3634

Bull Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 7 OCT 22 3830/3845 CALL @.10

Bear Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 7 OCT 22 3535/3520 PUT @.10

BUY	+1	AUTO	SPX	7 OCT 22 (Weeklys)	3830	CALL	.10 LMT	GTC	.95	WORKING
SELL	-1	AUTO	SPX	7 OCT 22 (Weeklys)	3845	CALL	DEBIT			
BUY	+1	AUTO	SPX	7 OCT 22 (Weeklys)	3535	PUT	.10 LMT	GTC	3.45	WORKING
SELL	-1	AUTO	SPX	7 OCT 22 (Weeklys)	3520	PUT	DEBIT			

SELL -1 VERT ROLL SPX 100 (Weeklys) 7 OCT 22/6 OCT 22 3535/3520/3590/3580 PUT @.15

SELL -1 VERT ROLL SPX 100 (Weeklys) 7 OCT 22/6 OCT 22 3830/3845/3870/3880 CALL @.70

SPX	7 OCT 22 (Weeklys)	3535	PUT	.15	SPX	7 OCT 22 (Weeklys)	3830	CALL	.70
SPX	7 OCT 22 (Weeklys)	3520	PUT	CREDIT	SPX	7 OCT 22 (Weeklys)	3845	CALL	CREDIT
SPX	6 OCT 22 (Weeklys)	3590	PUT		SPX	6 OCT 22 (Weeklys)	3870	CALL	
SPX	6 OCT 22 (Weeklys)	3580	PUT		SPX	6 OCT 22 (Weeklys)	3880	CALL	

7 DTE Position Update 7

Date/Time: 10/5/2022, 3:50 PM
Market Price: 3781

Market rallied near 3800 we closed the put spread @.20
The call was closed on the 7th

Bull Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 7 OCT 22 3830/3845 CALL @.10
Bear Spread: BUY +1 VERTICAL SPX 100 (Weeklys) 7 OCT 22 3535/3520 PUT @.10

BUY	+1	AUTO	SPX	7 OCT 22 (...)	3830	CALL	.10 LMT	GTC	5.25	WORKING
SELL	-1	AUTO	SPX	7 OCT 22 (...)	3845	CALL	DEBIT			
BUY	+1	AUTO	SPX	7 OCT 22 (...)	3535	PUT	.10 LMT	GTC	.175	WORKING
SELL	-1	AUTO	SPX	7 OCT 22 (...)	3520	PUT	DEBIT			

SELL -1 VERT ROLL SPX 100 (Weeklys) 7 OCT 22/6 OCT 22 3535/3520/3590/3580 PUT @.15
SELL -1 VERT ROLL SPX 100 (Weeklys) 7 OCT 22/6 OCT 22 3830/3845/3870/3880 CALL @.70

SPX	7 OCT 22 (Weeklys)	3535	PUT	.15	SPX	7 OCT 22 (Weeklys)	3830	CALL	.70
SPX	7 OCT 22 (Weeklys)	3520	PUT	CREDIT	SPX	7 OCT 22 (Weeklys)	3845	CALL	CREDIT
SPX	6 OCT 22 (Weeklys)	3590	PUT		SPX	6 OCT 22 (Weeklys)	3870	CALL	
SPX	6 OCT 22 (Weeklys)	3580	PUT		SPX	6 OCT 22 (Weeklys)	3880	CALL	







YES

Would you like to follow our trades while you learn using the our short term strategies I've outlined so you can be a consistently profitable trader?

One: Interested in learning new strategies

Two: Desire to see your account grow month after month

Three: Find 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?



No Quit Attitude
Commitment
Discipline
Having an Edge

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





SUCCESS



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.

