LIVE WEBINAR

How to Trade SPX Weekly Options

Generate consistent profits trading weekly expiring SPX Options

Presented by

Al Losada

Simple Option Strategies

Tuesday, May 12th
Saturday, May 16th

12:00 PM EST

What You Can Expect

I am going to show you how you can make consistent **returns daily,** based on margin capital at risk or by **using SPX Weekly's high probability trades.**

Without taking large losses, and make those returns month over month.

THE NEW SPX STRATEGY

SimpleOption Strategies

WHY I CHANGED THE STRATEGY

I was chasing too many strategies, which led to inconsistent results.

When I reviewed my long-term trading history, the most profitable trades were always the ones built on distance, theta, and simple rules.

So I returned to what works and refined it into a cleaner, stronger system.

WELCOME & WHAT YOU WILL LEARN

What this strategy is
Understanding the core mechanics and principles for consistent income.

How the monthly cycle works
Navigating the 30-35 day window to create a steady theta ladder.

How entries, exits, and adjustments are made
Mastering the precise rules for trade management without emotion.

Why distance and theta matter
Leveraging time decay and strike distance for high probability.

What you will see today
A comprehensive walkthrough of the entire process.

STAY WITH ME
UNTIL THE END

REASON 01

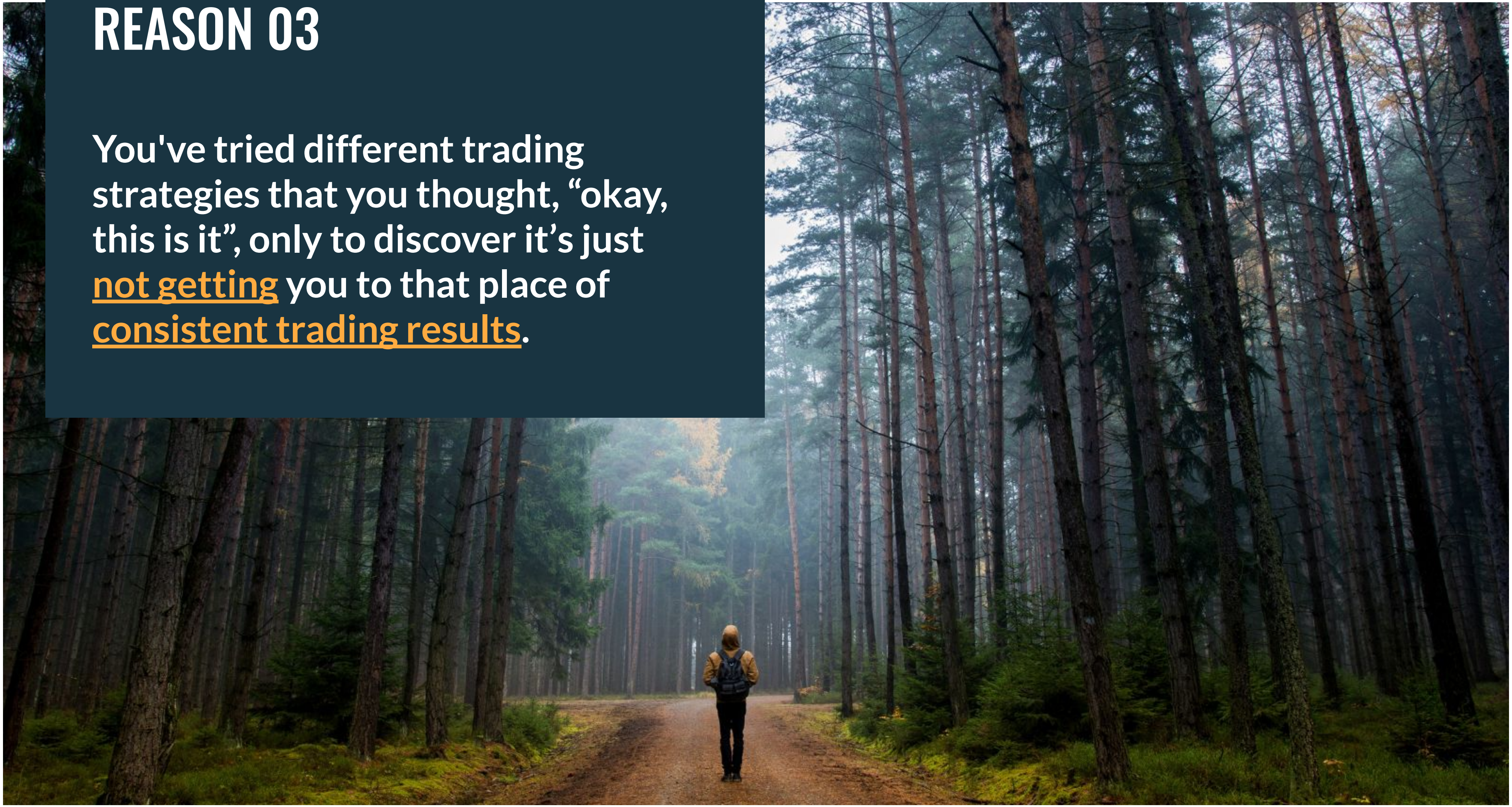
You are interested in learning new strategies that will take your trading performance to the next level so you can finally leave the 9-5 career behind

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

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

Why We Trade SPX Credit Spreads

DEFINED RISK, DEFINED REWARD

Limited risk & limited reward. Sell one option, buy another 25 points away, protecting from large loss while collecting set income.

