

FREE TRADING GUIDE

The 3 ES Futures Setups I Trade Every Week

The exact entries, confirmations and risk rules
I use as a full-time trader.

- 01 Breakout Failure
- 02 Momentum Continuation
- 03 Swing Strategy

@chartmagician1

10 years in the markets | Full-time ES & Crypto Futures Trader

ABOUT THIS GUIDE

Who Is This For?

If you've spent months watching YouTube tutorials, buying courses, and still can't find a consistent edge — this guide was written for you.

These aren't theoretical setups pulled from a textbook. They're the three frameworks I personally use every week as a full-time ES futures and crypto trader with 10 years in the markets. I've traded through bull runs, crashes, high-volatility regimes and grinding ranges. I've tried almost every approach out there — and these three survived.

This guide is for you if:

- You're trading or paper trading ES / MES futures and want structured, repeatable setups
- You're preparing for a prop firm challenge (FTMO, MFF etc.) and need a defined playbook
- You're tired of chasing signals and want to understand *why* trades work
- You have basic chart reading knowledge but haven't found a system that clicks

ABOUT THE AUTHOR

10 Years. Three Setups. One Approach.

I started trading over a decade ago and lost money the same way most people do — overtrading, chasing, no system. I spent years stress-testing every popular methodology until I found what actually works consistently in the ES futures market.

I'm now a semi-retired full-time trader focused on ES and MES futures alongside crypto. I hold a funded FTMO prop firm account and trade my own capital daily. I built this mentorship to pass on the frameworks that took me years to develop — so you don't have to go through the same expensive trial and error.

Follow me on X: [@chartmagician1](#) — daily pre-market analysis, trade breakdowns and market commentary.

SETUP 01

The Breakout Failure

This is the setup I use more than any other. We wait for buyers or sellers to get trapped above or below key levels — then trade in the opposite direction. It exploits the most common mistake retail traders make: chasing breakouts.

| | |
|---------------------|---|
| Timeframes | 1H / 4H for levels → 5M / 15M for entry |
| Best session | Around the 8:30 EST open — peak liquidity |
| Trade type | Counter-trend reversal |
| Risk:Reward | Minimum 1:2, often 1:3+ |

1 Identify a strong 1H or 4H level

Find a clear swing high or swing low with significant liquidity sitting above or below it. The more obvious the level, the better — obvious levels attract the most trapped traders.

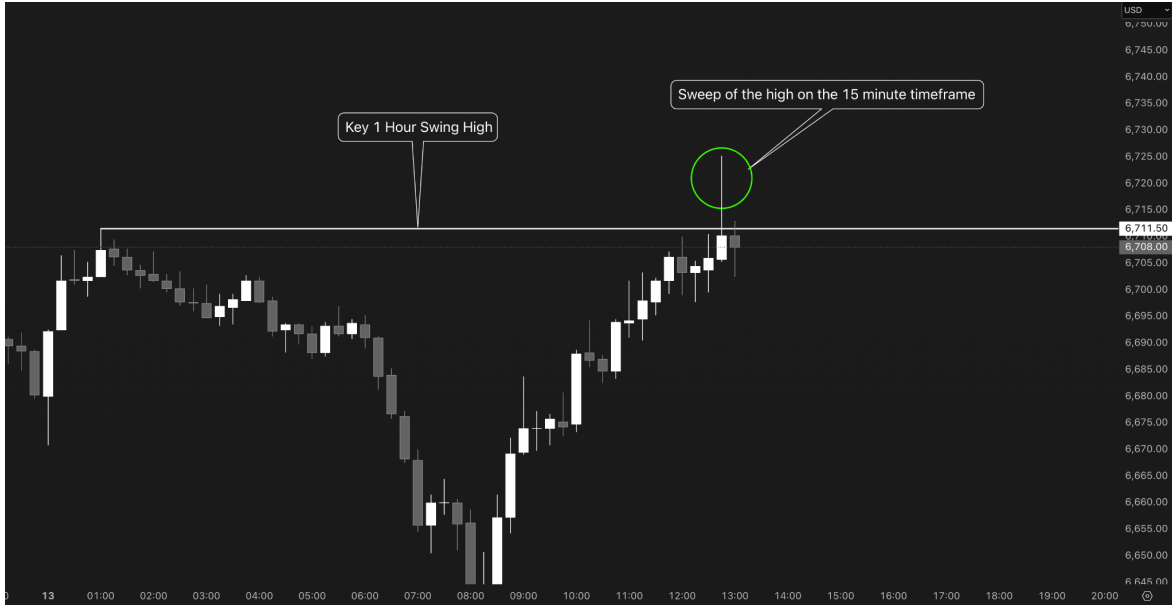


Key 1H swing high — liquidity pool sitting above the level

2

Wait for the sweep

Price pushes through the level — usually around the 8:30 EST open. This triggers FOMO buyers or sellers expecting continuation. Wait to see if the breakout fails. Patience here is everything.

