

Trade of the Week

Thursday July 23, 2026



374.42
SELL 0.12 374.54
BUY

EMA 50 close 389.80

Trade of the Week – GLD

Trade of the Week Summary

Long GLD with Put-Spread Collar | Core Gold Exposure with
Downside Volatility Dampener

Underlying: GLD @ 376

Theme: Luke Gromen's gold thesis; establish long exposure after
a six-month, 29% correction while managing early-entry risk

Structure (September 18, 2026 Expiry | 57 DTE):

Long: GLD equity

Buy: 370 Put @ 8.50

Sell: 350 Put @ 3.50

Sell: 415 Call @ 3.25

Net Debit: 1.75

Capital & Exposure

Long GLD shares (delta-1 core exposure)

Premium Outlay: \$1.75 per share (=\$175 per 100-share collar)

Overlay Cost: ~0.47% of the underlying price



7,494.25
SELL 0.25 7,494.50
BUY

EMA 50 close 7,454.44

S&P500 Futures



101.268
SELL

0.000

101.268
BUY

EMA 50 close 100.385

US Dollar Index



90.99
SELL

0.01

91.00
BUY

EMA 50 close 82.29



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

90.99
08:44:47

87.50

85.00

82.50

80.00

77.50

75.00

72.50

70.00

67.50

65.00

62.50

60.00

57.50

55.00

52.50

50.00



4,082.9 SELL 0.2 4,083.1 BUY

EMA 50 close 4,256.9

Gold Futures



6.4480
SELL

0.0010

6.4490
BUY

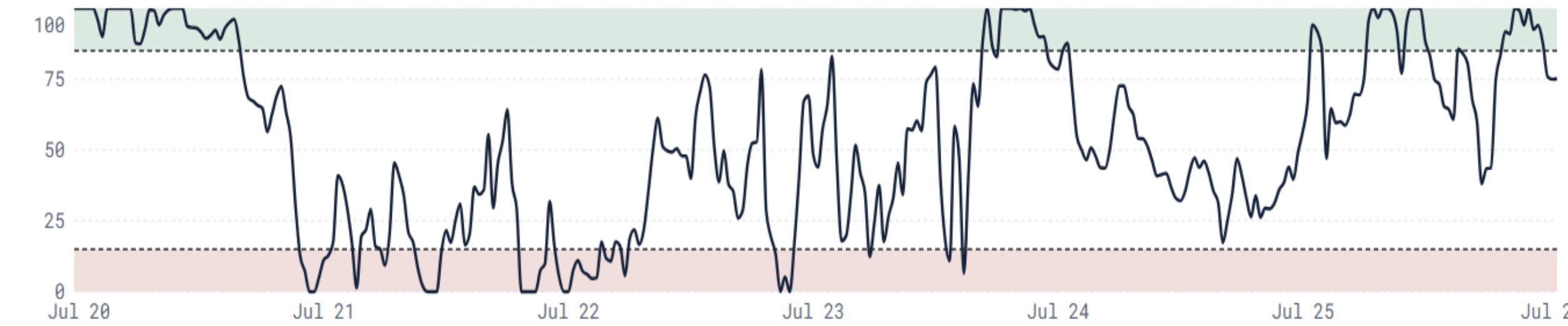
EMA 50 close 6.2722



Copper Futures

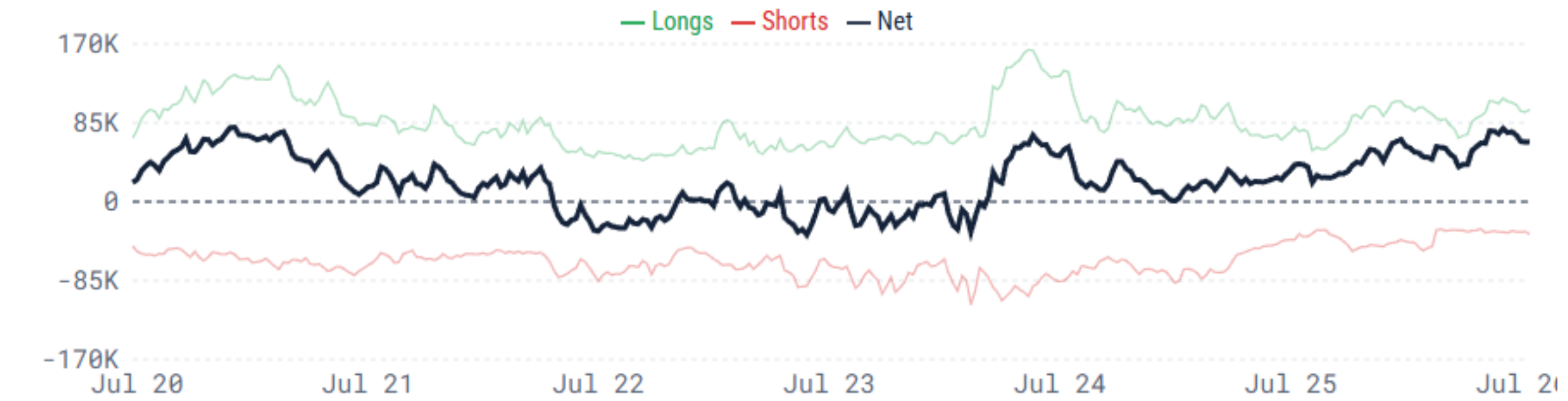


Copper 52-Week Positioning Score (0-100) · weekly



Copper Net Position · contracts · raw weekly

NET / OI % CONTRACTS





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