MARGIN ACCOUNT REQUIREMENT

Requires a margin account. Broker uses small amount of funds to cover risk, cash accounts cannot trade this strategy.

TIME WORKS IN YOUR FAVOR

Time works in your favor. Each day option loses value, and that steady loss helps your trade as long as you stay far from market price.

HIGH-PROBABILITY SETUP

High-probability strategy. Trade makes money as long as SPX stays between strikes. No guessing direction, distance keeps things safe.

USES LESS MONEY TO PLACE THE TRADE

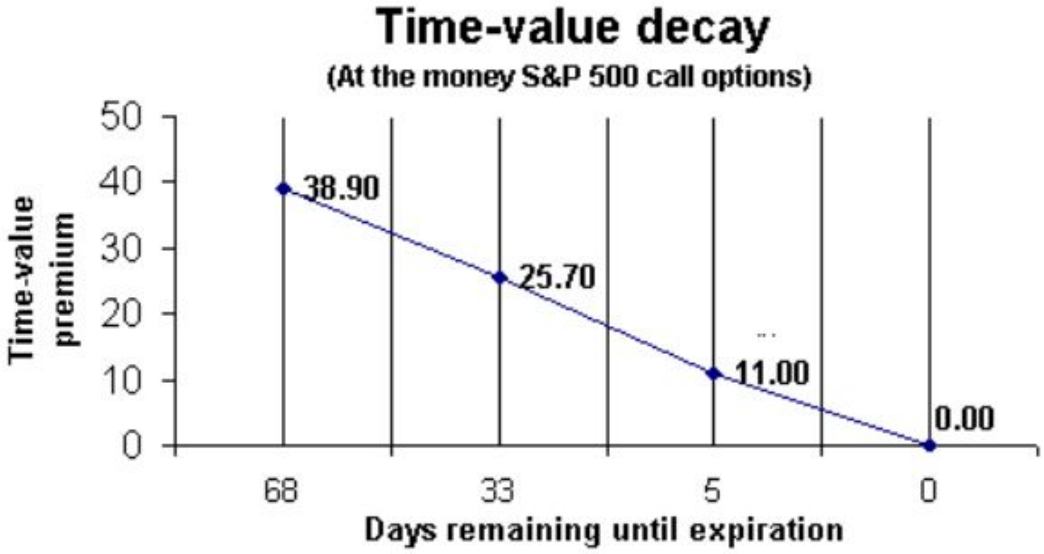
Strategy doesn't require lot of money. Spread limits risk, you can place trades without tying up too much capital.

SIMPLE MECHANICS

Simple process: choose strikes, make them 25 points wide, collect credit, let trade work. Just follow rules and stay consistent.

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%



Entry/Exit Guidelines

This 30–35 Day SPX strategy is designed for **steady, structured returns** by managing time — not predicting direction. Each week, new positions are layered to maintain multiple expirations and continuous theta income.

Enter trades **30–35 days before expiration** after the first 30–60 minutes of market action (around 10:00 AM ET). **Delta Targets:** 16Δ put side and 8Δ call side.

Credit Range: \$2.20 – \$2.40 per 25-point spread. Maintain **100–150 points** between the put and call sides for neutral balance.

Exit - Take Profit

Close positions between **\$0.10 and \$0.50 remaining** in premium.
Exit as soon as your profit target is reached — don't wait for expiration.
Typically occurs **7–14 days before expiration**, allowing room to add new cycles.

Risk Management

No hard stop losses — the system itself manages risk through **timely, mechanical adjustments**. The goal is **position control**, not reaction. Early rolls prevent deep drawdowns and keep the balance consistent.

Exit - Adjustment or Roll

Roll the threatened side when **SPX moves within 40 points of your short strike** or when delta exceeds **25**.

Stay mechanical — always roll **toward price**, not away from it.

Maintain **50–100 points of total distance** between call and put sides after the adjustment.

Roll within the same expiration whenever possible to preserve theta efficiency.

