

RUN CLUB ACADEMY · FROM LV

THE HOT GIRL'S GUIDE TO LV'S INDICATORS

VWAP, my five EMAs, volume profile and order flow on Bookmap, plus RSI: what each one measures, in plain words.

FROM LV · EDUCATION, NOT ADVICE

BEFORE YOU START

HI, IT'S LV

People always ask what's on my chart. Here's the whole list (plus RSI, which I don't use but you'll hear about constantly), and more importantly, what each line is actually measuring, so you're not just copying colors off my screen.

Every one of these is built from price and volume that already happened. They help me read the story. They don't tell me the ending, and they won't tell you either.

Read one section at a time, add that indicator, and watch it on a few charts before you add the next.

– LV

> **Options involve risk and aren't suitable for everyone. Education, not financial advice.**

THE AVERAGE PRICE OF THE DAY

01 VWAP

VWAP stands for volume-weighted average price. It takes every trade today, weights each price by how many shares changed hands there, and averages it. Big trades count more than small ones. It starts over every trading session.

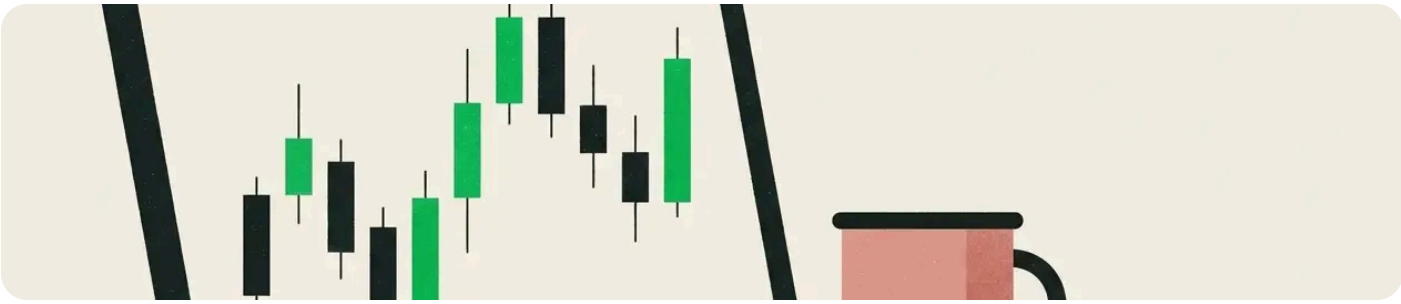
Traders use it as a quick read on who's winning the day: price holding above VWAP means buyers have been paying up; price below means sellers have had the upper hand. Many also watch it as a level price comes back to during the day.

VWAP is an intraday tool. On a daily or weekly chart the standard session VWAP doesn't tell you much (there are "anchored" versions for longer views, but start simple).

Add it on TradingView: Indicators (top toolbar) → search "VWAP" → click **VWAP**.



VWAP is the average price everyone paid today, weighted by how much they bought. It resets every session.



MOVING AVERAGES

02 EMAS: 9, 21, 50, 100, 200

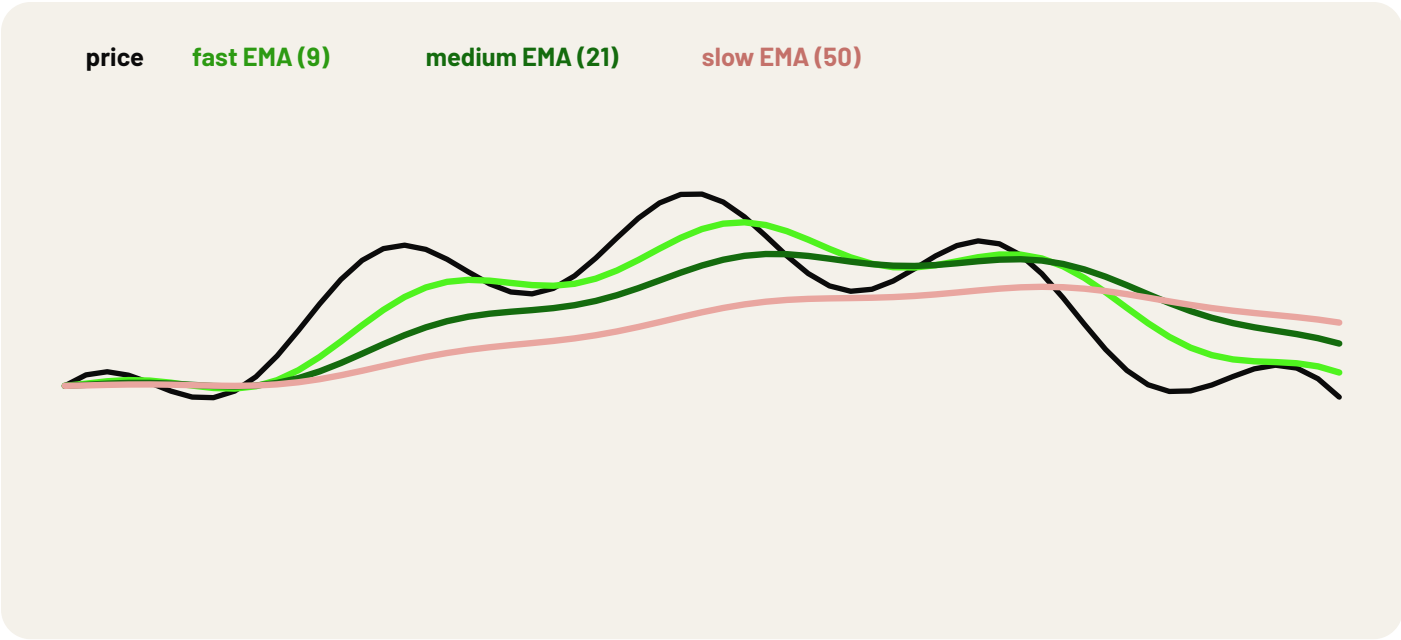
An **EMA** (exponential moving average) is the average closing price over a set number of candles, with extra weight on the most recent ones, so it reacts faster than a plain average. The number is how many candles it looks back over, and it follows whatever timeframe you're on: a 9 EMA on a 5-minute chart is about 45 minutes of price; on a daily chart it's about two weeks.