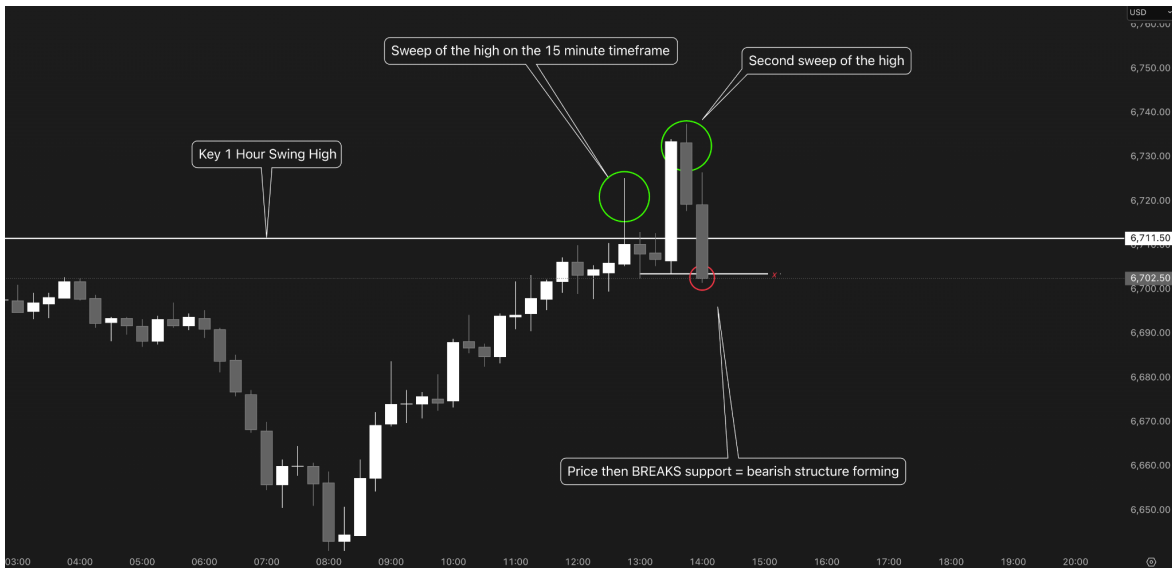


Sweep of the 1H swing high on the 15M timeframe — trapped longs above

3

Dial down to 5M or 15M — wait for structure

Drop to the lower timeframe. We need bearish structure to form (for a short) or bullish structure (for a long). Look for an untested low or high to enter on — never chase price.



Price breaks 15M support after the sweep — bearish structure confirmed

4

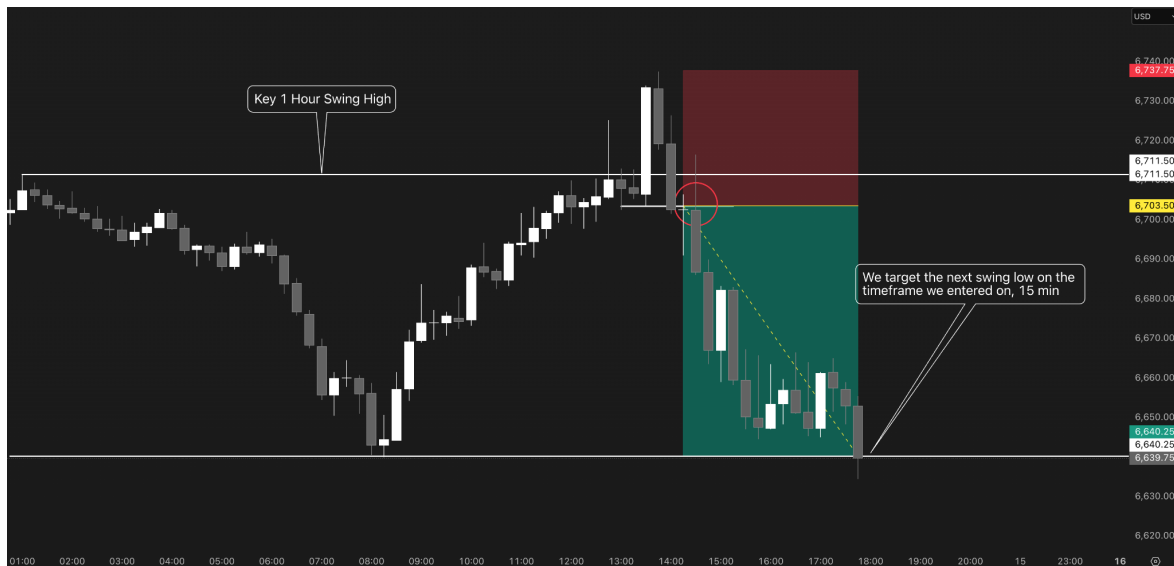
Enter on the retest

Enter on a retest of the broken support or resistance level. Wait for price to close through a low or high, then enter the retest. Stop loss above the high of the sweep. Target is the next key level.