OPTIMAL TRADE ENTRY & EXIT ZONES

Theta strengthens in this zone

KEY ADVANTAGES OF THE STRATEGY

Best balance of time and distance

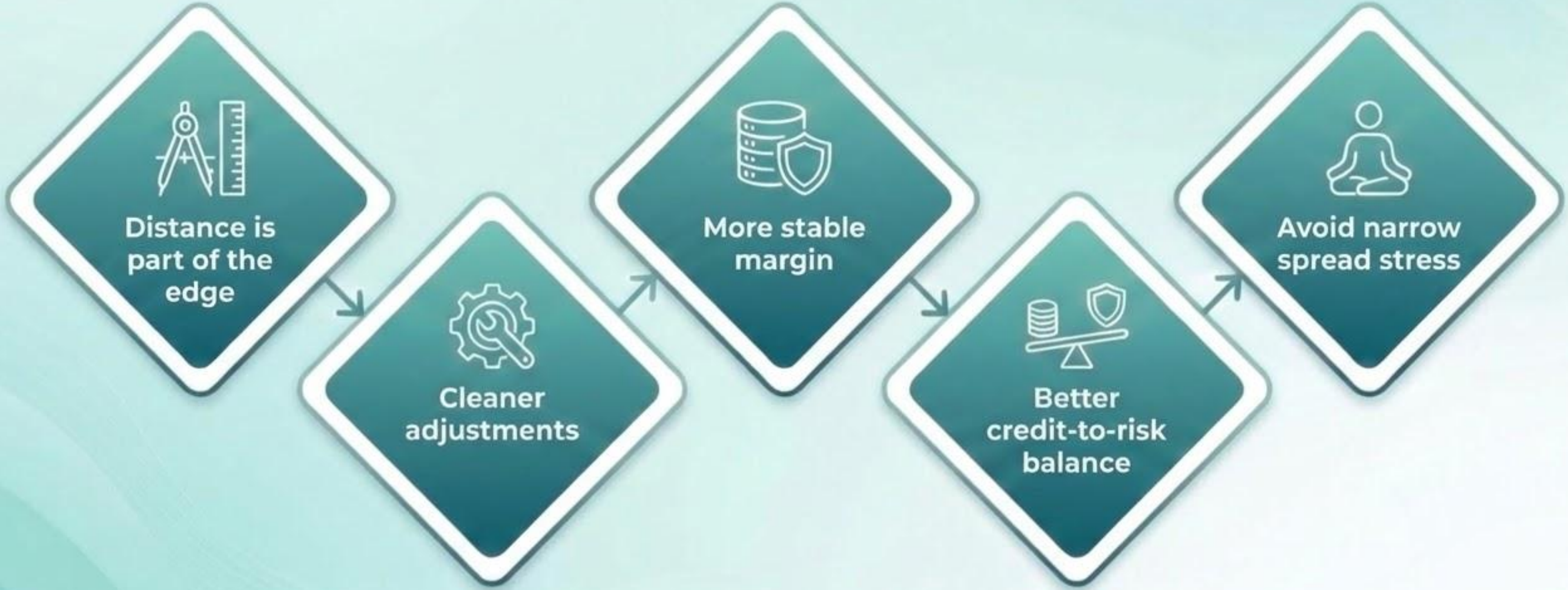
Theta begins increasing

Stable deltas and lower gamma

Time to adjust if needed

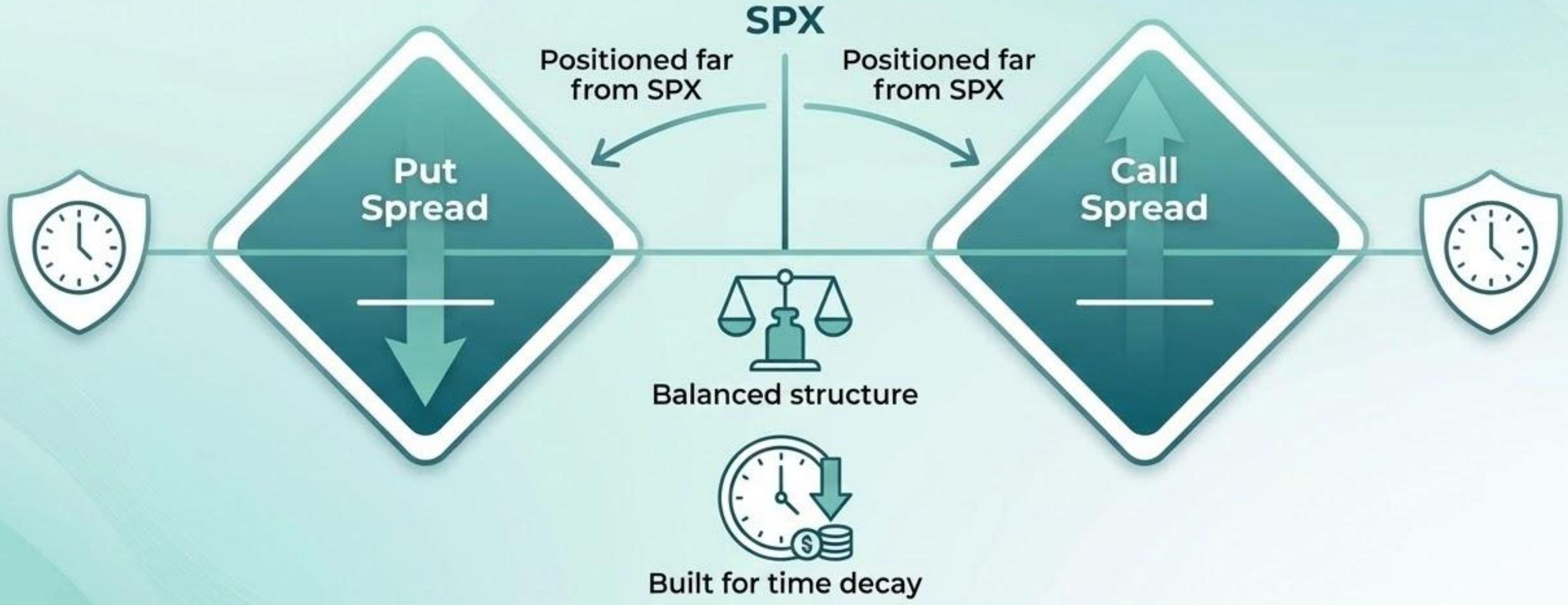
Stronger credit opportunities

WHY WE USE 25-WIDE SPREADS



Distance creates stability — that's why 25-wide matters.