EMA	ITS ROLE ON MY CHART
9	The fast one. Hugs price, shows short-term momentum.
21	Short-term trend. Pullbacks in a healthy trend often come back near it.
50	Medium-term trend. A lot of traders watch it on every timeframe.
100	Slower trend; a middle step between the 50 and the 200.
200	The big-picture trend. Above it vs below it is one of the most-watched lines out there.

Crossovers: when a faster EMA crosses above a slower one, recent prices have averaged higher than older ones. Crossing below is the opposite. The famous ones are the 50 crossing the 200. Remember they lag: by the time they cross, a good part of the move already happened.

Dynamic support and resistance: in a trend, price often pulls back to an EMA and bounces, so the line acts like a moving floor (or ceiling). When price starts closing through it and staying there, the trend may be changing.

Add them: Indicators → search "Moving Average Exponential" → add it five times. Open each one's settings and set Length to 9, 21, 50, 100 and 200, with a different color for each.



Fast lines hug price, slow lines lag behind it. When the fast line crosses above the slow line, the recent average has moved above the older one. That's a description of what already happened, not a forecast.

VOLUME SIDEWAYS

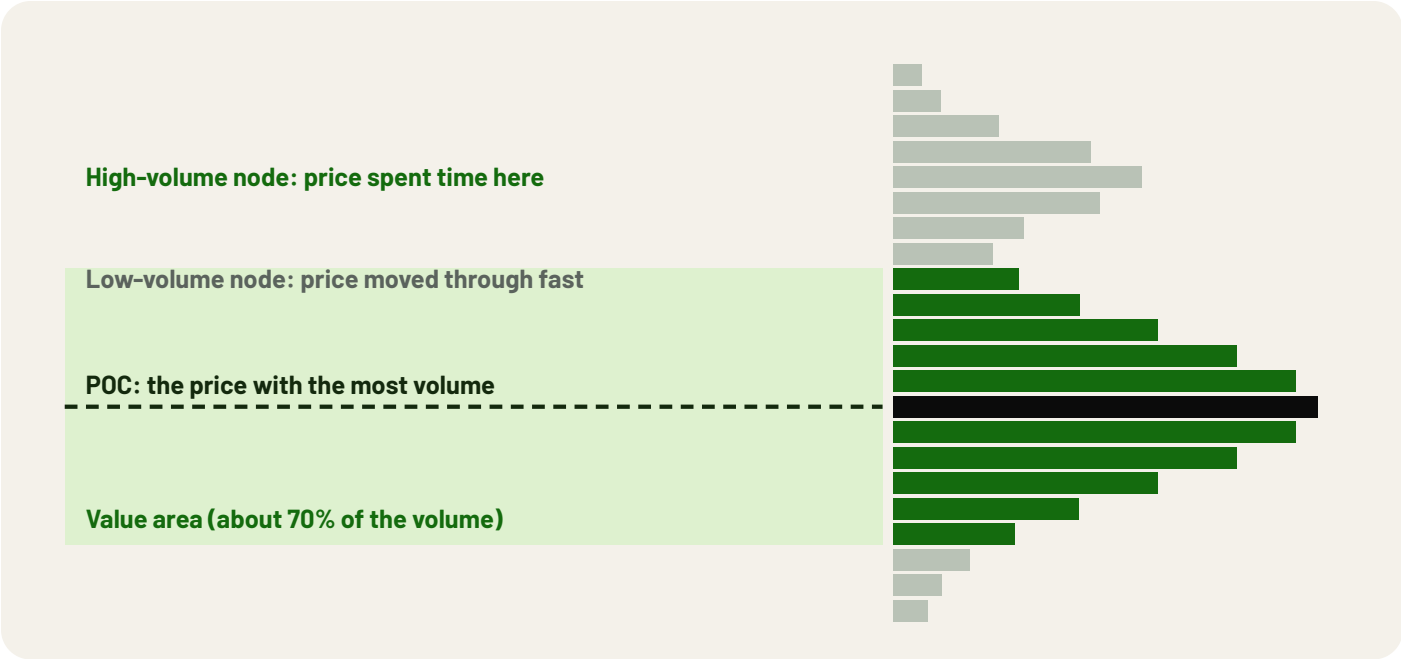
03 VOLUME PROFILE

Normal volume bars show how much traded in each candle (time). **Volume profile** shows how much traded at each *price*, drawn as horizontal bars on the side of the chart.