Entry on retest of broken 15M support. Stop above sweep high. Target = next swing low.

Key reminder: This pattern works because trapped traders are forced to exit at a loss. Study it, back-test it, and learn to spot it before it fully forms.



Target hit — full breakout failure trade from identification to exit

SETUP 02

Momentum Continuation

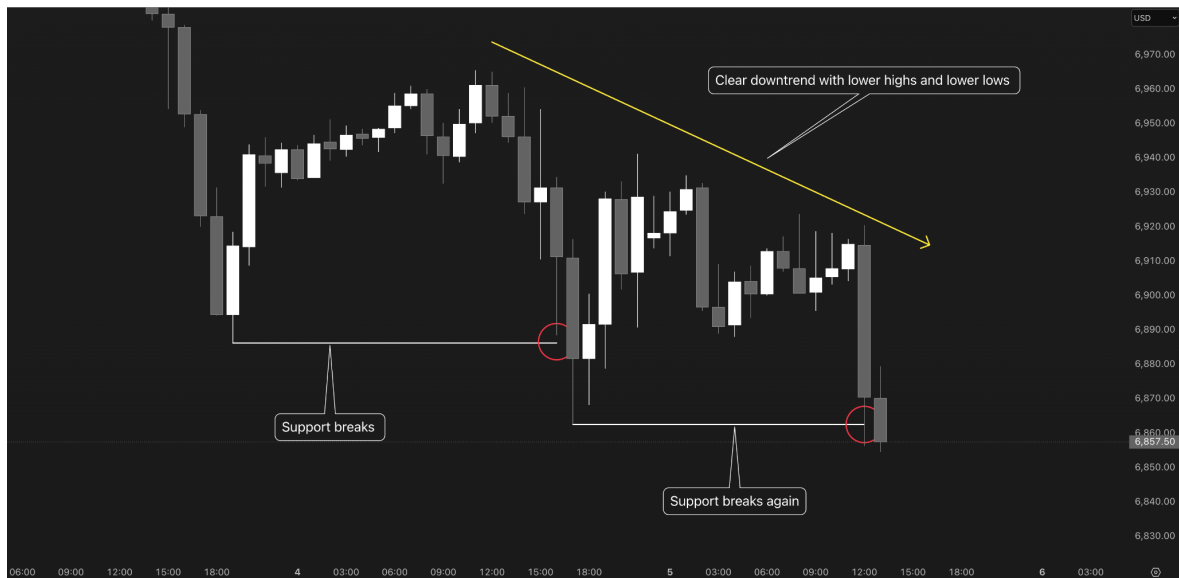
The 'go with' approach. When the 1H and 4H are in a clear trend with momentum, stop trying to pick reversals and simply join the move at the best possible price. The highest probability setup you can trade — and the most misused, because traders attempt it in ranging markets.

| | |
|-------------------------|---|
| Timeframes | 1H / 4H for trend → 5M / 15M for entry |
| Market condition | Clear trending market ONLY — not ranging |
| Trade type | Trend continuation / pullback entry |
| Risk:Reward | 1:2 minimum — trail stop to let winners run |

1

Confirm a trending market on 1H or 4H

We need a clear series of higher highs / higher lows (uptrend) or lower highs / lower lows (downtrend). Do not attempt this in a ranging market — it will produce consistent losses.



Clear downtrend on 1H — lower highs and lower lows confirmed across multiple days

2

Dial to 5M or 15M — mark key retest levels

Drop to the lower timeframe for a precise entry. Short a broken support level or long a broken resistance level. This dramatically improves risk:reward versus entering at market on the higher timeframe.