STRUCTURE OF THE IRON CONDOR



Designed to stay out of the noise

WHY WE USE DELTA (AND WHY THESE NUMBERS WORK)

PROBABILITY INDICATOR

Delta shows probability

SAFE DISTANCE

16Δ put and 8Δ call create safe distance

TRADE CALM

Lower delta keeps the trade calm

EARLY WARNING

Delta helps with early warning

ADJUSTMENT SIGNAL

Delta > 25 signals adjustment

LIVE OPTION CHAIN EXAMPLE

- Identify current SPX level
- Select put delta
- Match call delta
- Confirm 25-wide width
- Review credit

Select put delta → Match call delta → Confirm 25-wide width → Review credit

WHY DISTANCE IS YOUR FIRST LAYER OF SAFETY

WHAT WE LEARN FROM NO-ADJUSTMENT TRADES

- Most cycles are simple
- Distance protects the trade
- Patience is key
- Avoid overmanaging
- Let theta work

EXAMPLE #2: CALL-SIDE ADJUSTMENT

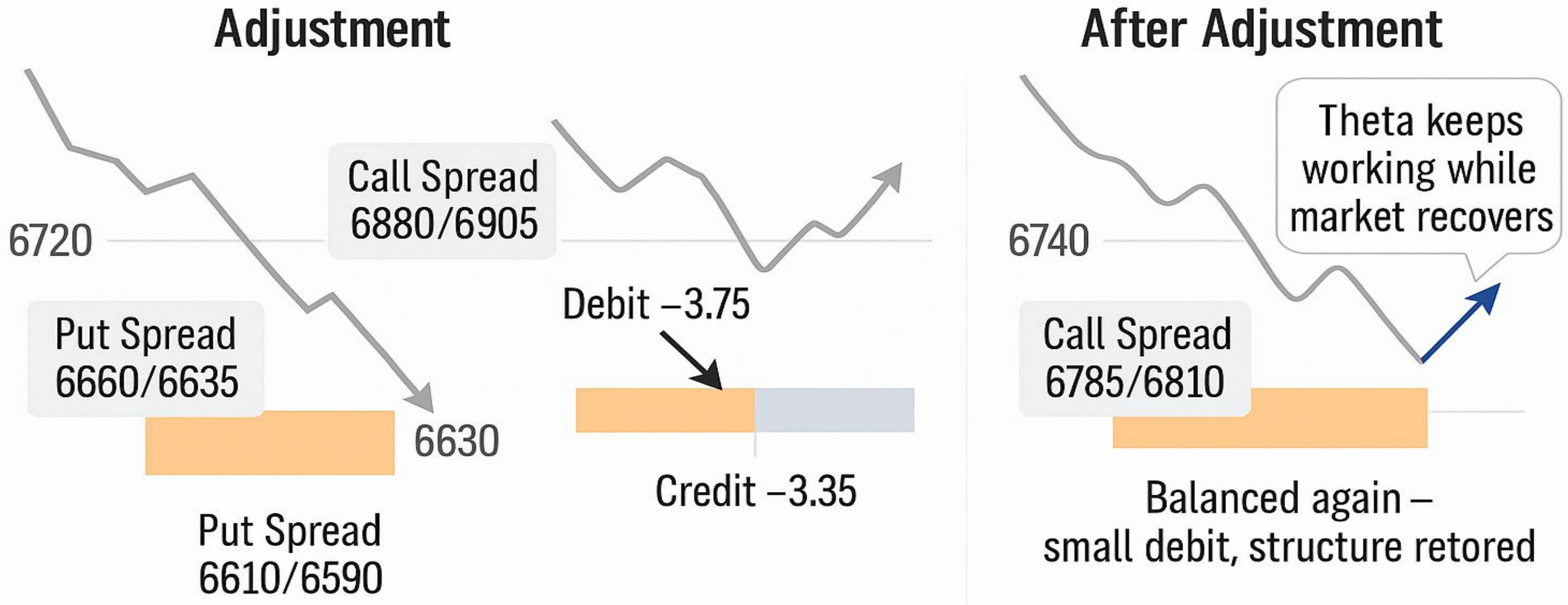
- SPX moved toward the call side
- Delta increased
- Adjustment signal triggered
- Roll created new distance
- Additional credit collected

PUT-SIDE ADJUSTMENT

SPX pulled back → Put delta increased → Adjustment required → Rolled for distance → Trade remained intact

Designed to stay out of the noise

Market Movement and Adjustment Flow



Balanced again – small debit, structure restored

EXIT AFTER ADJUSTMENT

Structure of The Iron Condor

SPX stabilized → Theta resumed work → Closed in exit window → Adjustment achieved purpose → Cycle completed

Designed to stay out of the noise

ADJUSTMENT LOGIC

- Adjust when delta hits zone
- Roll for distance
- Add credit when possible
- Reset risk profile
- Keep trade safe

Protect the trade, rebuild distance, and let time do the work

SMALL ACCOUNT GUIDELINES

- **Minimum -$2,300 required**
  Enough to safely hold one 25–wide spread
- **Two positions ≈ $4,600**
  Keeps sizing consistent and manageable
- **Use 25–wide spreads only**
  Controls buying power and limits max loss
- **Distance protects account**
  Far–OTM entries reduce stress and volatility shocks
- **Scale gradually**
  Increase size only after consistency and comfort

FINAL SUMMARY


SPX
1d
SPX · Nov 10, 2025
O 6785.36 H 6841.32 L 6770.56 C 6832.43
Volume 0.00
7200.00
7150.00
7125.00
Dec 10
7080.00
7040.00
7000.00
6975.00
Nov 17
6920.00
6880.00
6832.43
6800.00
6760.00
6720.00
6680.00
6640.00
6600.00
6560.00
Nov 17
6525.00
6500.00
Dec 10
6450.00
6425.00
Sep
Oct
Nov
11/17
Dec
12/13

SPX REVIEW — December 5, 2025

SPX at 6870

DECEMBER 8 — 3 DTE

PUT SPREAD – 6835/6845
(12 contracts) – 25 pts OOM
6845 short – 35 pts OOM

Closest risk on the downside. Needs monitoing.