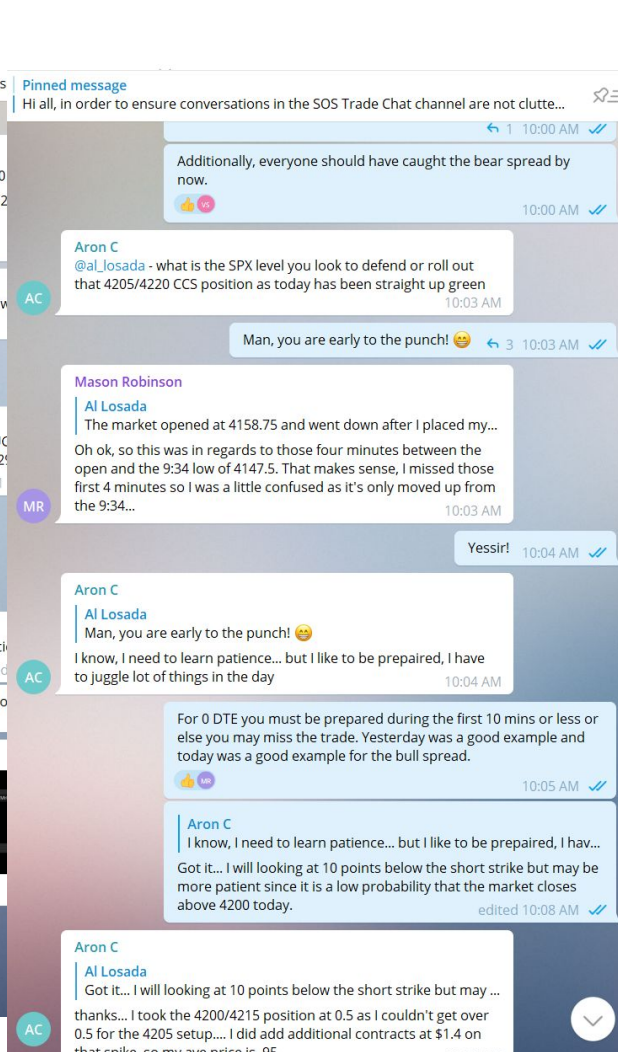
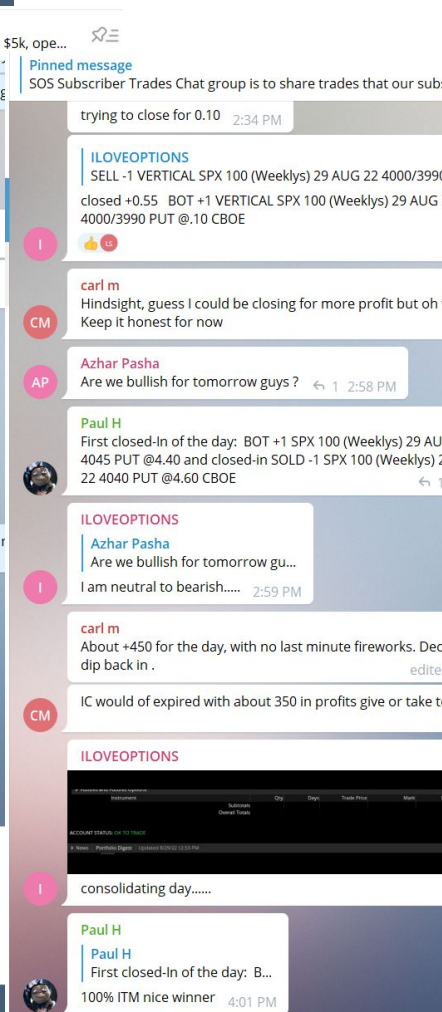
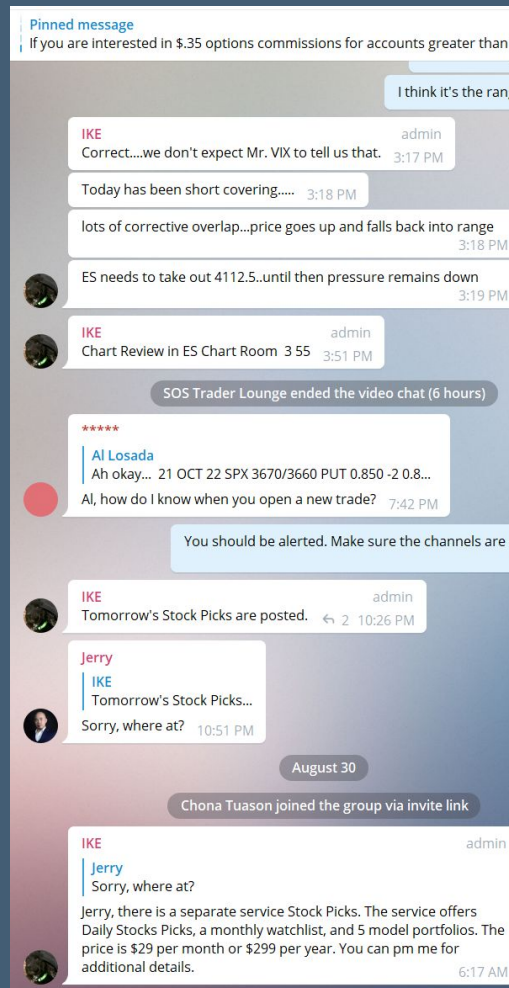


SOS Trade Alerts

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

Pinned message

Credit spreads capital requirements that I use: For every \$10k of margin I limit my po...

