https://www.youtube.com/watch?v=QldHNzReFIA

Here is a summary of **How do I do an options butterfly spread?** by The Options Mentor:

- **Overview and Sweet Spot:** The presenter shares how to set up an options butterfly spread, one of their favorite and most prolific strategies [00:05]. While these can be done from short-term to 60–80 days out, a sweet spot is around **25 to 30 days** to expiration [00:35].
- **Setting Up the Trade:**
  - Built using either puts or calls right around the money on an index like the SPX [00:59].
  - When the VIX is between roughly 18 and 25, a common spread range is to go **70 points up** and **70 points down** with the long options, while selling two options at or near the money [01:22].
- **Greeks and Mechanics:**
  - **Positive Theta:** You benefit from time decay because you've sold options with higher time decay than the ones you bought [02:16].
  - **Flat Delta:** The trade is relatively neutral to small up-and-down price movements as long as it stays within the range [03:10].
  - **Negative Vega:** An increase in volatility can negatively affect the trade [03:28].
- **Management and Execution:**
  - The goal is typically to capture an **8% to 10% profit** and exit the trade (often within 5 to 10 days or less for a 25-day spread) rather than holding it all the way to expiration [03:01].
  - Always enter and close the entire spread using **limit orders** instead of market orders to avoid poor fills [04:09].
  - It is recommended to practice via paper trading before using real money [04:33].

http://www.youtube.com/watch?v=QldHNzReFIA

How do I do an options butterfly spread?
The Options Mentor · 634 views

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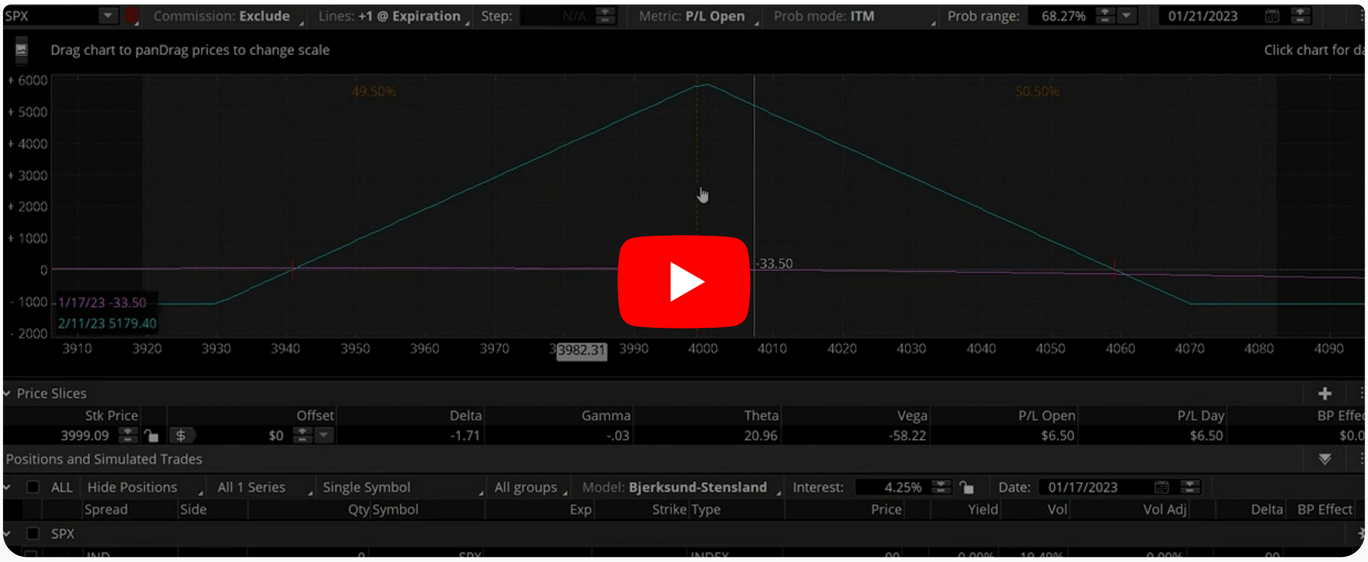