PUT SPREAD – 10 – 5TE

PUT SPREAD – 6785/6805
6805 short – 65 pts OOM
6785 short – 25 pts OOM

✅ Good cushion above.

DECEMBER 12 – 7 – 7 TE

✅ Safe.

PUT SPREAD – 6675/6700
6700 short – 170 pts OOM
6675 short – 135 pts OOM

✅ Excellent distance.

DECEMBER 17 – 12 – DTE

✅ Far OTM.

PUT SPREAD – 6575/6600
6600 short – 270 pts OOM
6575 short – 205 pts OOM
7100 short – 280 pts OO

✅ Extremely safe

PREMIUM OPPORTUNITIES- GREEN ONLY

1 Key Risks

- ✅ **Dec 23 – PUT 6575** – 25 pts =OOM — Huge downside room, strong decay.
- ✅ Jan 5 – **CALL 7150** Far upside — Far upside distance, stable premium.
- ✅ **Dec 30 – CALL 7125** — Long-dated + safe cushion.
- ✅ **Dec 17 – CALL 7075** Very safe. — Great distance with good theta.
- ✅ **Dec 12 – CALL 7025** — Solid OTM and decaying.

🔥 OVERALL RISK PROFILE

Only meaningful risk: Dec 8 PUT 6845 –25 pts
Dec is the only line needing attention.

Everything else:

- ✅ Deep OTM
- ✅ Vell-balanced
- ✅ Low stress
- ✅ Great structure ging into next week

SPX Performance Snapshot

May 23, 2025 ⟶ December 11, 2025

Total Net Profit: **+$47,910**

Total Return: **+193.8%**

What This Shows

- Controlled risk through 25-wide spreads
- Steady premium capture over time
- Strong compounding as positions recycle

1-Year Performance Calculation

Starting balance:	**$24,715**
Ending balance:	**$86,225**
Net gain:	$86,225 – $24,715 = **$61,510**

1-Year Performance Rate (Return): = 2.488 ≈ 248.8%

$61,510 ÷ $24,715 = 2.488 ≈ 248.8%

✅ **One-Year Performance Rate: ~249%**

- "Approximately +249% over one year"
- ~250% account growth over one year

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?

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

No Quit Attitude

Commitment

Discipline

Having an Edge


SUCCESS

SOS Trade Alerts

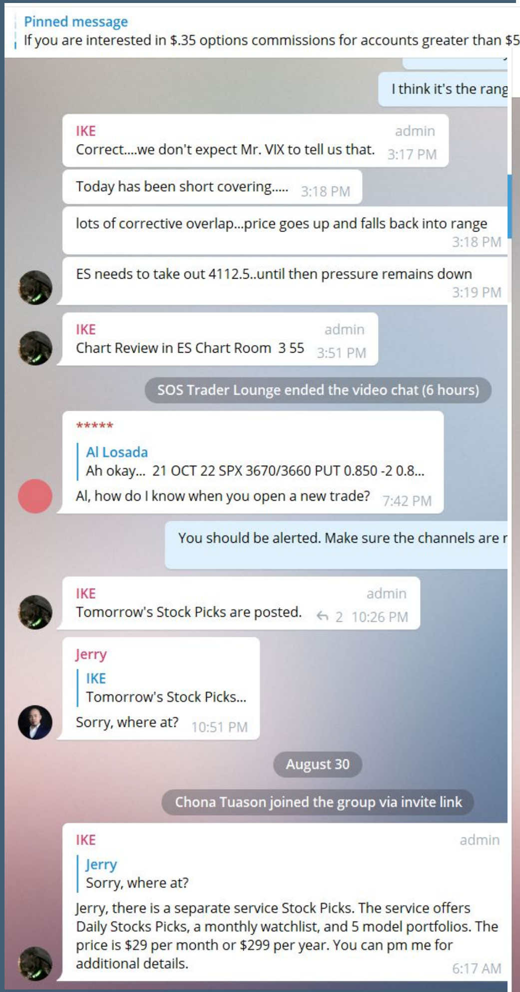
Real-time, high-probability trade alerts — structured for disciplined traders seeking consistency.