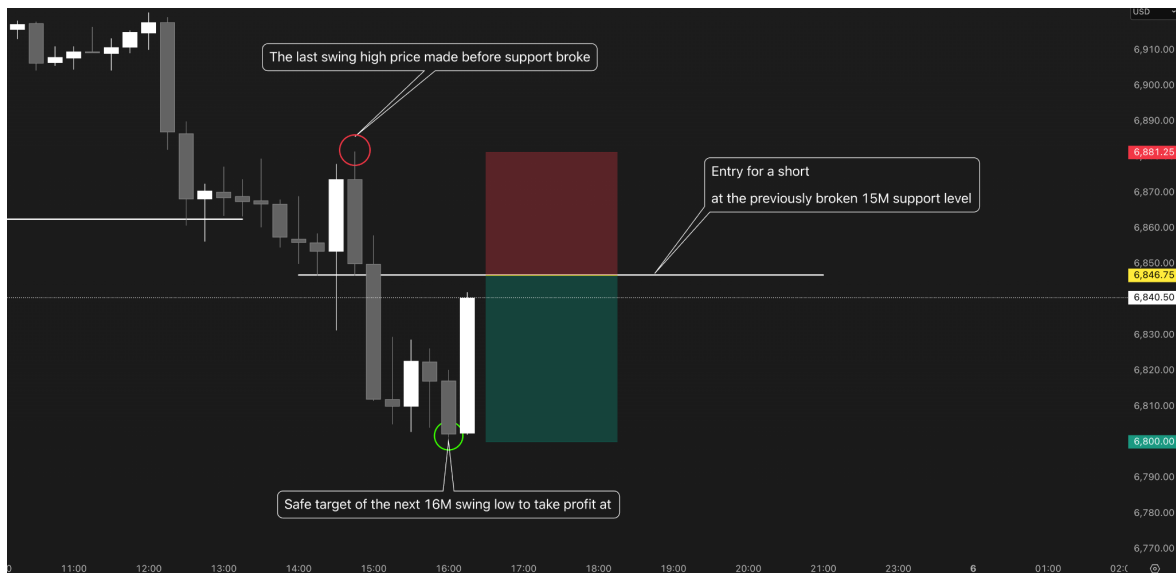


15M support breaks. Entry on retest. Stop above last swing high before the break.

3

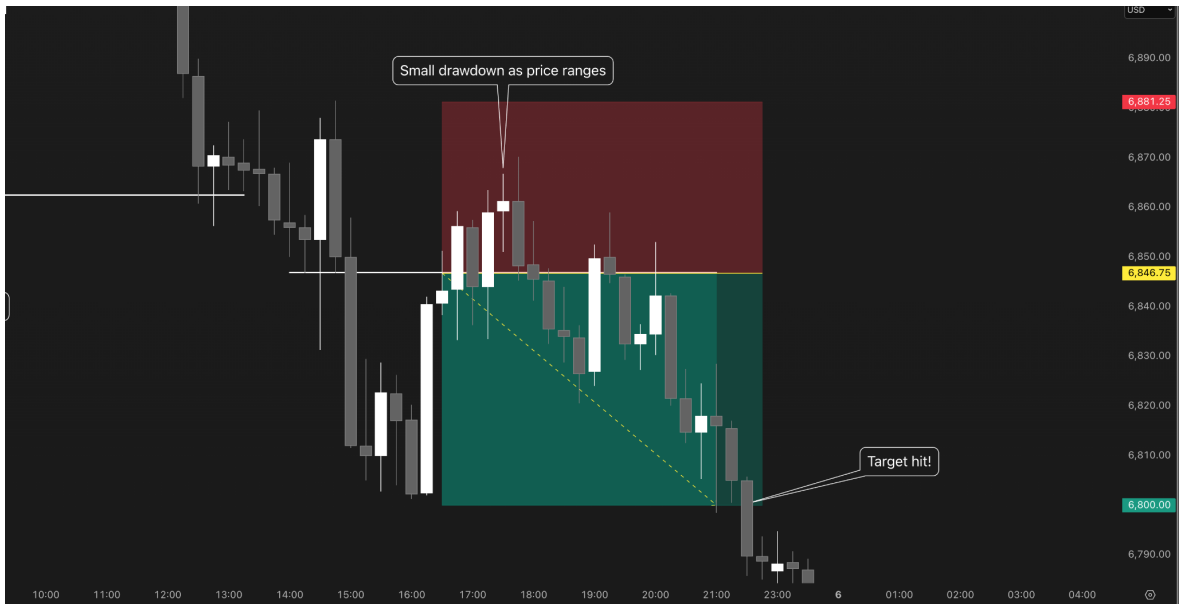
Enter at the broken level — stop above the last swing high

Once support breaks (for a short), enter on the retest of that level. Stop loss is the last swing high before support broke. If price reclaims that high, our thesis is wrong and we exit.



Trade managed to next swing low — clean 1:2+ risk:reward achieved

Important: Only use this setup when the higher timeframe is clearly trending. In a ranging market these entries will stop you out repeatedly. Context is everything.