https://www.youtube.com/watch?v=gZ5Y43mc6Bk

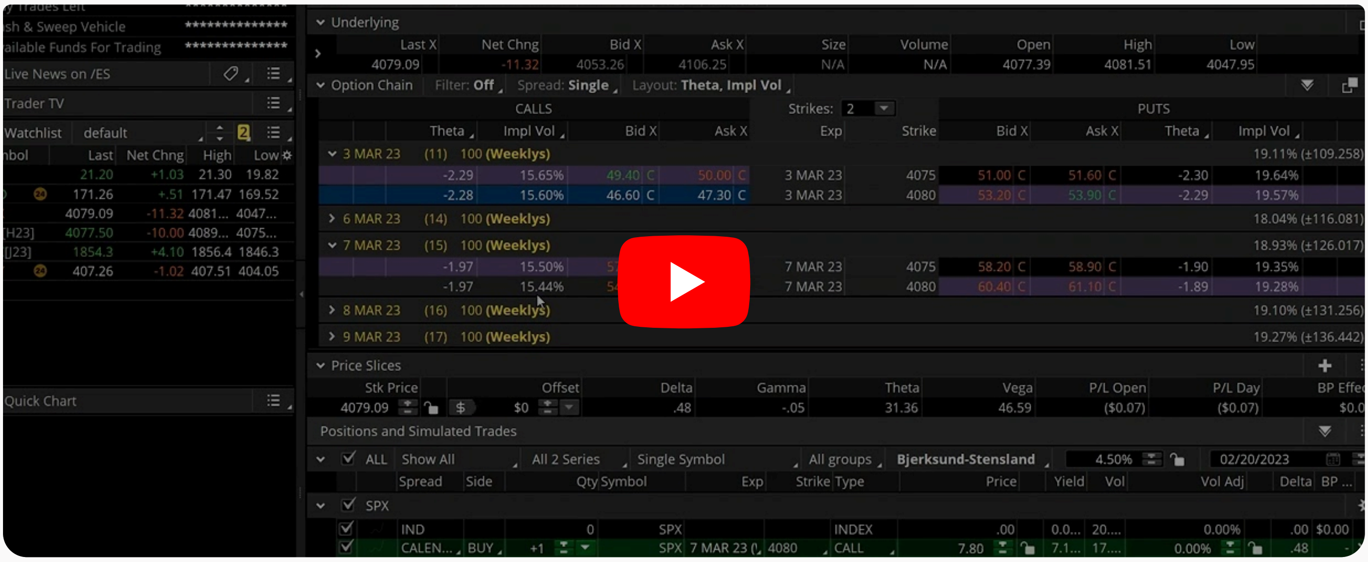
Here is a summary of **Options Calendar Spreads** by The Options Mentor:

- **Overview and Mechanics:**
  - A calendar spread (or time spread) involves selling a near-term option expiration and buying a later-term expiration at the **same strike price** (typically right around the money) [00:36].
  - The fundamental driver of the trade is that options decay (Theta) faster as they get closer to expiration, meaning the nearer-term option you sold decays faster than the longer-term option you bought [01:43].
- **Greeks and Key Factors:**
  - **Positive Theta:** You accumulate time decay profits daily because the short option's decay rate outpaces the long option's decay [06:37].
  - **Long Vega:** Because you own a longer-term option and sold a shorter-term one, the trade benefits from an increase in implied volatility (Vega) and suffers when volatility drops [03:26].
- **Environment and Execution:**
  - **VIX Consideration:** Calendar spreads work best in low-volatility environments. Ideally, you want the VIX to be **under 20** when entering the trade [05:49].
  - **Underlying Instrument:** The presenter prefers executing these on broad indexes like the **SPX** to avoid single-stock risks (such as unexpected earnings or corporate news) [08:33].

- **Practice:** Always test and practice strategies using paper trading before committing real capital [09:08].

http://www.youtube.com/watch?v=gZ5Y43mc6Bk

Options Calendar Spreads
The Options Mentor · 500 views



https://www.youtube.com/watch?v=HXHpqktY15k

Here is a summary of **Diagonal index option spreads** by The Options Mentor:

- **Overview and Mechanics:**
  - A diagonal spread is often considered the "cousin" of the calendar spread [00:24]. Like a calendar, it involves selling a near-term option expiration and buying a later-term expiration to take advantage of the difference in time decay (Theta) speeds [00:30].
  - Unlike standard calendar spreads (where options share the same strike), put diagonals use **different strike prices**, with the long option deeper in the money than the short option [02:53].
- **Risk Profile and Market Bias:**
  - **Downside Protection:** Because the long option is deeper in the money, the trade provides substantial downside protection and lacks immediate downside risk [01:05].
  - **Bearish/Protective Bias:** It is typically used when a trader is more concerned about a potential downside move than an upside move [01:19].