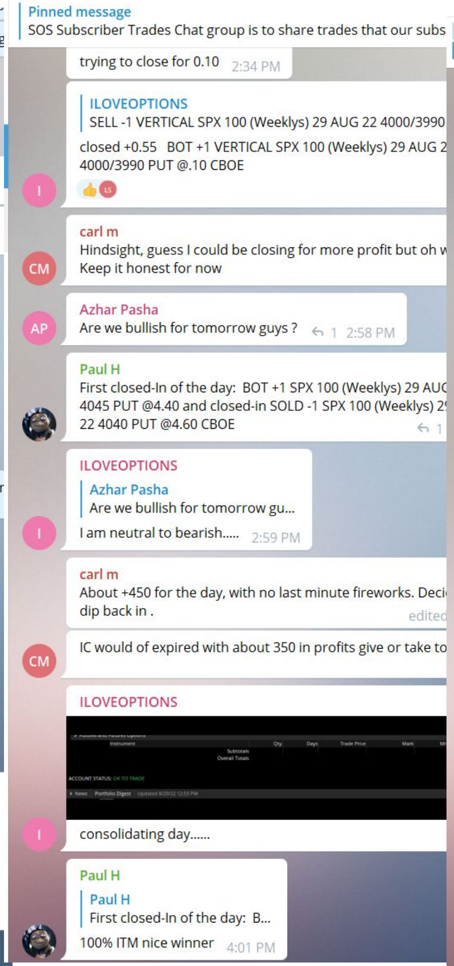
SOS Trade Alerts

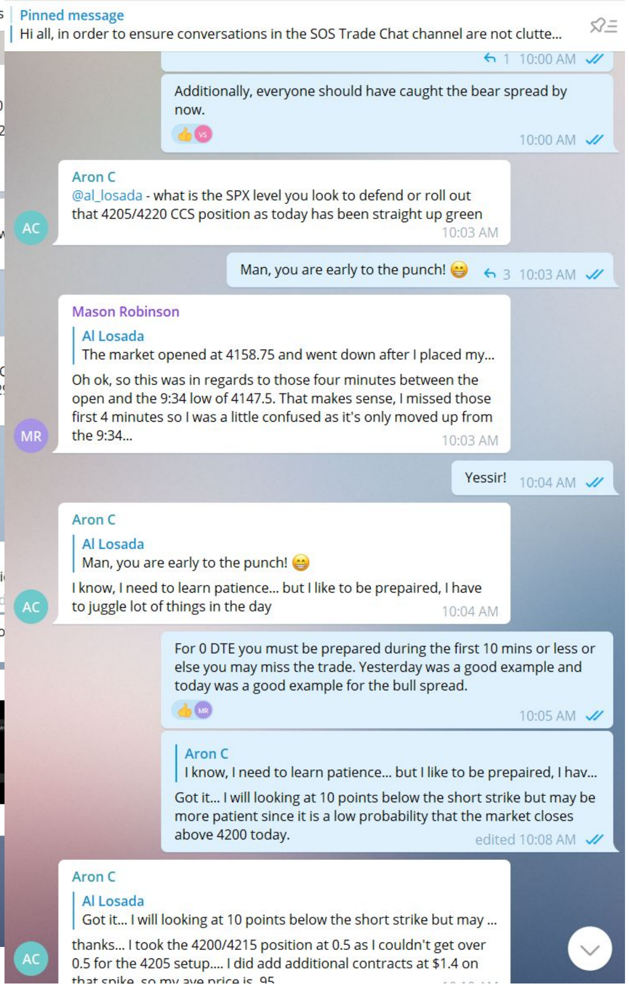
From beginner to experienced trader — elevate your results with a disciplined, repeatable SPX strategy built for consistency.

Live chat and..

