



## *Tony Rago's Pre-Market Playbook*

---

### ★ Overnight Range

- ES 77.75
- NQ 341.50
- VIX 24.86

- ★ **Bulls** need to hold above yest closes **6670 and 24617-- long above these**
- ★ Breakouts are above yesterday's highs **6695 and 24725- aggressive longs** (await for confirmation with a new high and a retest of the highs from above that holds)
- ★ **Bears** need under overnight lows **short under 6607 and 24319**
- ★ Breakdown is below yest lows **6611 and 24326 -- aggressive shorts** (wait for confirmation with a new low and a retest of the lows from below that hold)
- ★ **RANGEBOUND: 2 Way trade long and shorts will work** to get the day done
- ★ Keep it simple and be patient for confirmation on either side or establish the range if we are going to be rangebound
- ★ Confirm rally continuation with sustained trade over the 30min IB High and likewise
- ★ bearish under the IB Low

### ECON:

- N/A

## *Pre-Market Trading Levels for today*

---

### GLOBEX

#### NQ

★ **HIGH:** 24660.50

★ **LOW:** 24319.00

★ **Bull Case** defend the 24250 to seek the 24312, 24333, 24412, 24500, 24612, 24633, 24750, 24812, 24833, 24912, 25000, 25106, 25250, 25312, 25333, 25412, 25500

★ **Bear Case** seal the 24812 to seek the 24750, 24633, 24612, 24500, 24412, 24333, 24312, 24250, 24106, 24000, 23912

★ **Overnight Range - 341.50**

#### NQ (Prev. Day)

★ High 24725.25

★ Low 24326.75

★ Close 24617.00

**NQ (Week Open) 24500.00**

## S&P 500

★ **HIGH** - 6685.50

★ **LOW** - 6607.75

★ **Bull Case:** defend the 6600 to seek the 6612, 6617, 6626, 6633, 6642, 6650, 6662, 6677, 6688, 6700, 6712, 6717, 6726, 6733, 6750, 6762, 6777, 6788, 6800, 6812, 6817, 6826, 6833, 6850, 6862, 6877

★ **Bear Case:** seal the 6833 to seek the 6826, 6817, 6812, 6800, 6788, 6777, 6762, 6750, 6742, 6733, 6726, 6717, 6712, 6700, 6688, 6677, 6662

