Coinbase.com

Markets experiencing sustained and/or substantial growth are called **bull markets**. Markets experiencing sustained and/or substantial declines are called **bear markets**. Each presents its own set of opportunities and pitfalls

investopedia

What does neutral mean in Crypto?

Neutral is **an agnostic position in terms of price movements and so is neither bullish nor bearish**. Sideways markets or other neutral trends can be taken advantage of through neutral trading strategies.