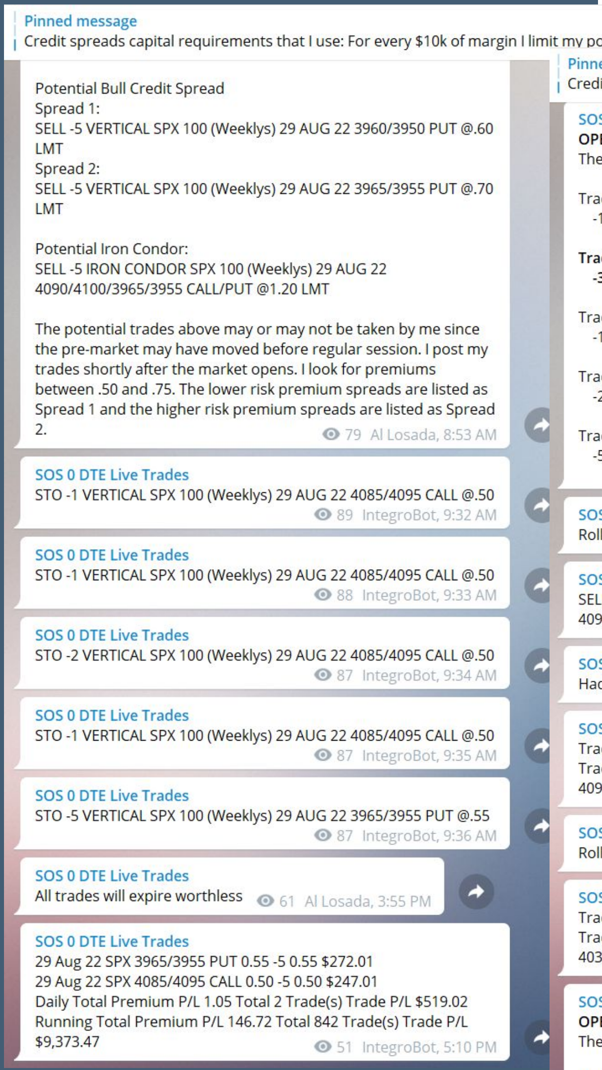
Subscriber Chat Groups







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

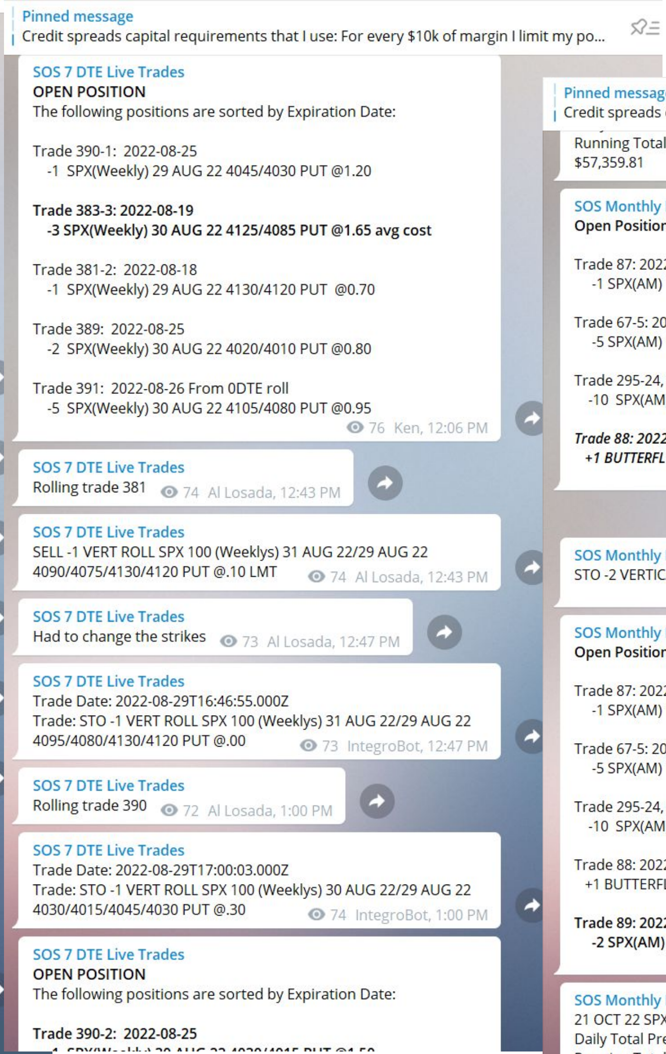
SOS 0 DTE Live Trades
STO -2 VERTICAL SPX 100 (Weeklys) 29 AUG 22 4085/4095 CALL @.50
87 IntegroBot, 9:34 AM

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

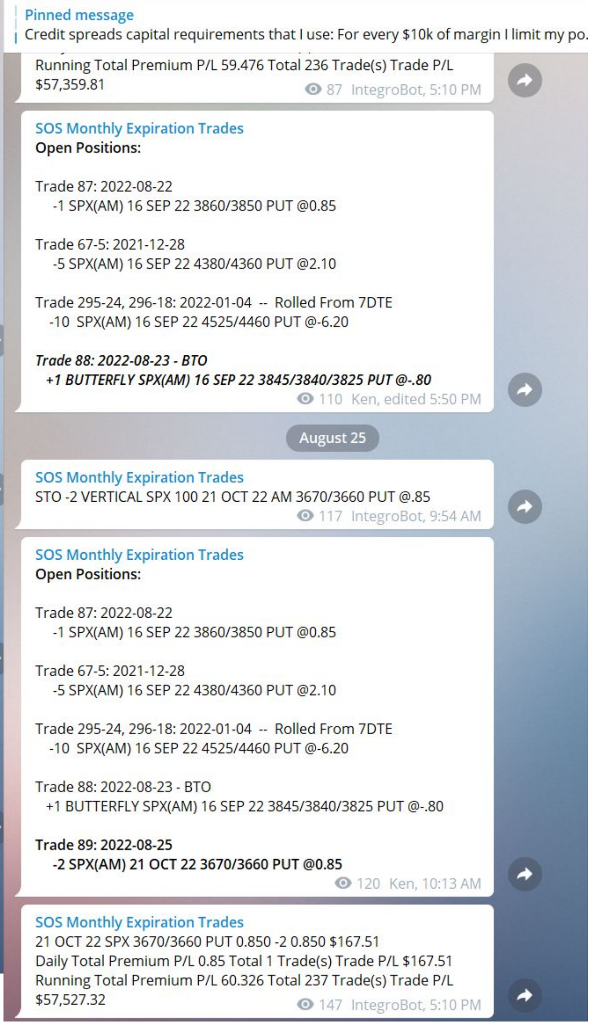
SOS 7 DTE Live Trades
Trade Date: 2022-08-29T16:46:55.000Z
Trade: STO -1 VERT ROLL SPX 100 (Weeklys) 31 AUG 22/29 AUG 22 4095/4080/4130/4120 PUT @.00
73 IntegroBot, 12:47 PM

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



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

@EdDaily-f3j • 2 days ago

One of the best presentations that you have done since you started this channel!!!

I class you as the leader and highest acclaimed teacher of Spx spreads in the industry

Been following you for years - you are an absolute pioneer in this field

Thanks so much for these videos -

Please kindly release more videos for of this system

Love the rolling or adjustment mechanism

You do need experience knowing how to roll as if one of your positions get threatened you wlll need to adjust

Reply 0 replies

SSP

@AI_Losada

I want to express my sincere gratitude to @AI_Losada for your unwavering support and guidance. You've consistently taken the time to respond to my questions and private messages with clarity and patience, which has made a tremendous difference in my trading journey.Since joining this program, my experience has transformed. I went from facing a significant loss of over $20,000 during the April crash to now projecting a positive gain of approximately $50,000 for the year. This turnaround is not just financial—it's emotional and strategic.Your insights have helped me navigate volatility with confidence, refine my decision-making, and stay disciplined during uncertain market conditions. I've learned to approach trades with a more structured mindset, and that's directly due to your mentorship. Thank you for being a consistent source of wisdom and encouragement.

AY

6:46 PM

Al, just wanted to let you know that your service is so much better in all directions, the way you now manage 0DTE and the weeklys, so much better organized and best of all, the great job Ken has done with the spreadsheets, totally awesome!

11:07 AM

SOS WEEKLYS Live Trades
This is the report that I will be sending twice a day.

I absolutely love this. This is such a valued addition to this service. Keeps everything in great perspective and if I am short on time, I can just look at those items that are close to requiring attention.

11:14 AM

Al, just wanted to let you know that your service is so much better in all directions, the way you now manage 0DTE and the weeklys, so much better organized and best of all, the great job Ken has done with the spreadsheets, totally awesome!

