

Trade of the Week

Thursday July 9, 2026



55.01
SELL

0.01

55.02
BUY

EMA 50 close 55.89

Trade of the Week – XLE

Trade of the Week Summary

Long XLE with Collar Overlay | Energy Exposure with Volatility Dampener

Underlying: XLE @ 55.25

Theme: Adam Parker's energy-diversification thesis; stay constructive on equities through a less crowded sector with stronger earnings visibility

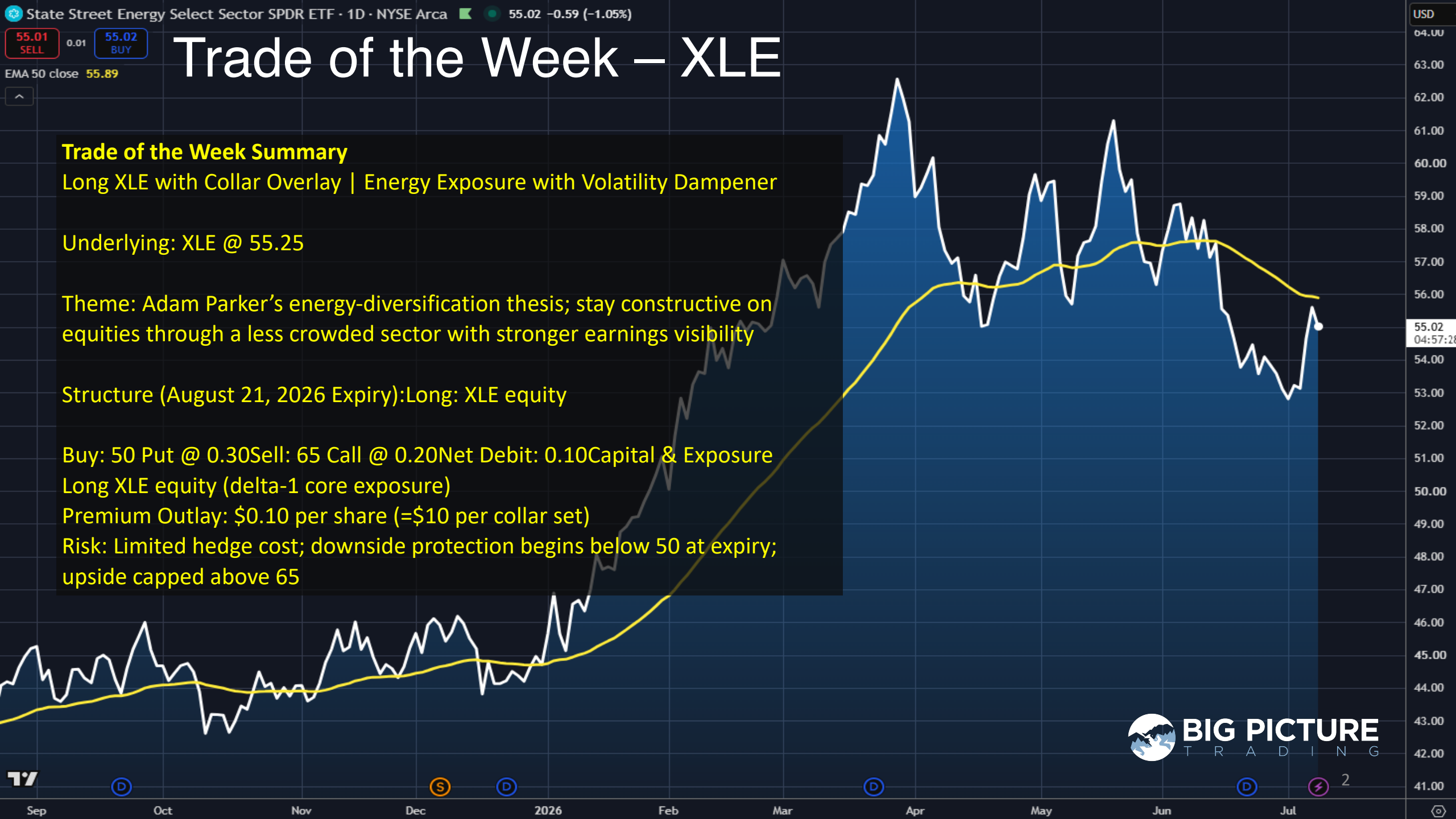
Structure (August 21, 2026 Expiry): Long: XLE equity

Buy: 50 Put @ 0.30 Sell: 65 Call @ 0.20 Net Debit: 0.10 Capital & Exposure

Long XLE equity (delta-1 core exposure)

Premium Outlay: \$0.10 per share (= \$10 per collar set)

Risk: Limited hedge cost; downside protection begins below 50 at expiry; upside capped above 65