Target hit — momentum continuation trade complete, following the higher timeframe trend

SETUP 03

The Swing Strategy

My longer-term setup — a multi-hour trade that relies entirely on the 1H timeframe. More patient than the first two, but when it sets up cleanly the risk:reward is exceptional. I use this most when I want to hold a position into the New York afternoon session.

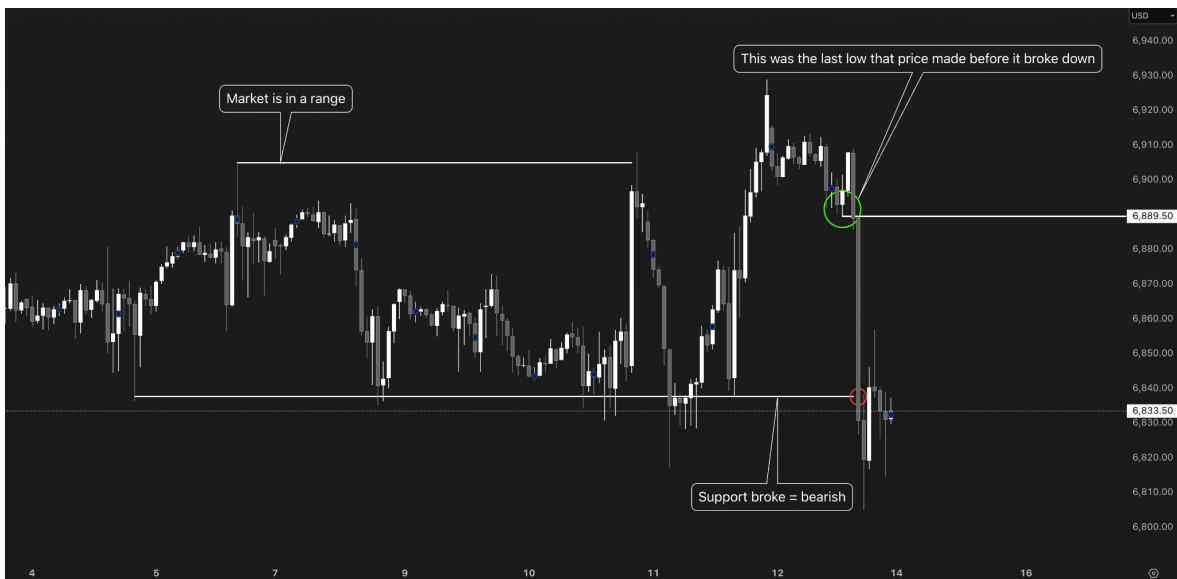
| | |
|-------------------|---|
| Timeframe | 1H only |
| Hold time | Multiple hours — longer than the other two setups |
| Entry type | Limit order — set it and walk away |
| Best for | Traders who cannot watch screens all day |

1

Wait for a structure shift leaving an untested level

Wait for price to shift decisively, leaving behind an untested support or resistance level.

Trapped traders caught on the wrong side will seek to exit at breakeven when price returns — creating a predictable, reliable reaction.



Market breaks down from a range, leaving an untested level above — the last low before the move

2

Place a limit order on the last low before the breakdown

Wait for price to hold below the broken support level, confirming sellers are in control. Place a limit order at the last swing low made before price broke down. Stop loss above the last high before the breakdown.



Limit order at the untested level. Stop above last high. Target = next swing low.

The beauty of this setup: the entry is placed in advance — you don't need to watch the screen. Set the limit order, set the stop, walk away. Let the market come to you.



+3.45R — pinpoint entry off the untested level, trade runs cleanly to target

Pro tip: The cleaner and more obvious the untested level, the stronger the reaction. More trapped traders at a level = harder and faster price reacts when it returns.

WHAT'S NEXT

These 3 setups are just the start.

Knowing the setup is one thing. Executing it consistently, managing your psychology in a live trade, sizing correctly for prop firm rules, and building the habits that make you profitable long-term — that's where most traders fall apart.

In my mentorship, you'll get:

- ✓ Live trading sessions 3x per week — watch me apply these setups in real markets
- ✓ Real-time trade alerts — my exact entries, stops and targets as I place them
- ✓ 1:1 coaching calls — your trades reviewed, your mistakes corrected
- ✓ Full prop firm prep track — FTMO, MFF and funded account strategy
- ✓ Private trading community — daily pre-market briefings and analysis
- ✓ Full course library — every method, system and framework I trade

Book a free 20-minute intro call — let's see if it's the right fit.

x.com/chartmagician1

DM me directly on X to get started.

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