- **POC (point of control):** the single price with the most volume in the range. A level a lot of traders paid attention to.
- **Value area:** the price range where about 70% of the volume traded (70% is the usual default). The VAH and VAL are its top and bottom edges.
- **High-volume nodes:** fat bars. Prices the market accepted and spent time at; price often slows down here.
- **Low-volume nodes:** thin bars. Prices the market rushed through; price often moves quickly across them.

Fixed range vs visible range: *Visible Range* calculates the profile for whatever is on your screen, so it changes as you scroll and zoom. *Fixed Range* calculates it for a stretch you choose (say, the last big move or yesterday's session) and stays put. Neither is better; they answer different questions.

Add it: Indicators → search "Volume Profile". Visible Range is under indicators; Fixed Range is a drawing tool you drag across the candles you want. Some versions need a paid TradingView plan.



Volume profile turns volume sideways: how much traded at each price, not at each time. Thick bars = prices the market accepted; thin bars = prices it rushed through.



POPULAR, WORTH KNOWING

04 RSI

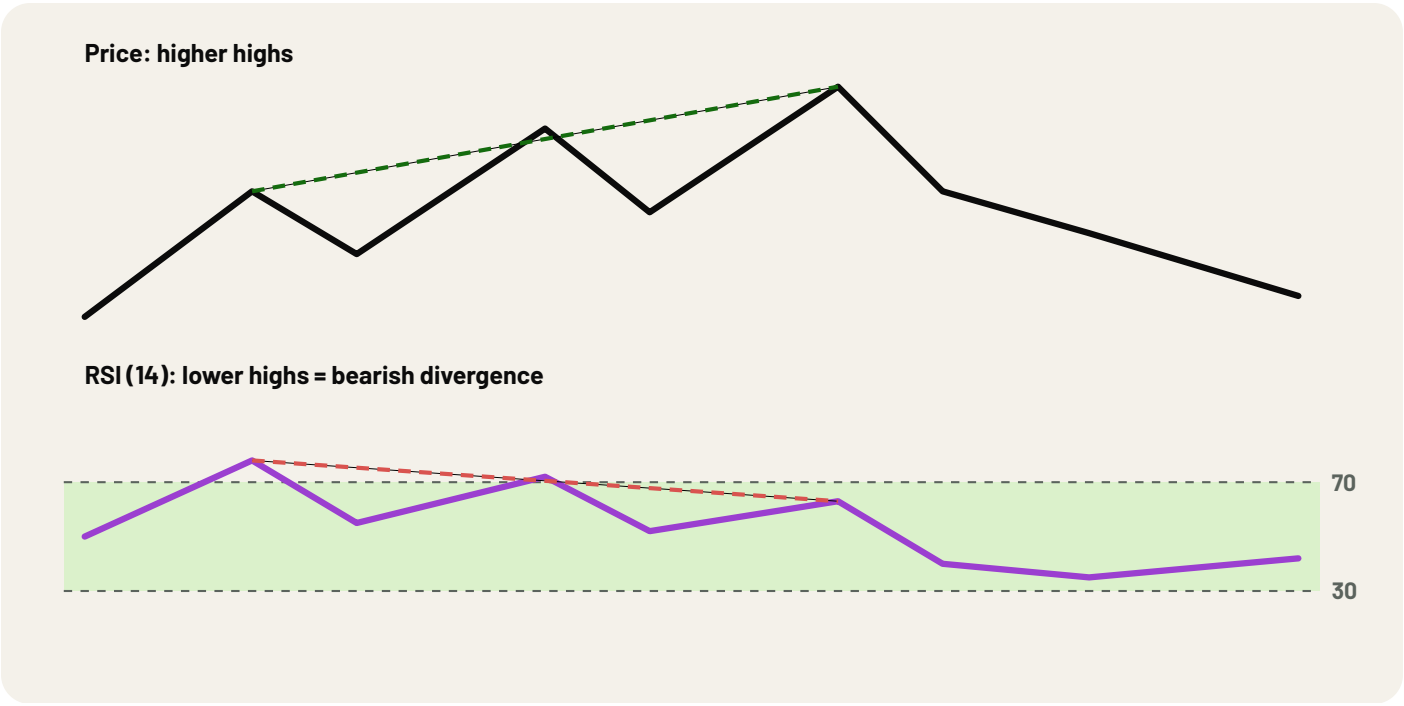
I don't keep RSI on my own chart, but it's one of the most popular indicators out there and you'll see it everywhere, so you should know what it says.