★ **Overnight Range** - 71.25

### ES (Prev Day)

★ High 6695.00

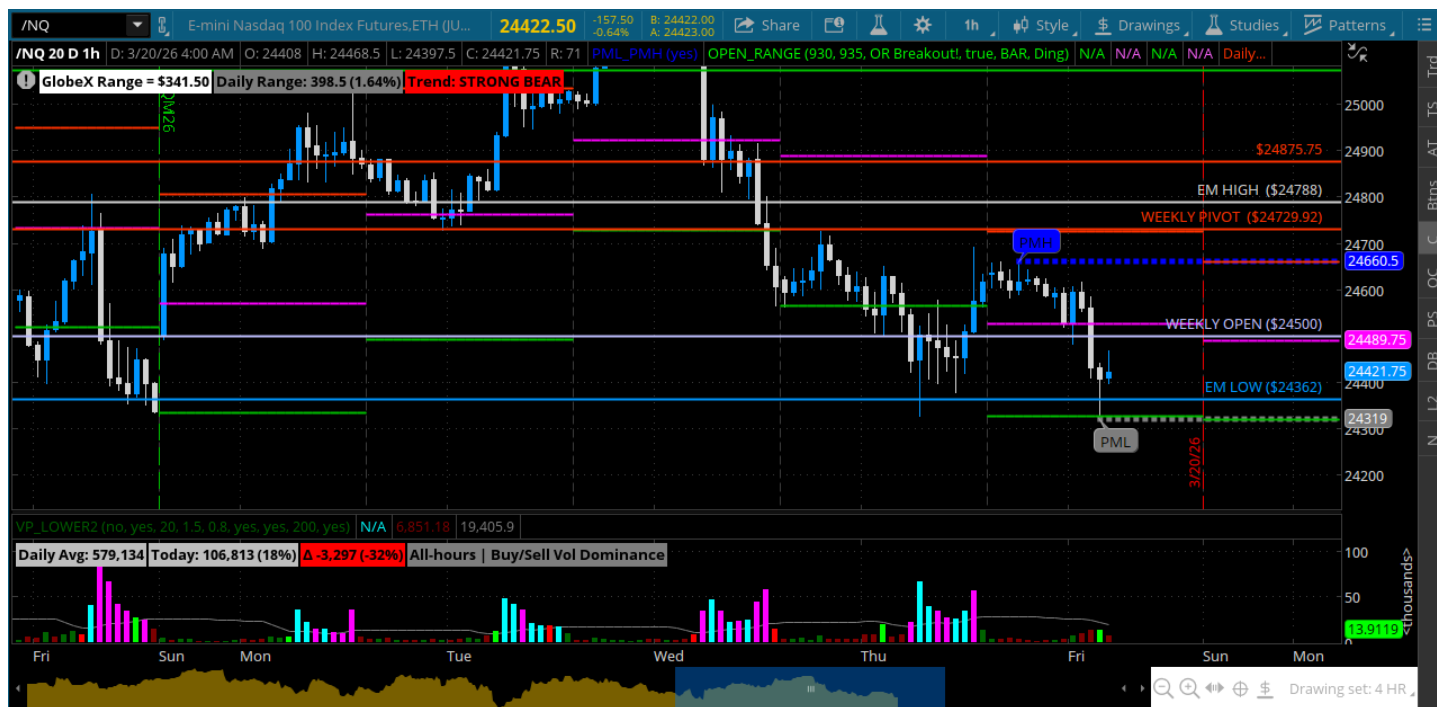
★ Low 6611.75

★ Close 6670.50

**ES (Week Open) 6659.75**

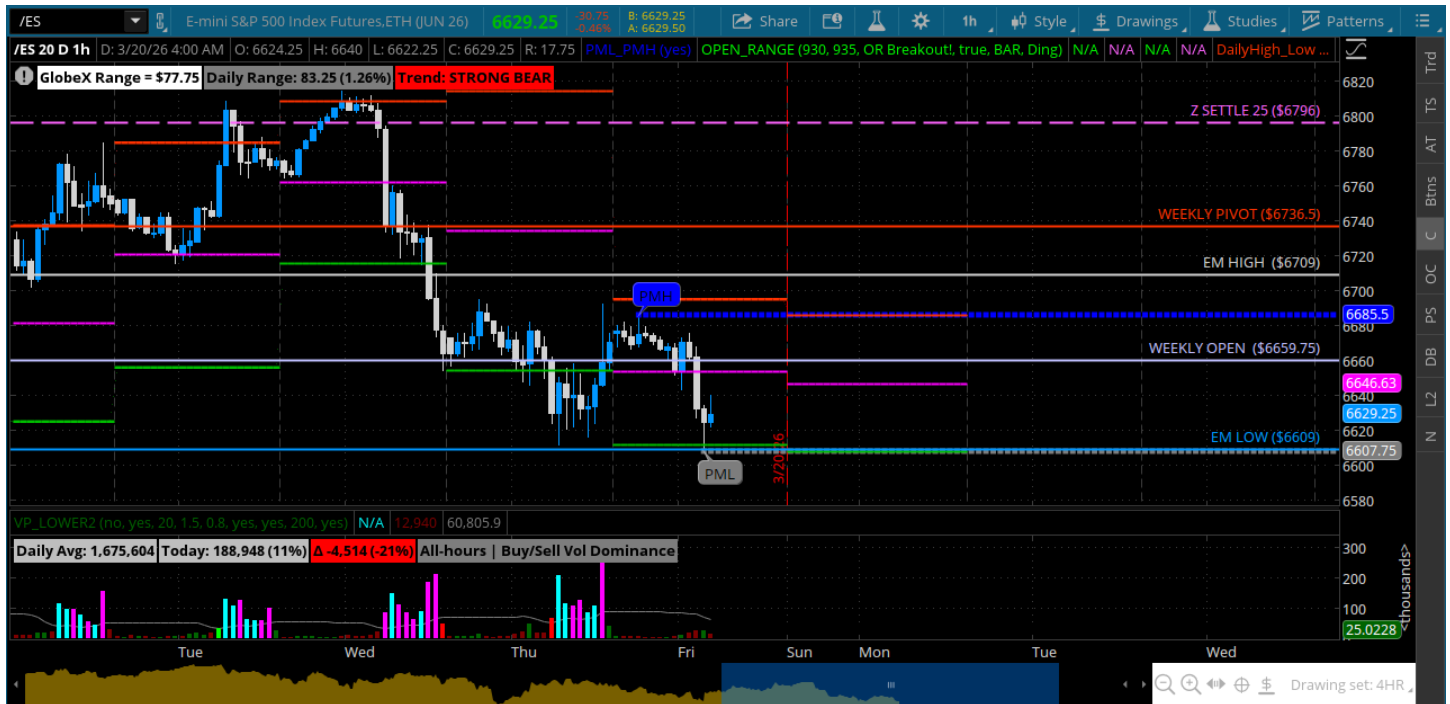
## Pre-Market Charts to Watch

Friday, March 20, 2026 Pre-Market /NQ 1 Hour Chart



- Hanging out at yesterday's lows - bulls still struggling to hold any rallies
- There are bounces to be had but selling rallies prevail
- Friday and geopolitical issues still the deal -- could be a wild day today
- Could be a flush and a save kind of tape - stay on your toes
- Protect capital and be patient

## Friday, March 20, 2026 Pre-Market /ES 1 Hour Chart



- Retesting yesterdays lows here and the 6600 is open for a test
- Expecting headlines to try to save this today if crude remains on offer
- It is ripe for that on a Friday -- stay on your toes if the 6600 rejects
- The true breakout is above the 6700

*Disclaimer:*

Disclaimer: Neither TheoTrade or any of its officers, directors, employees, other personnel, representatives, agents or independent contractors is, in such capacities, a licensed financial adviser, registered investment adviser, registered broker-dealer or FINRA|SIPC|NFA-member firm. TheoTrade does not provide investment or financial advice or make investment recommendations. TheoTrade is not in the business of transacting trades, nor does TheoTrade agree to direct your brokerage accounts or give trading advice tailored to your particular situation. Nothing contained in our content constitutes a solicitation, recommendation, promotion, or endorsement of any particular security, other investment product, transaction or investment. Trading Futures, Options on Futures, and retail off-exchange foreign currency transactions involves substantial risk of loss and is not suitable for all investors. You should carefully consider whether trading is suitable for you in light of your circumstances, knowledge, and financial resources. You may lose all or more of your initial investment. Opinions, market data, and recommendations are subject to change at any time. Past Performance is not necessarily indicative of future results.