Potential Bull Credit Spread

Spread 1:

SELL -5 VERTICAL SPX 100 (Weeklys) 29 AUG 22 3960/3950 PUT @.60
LMT

Spread 2:

SELL -5 VERTICAL SPX 100 (Weeklys) 29 AUG 22 3965/3955 PUT @.70
LMT

Potential Iron Condor:

SELL -5 IRON CONDOR SPX 100 (Weeklys) 29 AUG 22
4090/4100/3965/3955 CALL/PUT @1.20 LMT

The potential trades above may or may not be taken by me since the pre-market may have moved before regular session. I post my trades shortly after the market opens. I look for premiums between .50 and .75. The lower risk premium spreads are listed as Spread 1 and the higher risk premium spreads are listed as Spread 2.

79 Al Losada, 8:53 AM

SOS 0 DTE Live Trades

STO -1 VERTICAL SPX 100 (Weeklys) 29 AUG 22 4085/4095 CALL @.50

89 IntegroBot, 9:32 AM

SOS 0 DTE Live Trades

STO -1 VERTICAL SPX 100 (Weeklys) 29 AUG 22 4085/4095 CALL @.50

88 IntegroBot, 9:33 AM

SOS 0 DTE Live Trades

STO -2 VERTICAL SPX 100 (Weeklys) 29 AUG 22 4085/4095 CALL @.50

87 IntegroBot, 9:34 AM

SOS 0 DTE Live Trades

STO -1 VERTICAL SPX 100 (Weeklys) 29 AUG 22 4085/4095 CALL @.50

87 IntegroBot, 9:35 AM

SOS 0 DTE Live Trades

STO -5 VERTICAL SPX 100 (Weeklys) 29 AUG 22 3965/3955 PUT @.55

87 IntegroBot, 9:36 AM

SOS 0 DTE Live Trades

All trades will expire worthless

61 Al Losada, 3:55 PM

SOS 0 DTE Live Trades

29 Aug 22 SPX 3965/3955 PUT 0.55 -5 0.55 \$272.01

29 Aug 22 SPX 4085/4095 CALL 0.50 -5 0.50 \$247.01

Daily Total Premium P/L 1.05 Total 2 Trade(s) Trade P/L \$519.02

Running Total Premium P/L 146.72 Total 842 Trade(s) Trade P/L

\$9,373.47

51 IntegroBot, 5:10 PM

Pinned message

Credit spreads capital requirements that I use: For every \$10k of margin I limit my po...

SOS 7 DTE Live Trades

OPEN POSITION

The following positions are sorted by Expiration Date:

Trade 390-1: 2022-08-25

-1 SPX(Weekly) 29 AUG 22 4045/4030 PUT @1.20

Trade 383-3: 2022-08-19

-3 SPX(Weekly) 30 AUG 22 4125/4085 PUT @1.65 avg cost

Trade 381-2: 2022-08-18

-1 SPX(Weekly) 29 AUG 22 4130/4120 PUT @0.70

Trade 389: 2022-08-25

-2 SPX(Weekly) 30 AUG 22 4020/4010 PUT @0.80

Trade 391: 2022-08-26 From 0DTE roll

-5 SPX(Weekly) 30 AUG 22 4105/4080 PUT @0.95

76 Ken, 12:06 PM

SOS 7 DTE Live Trades

Rolling trade 381

74 Al Losada, 12:43 PM

SOS 7 DTE Live Trades

SELL -1 VERT ROLL SPX 100 (Weeklys) 31 AUG 22/29 AUG 22

4090/4075/4130/4120 PUT @.10 LMT

74 Al Losada, 12:43 PM

SOS 7 DTE Live Trades

Had to change the strikes

73 Al Losada, 12:47 PM

SOS 7 DTE Live Trades

Trade Date: 2022-08-29T16:46:55.000Z

Trade: STO -1 VERT ROLL SPX 100 (Weeklys) 31 AUG 22/29 AUG 22

4095/4080/4130/4120 PUT @.00

73 IntegroBot, 12:47 PM

SOS 7 DTE Live Trades

Rolling trade 390

72 Al Losada, 1:00 PM

SOS 7 DTE Live Trades

Trade Date: 2022-08-29T17:00:03.000Z

Trade: STO -1 VERT ROLL SPX 100 (Weeklys) 30 AUG 22/29 AUG 22

4030/4015/4045/4030 PUT @.30

74 IntegroBot, 1:00 PM

SOS 7 DTE Live Trades

OPEN POSITION

The following positions are sorted by Expiration Date:

Trade 390-2: 2022-08-25

-1 SPX(Weekly) 30 AUG 22 4030/4015 PUT @1.50

Pinned message

Credit spreads capital requirements that I use: For every \$10k of margin I limit my po...