7,562.50
SELL

0.25

7,562.75
BUY

EMA 50 close 7,406.91

S&P500 Futures



7,700.00

7,600.00

7,562.75
05:56:21

7,500.00

7,400.00

7,300.00

7,200.00

7,100.00

7,000.00

6,900.00

6,800.00

6,700.00

6,600.00

6,500.00

6,400.00

6,300.00

6,200.00

6,100.00

6,000.00

5,900.00

100.962
SELL

0.000

100.962
BUY

EMA 50 close 100.092



US Dollar Index



72.34
SELL

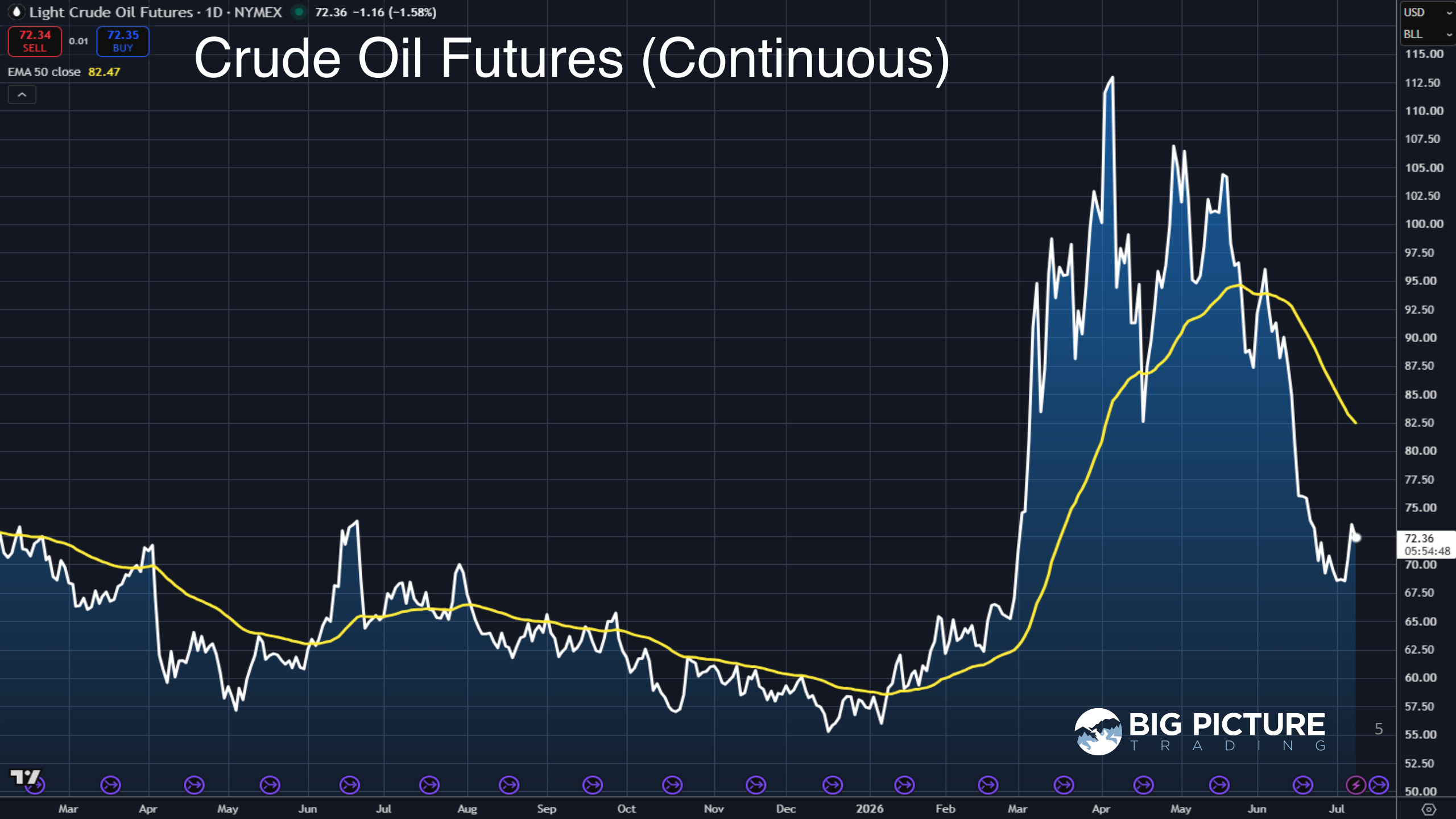
0.01

72.35
BUY

EMA 50 close 82.47

^

Crude Oil Futures (Continuous)



USD
BLL

115.00
112.50
110.00
107.50
105.00
102.50
100.00
97.50
95.00
92.50
90.00
87.50
85.00
82.50
80.00
77.50
75.00

72.36
05:54:48

5

50.00



4,135.9
SELL 0.4
4,136.3
BUY

EMA 50 close 4,353.8

Gold Futures





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