- **Greeks and Environment:**
  - **Long Vega:** Similar to calendars, diagonals are long Vega (volatility), meaning an increase in implied volatility can help the trade, especially if the market drops [01:52].
  - **VIX Consideration:** While best utilized in low-volatility environments (preferably with a VIX under 20), the trade can still benefit if the market drops because rising volatility can offset some negative factors [04:56].
- **Applications:**
  - Useful for income trading in brittle markets where downside protection is desired, and it can also double as a directional speculative trade [06:37].

http://www.youtube.com/watch?v=HXHpqktY15k

Diagonal index option spreads
The Options Mentor · 920 views

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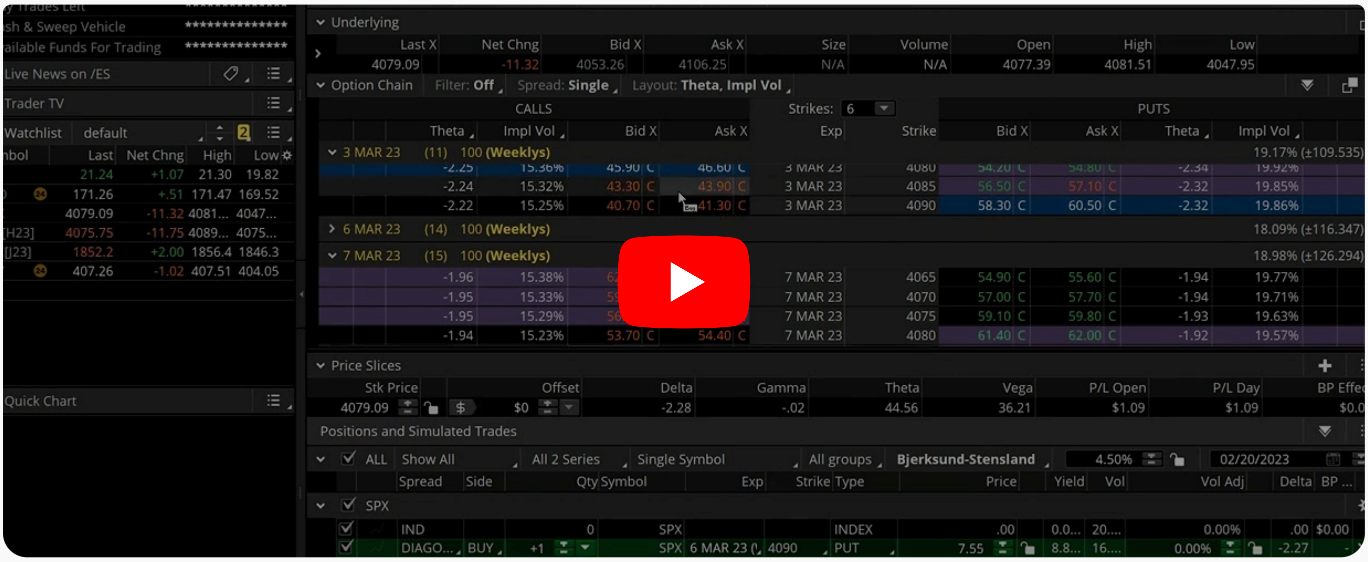

https://www.youtube.com/watch?v=xk6lV0qD1aI

Here is a summary of **Index options Double Diagonal spreads** by The Options Mentor:

- **Overview and Mechanics:**
  - A double diagonal spread combines a put diagonal and a call diagonal into a single strategy (comprising four legs) [00:50].
  - You sell near-term options and buy longer-term options on both the put and call sides. The strikes are typically asymmetric (e.g., wider on the put side and narrower

on the call side) to keep the profit-and-loss profile balanced and smooth during price fluctuations [02:14].

- **Greeks and Environment:**
  - **Positive Theta:** The primary goal is to capture time decay daily as the near-term options expire faster than the long-term options [02:22].
  - **Long Vega:** Like individual calendars and diagonals, it is a volatility-sensitive trade that prefers a low-volatility environment (ideally with the VIX **under 20**) [03:01].
- **Use Cases:**
  - Highly effective in choppy or volatile markets (such as high-interest-rate environments where markets bounce up and down) because it provides a wide trading range and keeps you safely within the expiration profit zone [04:38].
  - The goal is typically to exit with an **8% to 10% profit** on the cost of the trade rather than holding to expiration [02:43].