11:07 AM

Our Subscriptions

Waitlist

Free

Free Trade Alerts

- ✓ Options Trade Alerts on potential trades, including entry and exit points
- ✓ Live Pre-Market open briefing videos
- ✓ Direct chat Access to me (Al) and IKE
- ✓ Access to a community of other options traders like you
- ✓ Answers to options-related questions and trades

Join The Waitlist to Get Free Trade Alerts

Day Trader

$79/M ~~$99/M~~

Special Waitlist Price

Includes Weekly SPX Options

ALERTS INCLUDED

- ✓ Monthly SPX Alert
- ✓ Subscriber Trade Alerts
- ✓ 0 DTE Alert
- ✓ Weekly SPX Alert
- ✓ Premium Trade Alert
- ✓ ~~Futures Alert~~
- ✓ ~~Fast Profit SPX Options Trades (by Michsel)~~

BONUSES INCLUDED

- ✓ Traders Chat
- ✓ Traders Education Portal
- ✓ Live Trade Rooms

Join The Waitlist

125% Money Back Guarantee

Waitlist Price: $79/Mo

Full Time Trader

$109/M ~~$129/M~~

Special Waitlist Price

Includes Futures Trades Alerts

ALERTS INCLUDED

- ✓ Monthly SPX Alert
- ✓ Subscriber Trade Alerts
- ✓ 0 DTE Alert
- ✓ Weekly SPX Alert
- ✓ Premium Trade Alert
- ✓ Futures Alert
- ✓ ~~Fast Profit SPX Options Trades (by Michael)~~

BONUSES INCLUDED

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- ✓ Traders Education Portal
- ✓ Live Trade Rooms

Join The Waitlist

125% Money Back Guarantee

Waitlist Price: $109/Mo

Pro Trader

$199/M ~~$219/M~~

Special Waitlist Price

Includes 0DTE Fast Profit Channel

ALERTS INCLUDED

- ✓ Monthly SPX Alert
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BONUSES INCLUDED

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Join The Waitlist

125% Money Back Guarantee

Waitlist Price: $199/Mo

This is For You if...

- You want a **step-by-step process** to trade SPX Weeklys in markets that move **up or down**
- You want to **stop the cycle of losses** and protect your account from unnecessary drawdowns
- You want a **repeatable, disciplined approach** instead of guesswork and emotional trading
- You want to build **more consistent results** that set you apart from the average retail trader

What You Get and Have Access to...

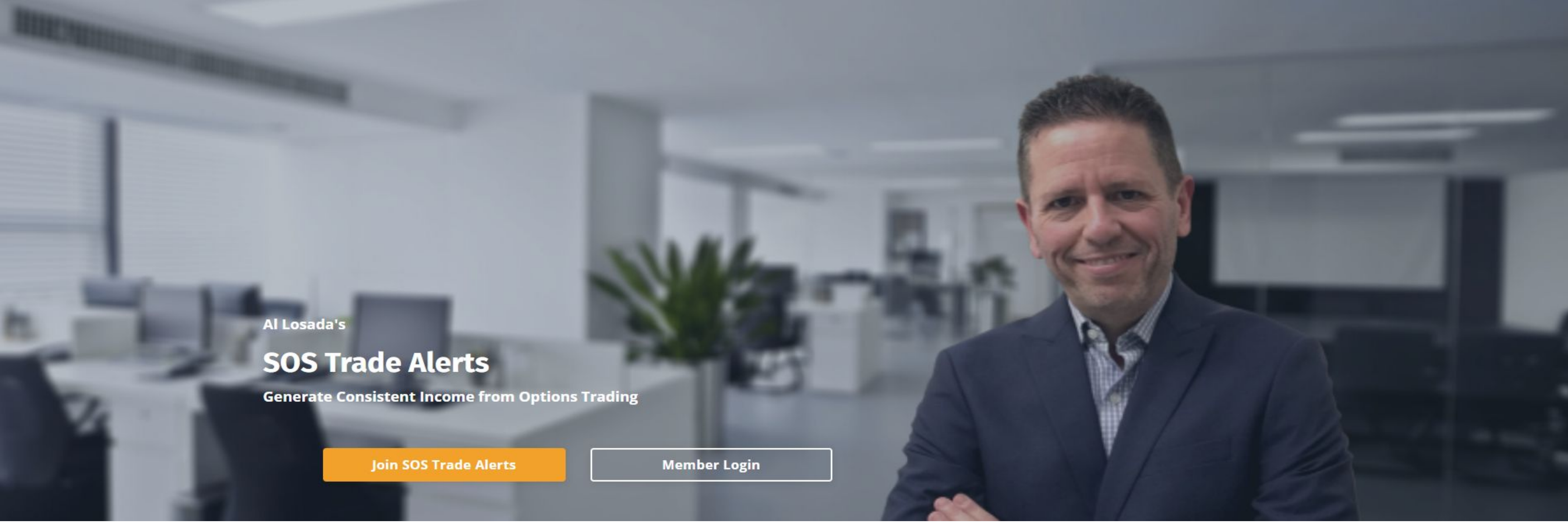
Get $20 Off When You Join Today

- Access to our **Professional Traders Chat Group**
- Subscriber-Only **Trader Discussion Channel**
- Structured **Training & Education Library**
- Automated trade alerts within seconds of execution
- Clear entry price and fill details
- Defined price targets after entry
- Real-time SPX trade adjustments and management

WIN

My Commitment:

If you follow the system with discipline, you will dramatically improve your trading process.



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