

ES 5 Minute BASIC Strategies

Trading Hours for S&P 500 Futures

There are two different sets of trading hours for the S&P 500 Futures.

One for the **Pit** and one for **Globex**. The pit hours normally start at 8:30 AM CT and reopens for a couple of minutes once the floor brokers are finished clearing their trading decks, and this is often referred to as the post. The pit is open on non-holiday weekdays. It is possible to trade the pit electronically.

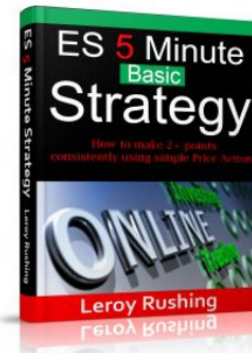
Globex normally opens on Sunday at 5:00 PM CT to 3:15 pm the following day and 3:30 to 4:30 and then 5:00 PM CT to 3:15 the next day. Said more simply. Non-holidays Globex opens at 5 and closes on Friday at 3:15. During the weekday it is closed from 3:15 PM CT for 15 minutes and 4:30 PM CT for 30 minutes, except on Friday.

Basic Rules

RULES

- Use a *5-Minute S&P500 Emini Futures Chart...*
- If Price Action crosses above the **Pit Prior Day HIGH** then go **LONG!** Set 2 Point Target
- If Price Action crosses below the **Pit Prior Day LOW** then go **SHORT!** Set 2 Point Target
- Don't trade when Price Action is inside the Prior Days Range (*i.e., you need more rules for this!*)

See LIVE Examples
No Email Required



Note: If you go back in time and study these simple rules, you could have made some NICE consistent profits.



Watch us make \$100 - \$1,000 per Day and only trade
30-60 minutes every morning



Discover How You Can Become A Consistent Trader

Enjoy step-by-step instructions on how to



1. **Enter trades,**
2. **Setup stops, and**
3. **Manage trades for profits...during LIVE Market Hours.**

YES! SHOW ME