http://www.youtube.com/watch?v=xk6lV0qD1al

Index options Double Diagonal spreads
The Options Mentor · 10K views

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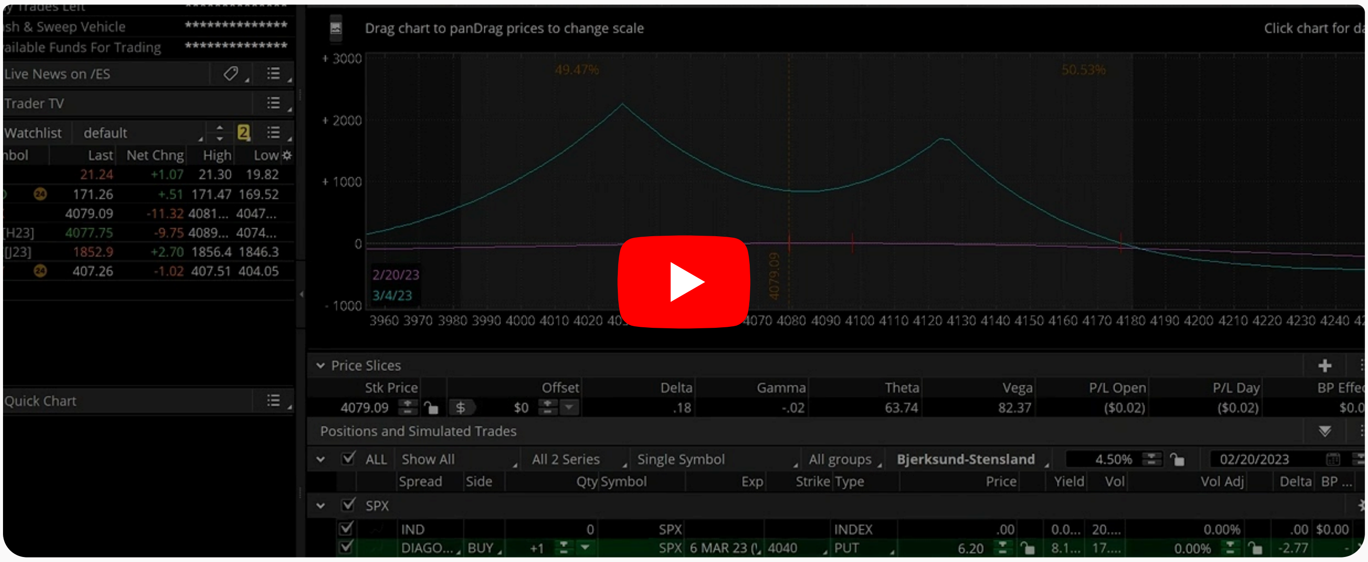

https://www.youtube.com/watch?v=8pL2vqMsBxs

Here is a summary of **Back Ratio options spread** by The Options Mentor:

- **Overview and Purpose:**

- A back ratio spread (often structured as a 2-to-3 ratio, such as selling 2 options and buying 3) is a directional strategy designed specifically for when you anticipate a **large, rapid move (80 to 100+ points)** in the market over the next session or two [00:39].
- It should be put on **before** the big move happens, rather than chasing the market after a gap or massive move has already occurred [04:18].

- **Setup and Mechanics:**
  - Typically placed **14 to 18 days out** in expiration to help slow down time decay (Theta) [00:56], using options around the **mid-30s Delta** [01:22].
  - It is established at a net credit (e.g., $10 to $12) [02:01], though it requires substantial margin (roughly $10,000 minus the credit) [04:46].
- **Management and Risks:**
  - **Quick Exit Strategy:** Because holding the trade too long introduces rapid time decay losses if the expected move stalls, the goal is to cash out quickly as soon as the 80 to 100-point move happens [02:20].
  - **Long Vega:** It is a volatility-sensitive (long Vega) trade, meaning it performs exceptionally well during highly volatile, gap-heavy market environments (such as March 2020) [06:02], but can suffer if volatility drops against you [03:24].

http://www.youtube.com/watch?v=8pL2vqMsBxs

Back Ratio options spread
The Options Mentor · 916 views

https://www.youtube.com/watch?v=5BniXGLu3kI

Here is a summary of **Double diagonal options spread to trade next week** by The Options Mentor:

- **Overview and Strategy Performance:**
  - The presenter demonstrates how to set up a double long diagonal spread for an upcoming weekly expiration, noting a strong track record of success with the strategy [00:21].
- **Setup and Mechanics:**
  - **Call Side:** Buy a long call roughly 40 points out and sell a short call 5 points higher in a nearer-term expiration [00:58].
  - **Put Side:** Buy a long put roughly 30 to 40 points down and sell a short put 10 points lower. Going wider (10 points) on the put side helps maintain a smoother profit-and-loss curve [01:29].
  - **Theta and Vega:** The trade generates strong positive Theta (e.g., over $160/day), but it is long Vega, meaning it requires careful monitoring of market volatility [02:10].
- **Market Conditions and Management:**
  - **VIX Consideration:** Best used when the VIX is stable or lower (around 24 or below). Avoid entering if the VIX spikes significantly due to sudden market shocks (such as banking crises or severe news events) [03:36].
  - **Profit Target:** The typical goal is to capture a **10% to 15% profit** on the cost of the trade and exit rather than holding blindly to expiration [04:10].