RSI (relative strength index) compares the size of recent up-moves with recent down-moves and squeezes the answer onto a 0–100 scale. The default looks back **14 candles**.

Overbought and oversold: above **70** is called overbought, below **30** oversold. That means price moved hard in one direction recently. It does not mean it has to turn around. In strong trends RSI can sit above 70 (or below 30) for a long time.

Divergence: when price makes a new high but RSI makes a lower high, upward momentum is weakening (bearish divergence). A new price low with a higher RSI low is bullish divergence. It's a heads-up to pay attention, not a trigger by itself.

Add it: Indicators → search "Relative Strength Index". It opens in its own pane under the chart. Default settings are length 14, levels 70 and 30.



Price makes a higher high while RSI makes a lower high. Momentum is fading under the surface. A divergence is a heads-up, not a sell button: divergences can stretch for a long time.

WHO'S ACTUALLY TRADING

05 ORDER FLOW (BEGINNER LEVEL)

Everything above is calculated from candles. **Order flow** looks at the orders themselves: who's waiting to buy or sell, who's actually trading, how big, and at what price.

- **Bid and ask:** the bid is the highest price someone is currently willing to pay; the ask is the lowest someone will sell for. The gap is the spread.
- **Limit orders vs market orders:** limit orders sit and wait at a price (passive). Market orders take whatever price is there right now (aggressive). Trades happen when an aggressive order meets a waiting one.
- **Time & sales (the tape):** a live list of every trade as it happens, with price, size and time.

HOW I LOOK AT IT: BOOKMAP

For order flow I use **Bookmap**, a separate trading-visualization platform (it has a free tier and paid plans; it isn't part of TradingView). It draws the order book over time so you can actually see it.

- **The heatmap:** the colored background is resting limit orders (liquidity) at each price. The brighter the color, the more size is waiting there. Dark means little is waiting.
- **Volume bubbles (dots):** the circles are trades that actually happened. Bigger bubble, bigger trade. Their color shows whether buyers or sellers were the aggressive side.

- **Reading it lightly:** notice where the big bright bands sit and watch how price behaves when it gets near them: does it stall, bounce, or chew through? Also watch for bands that appear or vanish. Orders can be pulled before price reaches them, and some large orders are placed to look scary with no intention of filling (spoofing, which is illegal but happens). So a bright level is information, not a promise.
- **Absorption:** aggressive market orders keep hitting a level (big bubbles going into a bright heatmap band) but price doesn't move through, because large passive orders on the other side are soaking them up. It shows someone is willing to take the other side at that price. It can hold, or the orders can get used up or pulled and price breaks through.

Order flow is the most advanced tool on this list. Learn candles, levels and the indicators above first, then use Bookmap to see what's happening at your levels. Bookmap's own learning section and free tier are a good place to look around before you pay for anything.

TRY BOOKMAP WITH MY LINK →

See the **plans** or the **current special offers**. LV may earn a commission or reward when you sign up through these links.

HOT GIRL RULE: Every indicator is built from what already happened, and the order book can change in a blink. Use them to read the story, not to predict the ending.

KEEP GOING

LEARN IT WITH ME

START THE FREE COURSE →

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Free live class: runclubacademy.com/webinar/live/

Book a call with the team: runclubacademy.com/book/

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TradingView (my charts): runclubacademy.com/go/tradingview — LV may earn a commission or reward when you sign up through these links.

Bookmap (my order flow): runclubacademy.com/go/bookmap — LV may earn a commission or reward when you sign up through these links.

My live trade alerts are a separate, optional add-on on Whop (**whop.com/the-run-club-611b**). Not included in any Run Club program, and you don't need them for anything in this guide.

— LV

Options involve risk and aren't suitable for everyone. Education, not financial advice. Nothing here tells you what to buy or sell, and no result is promised. Tools, indicators and levels describe what price has done; none of them predicts what it will do. You can lose all of the money you put into an option.

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