Running Total Premium P/L 59.476 Total 236 Trade(s) Trade P/L

\$57,359.81

87 IntegroBot, 5:10 PM

SOS Monthly Expiration Trades

Open Positions:

Trade 87: 2022-08-22

-1 SPX(AM) 16 SEP 22 3860/3850 PUT @0.85

Trade 67-5: 2021-12-28

-5 SPX(AM) 16 SEP 22 4380/4360 PUT @2.10

Trade 295-24, 296-18: 2022-01-04 -- Rolled From 7DTE

-10 SPX(AM) 16 SEP 22 4525/4460 PUT @-6.20

Trade 88: 2022-08-23 - BTO

+1 BUTTERFLY SPX(AM) 16 SEP 22 3845/3840/3825 PUT @-.80

110 Ken, edited 5:50 PM

August 25

SOS Monthly Expiration Trades

STO -2 VERTICAL SPX 100 21 OCT 22 AM 3670/3660 PUT @.85

117 IntegroBot, 9:54 AM

SOS Monthly Expiration Trades

Open Positions:

Trade 87: 2022-08-22

-1 SPX(AM) 16 SEP 22 3860/3850 PUT @0.85

Trade 67-5: 2021-12-28

-5 SPX(AM) 16 SEP 22 4380/4360 PUT @2.10

Trade 295-24, 296-18: 2022-01-04 -- Rolled From 7DTE

-10 SPX(AM) 16 SEP 22 4525/4460 PUT @-6.20

Trade 88: 2022-08-23 - BTO

+1 BUTTERFLY SPX(AM) 16 SEP 22 3845/3840/3825 PUT @-.80

Trade 89: 2022-08-25

-2 SPX(AM) 21 OCT 22 3670/3660 PUT @0.85

120 Ken, 10:13 AM

SOS Monthly Expiration Trades

21 OCT 22 SPX 3670/3660 PUT 0.850 -2 0.850 \$167.51

Daily Total Premium P/L 0.85 Total 1 Trade(s) Trade P/L \$167.51

Running Total Premium P/L 60.326 Total 237 Trade(s) Trade P/L

\$57,527.32

147 IntegroBot, 5:10 PM



Marianne Hodne
Kjaervik

► Trader Success Story

Al Losada is a great trading mentor, and I've been a part of his program for over a year now. He is very very patient, and my favorite strategies that he teaches us are the 7dte and Monthly SPX spreads. I'm finally able to make some monthly income trading!



Bruce Gardner

► Trader Success Story

Terrific service ! I've achieved slightly better than a 94% win rate since I started tracking, with documented gains in the 5-figures for a 31% gain in my options trading account in only 5 months. The best part is the risk management and post-trade management, KEY to any options trading plan. The subscription is money well spent and I highly recommend Al's service!



Glyn Norman

▶ Trader Success Story

"I started on 4 months ago and currently at \$22,092 in profits (not counting commissions) unlike almost every other trading system, AI has 100% transparency with his trades. He freely shares his spreadsheets showing all trades going back more than a year. Where else can you find that?? Honesty, transparency, win-rate, ... unrivalled.

► My Guarantee!

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

Our Subscriptions

"Swing Trader"

~~\$59/M~~

Minimum Screen Time

\$39/M

Waitlist Special

- ✓ Monthly Expiration Alert
- ✓ Subscriber Trade Alerts
- ✓ 0-DTE Alert
- ✓ 7-DTE Alert
- ✓ Premium Trades
- ✓ Live Trade Rooms
- ✓ Futures Alert
- ✓ Traders Chat
- ✓ Traders Education Portal
- ✓ 125% Money Back Guarantee
- ✓ \$20 Monthly Rebate for Life

Get Started

"Day Trader"

~~\$99/M~~

Most Popular

\$79/Mo

Waitlist Special

- ✓ Monthly Expiration Alert
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- ✓ 0 DTE Alert
- ✓ 7 DTE Alert
- ✓ Premium Trades
- ✓ Live Trade Rooms
- ✓ Futures Alert
- ✓ Traders Chat
- ✓ Traders Education Portal
- ✓ 125% Money Back Guarantee
- ✓ \$20 Monthly Rebate for Life

Get Started

"Full time Trader"

~~\$129/M~~

Includes Futures

\$109/M

Waitlist Special

- ✓ Monthly Expiration Alert
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- ✓ 7 DTE Alert
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- ✓ 125% Money Back Guarantee
- ✓ \$20 Monthly Rebate for Life

Get Started

► 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 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 have subscribed to your alert since November 18 2020 and just wanna say I enjoyed it very much and I learned so much from your knowledge. Your adjustment strategy is GOLD. My 7 dte and monthly account DTE grew from my initial capital 5000 usd to 10,000 usd as of now and I thank you for that.

Yulius Widjaja