http://www.youtube.com/watch?v=5BniXGLu3kI

Double diagonal options spread to trade next week
The Options Mentor · 2K views

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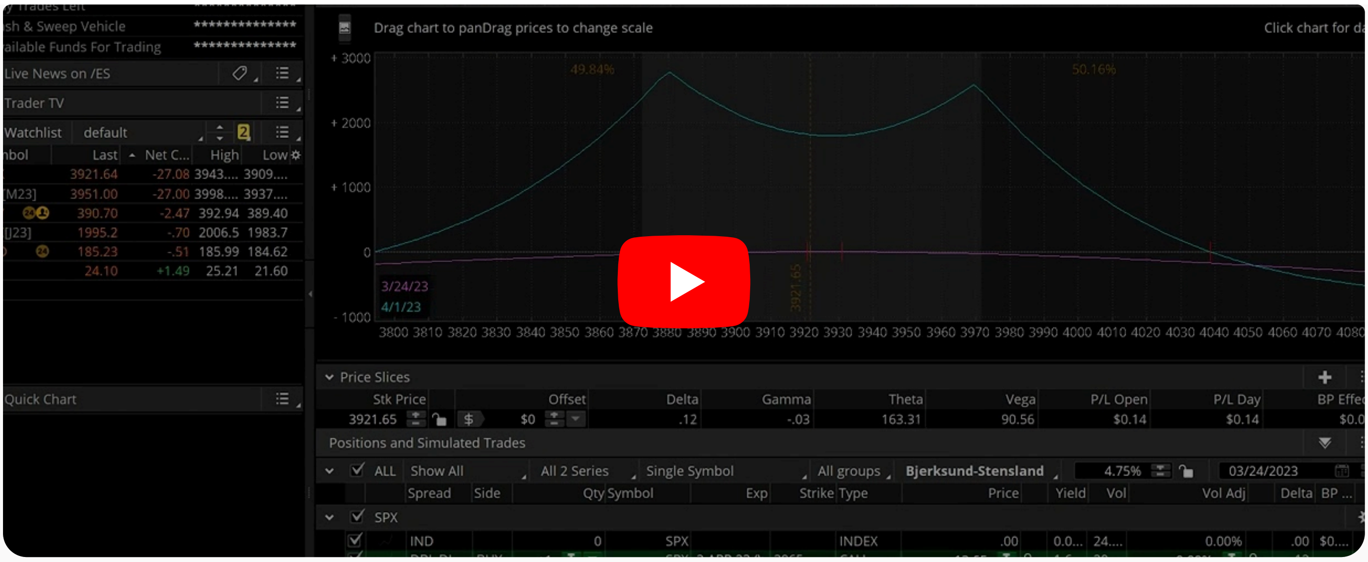

https://www.youtube.com/watch?v=OJR8Om_AxR0

Here is a summary of **New double diagonal spread and a VIX trade** by The Options Mentor:

- **Double Diagonal Update & Setup for Next Week:**
    - The presenter notes that while the double diagonal strategy faced a minor hurdle during the prior week (its first struggle in 10 weeks) due to an end-of-quarter market run-up, it remains a go-to strategy [00:12].
    - For the upcoming shortened expiration cycle (accounting for Good Friday and a 4-day spread), it can be set up in **SPY** (smaller size, roughly $200 max risk) or **SPX** (larger, cash-settled, higher margin) [01:22].
    - *SPY Setup Example:* Buy 409 / Sell 410 calls, and Buy 404 / Sell 403 puts for the upcoming expiration window [01:37].
- **VIX Speculative Trade Idea:**
    - Because the VIX has dropped into the 18s (its lowest level in over a year), volatility-sensitive/Long Vega setups like the double diagonal become appealing [03:55].
    - Additionally, when the VIX is exceptionally low, the presenter likes to look at speculative **call debit spreads** on the VIX (such as a 21/24 or 21/25 spread roughly 25 days out) to capitalize on a future bounce in market fear [04:30].

http://www.youtube.com/watch?v=OJR8Om_AxR0

New double diagonal spread and a VIX trade

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The Options Mentor · 546 views