

# 6 WEEK ESSENTIALS

**3 Day Program**

# THE ESSENTIALS PROGRAM

This program is designed to give you the foundation needed to become a well-rounded skater. Whether you're just stepping on a board for the first time or you're hitting a plateau in your progression, this program will guide you through the essential skills needed to skate with confidence.

## **What to Expect**

Over the next six weeks, you'll follow a structured, intensive program designed to sharpen your skills. Sessions are 30–45 minutes long, three days per week. Each drill is designed to build on the last, ensuring steady progression and a deeper understanding of skateboarding fundamentals.

## **What You'll Learn**

- Balance & Control – The key to mastering any trick starts with stability.
- Turning & Carving – Learn how to navigate your board with precision.
- Intro to Switch Skating – Begin developing comfort riding switch.
- Popping Fundamentals – Build the technique needed for future tricks.

## **How to Approach This Program**

Come in with a beginner's mindset—whether you're brand new or refining your skills, the key is to stay open to learning. Progression in skateboarding isn't always linear, but if you trust the process and commit to each session, you'll build a solid foundation that will elevate your skating.

## **Why This Program is Different**

This is the first program of its kind, introducing a new approach to skateboarding progression. Developed by Mitchie Brusco, the first skater to ever land a 1260, this program is built on the same principles that helped him achieve what no one else had before. Skate IQ brings those principles to you, helping skaters of all levels push their limits and break through sticking points. Now, let's get started—time to build your skills and take your skating to the next level.

# HOW TO USE THE PROGRAM

## Terminology

- **Static** – The board is not moving.
- **Dynamic** – The board is moving.
- **Off-Board** – This drill is performed without using the board.

## How to Read a Program

- **Click the underlined drill** to watch the instructional video.
- **Sets** – The number of times you repeat a group of reps.
- **Reps (Repetitions)** – The number of times you perform a movement within a set.
  - *Example: "3x15" means you will do 15 reps, repeated for 3 sets.*
- **Notes** – Additional details to help you better understand the drill or provide important context.

## Time vs. Reps:

- If only time is listed under sets/reps, perform the drill for the stated duration.
- If only reps are listed, perform the drill for the given number of repetitions.

| Drill                                | Sets    | Reps  | Notes  |
|--------------------------------------|---------|-------|--|
| <u>Heel Toe Press (Static)</u>       | 3       | 1 min | Soft knees, press into your heels and toes to turn the board |
| <u>Straight Leg Jump (Off Board)</u> | 3       | 15    | Keep your legs straight as you jump, land softly             |
| <u>Manual (Static)</u>               | 5 min   |       | Hold manual for as long as you can                           |
| <u>BS 10° Powerslides (Dynamic)</u>  | 25 reps |       | Don't forget to jump :)                                      |



# 6 WEEK ESSENTIALS

**Week 1**

## DAY 1

| Drill                                  | Sets  | Reps | Notes   |
|--|-------|------|---|
| <u>Board Shift Lift Nose (Static)</u>  | 3     | 10   | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u> | 30    |      | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>           | 4     | 10   | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Deconstructed Tic Tac</u>    | 3 min |      | Mirror your strong stance as best you can                                 |
| <u>180 Kickturns (Static)</u>          | 5 min |      | Perform as slow and controlled as possible                                |

## DAY 2

| Drill                         | Sets  | Reps | Notes  |
|-------------------------------|-------|------|--|
| <u>Tuck Jump (Off Board)</u>  | 3     | 10   | Jump and bring your knees to your chest, keep feet parallel to ground      |
| <u>Hand Ollie</u>             | 25    |      | Pop the board with your back foot and use your hand to level the board out |
| <u>Ollie Complex (Static)</u> | 10    |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3  |
| <u>Deconstructed Moonwalk</u> | 5 min |      | 45° increments, try to keep your shoulders square the entire time          |
| <u>Tail Scrape (Dynamic)</u>  | 20    |      | Use 25% more speed than your used to, gently scrape the tail               |

# DAY 3

| Drill                                      | Sets    | Reps | Notes   |
|--|---------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min   |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps |      | Keep it nice and controlled   |
| <u>FS Powerslide (Dynamic)</u>             | 10      |      | Use powerslide to stop, stay light on the board as you rotate             |
| <u>Short Narrow Manuals (Dynamic)</u>      | 5 min   |      | Narrow foot position  |
| <u>Hippy Jump Hit Tail (Dynamic)</u>       | 25 reps |      | Jump straight up, even pressure on your feet, lift the front leg slightly |



# 6 WEEK ESSENTIALS

**Week 2**

## DAY 1

| Drill                                  | Sets  | Reps | Notes   |
|--|-------|------|---|
| <u>Board Shift Lift Nose (Static)</u>  | 3     | 10   | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u> | 30    |      | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>           | 4     | 10   | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Deconstructed Tic Tac</u>    | 5 min |      | Move from side to side with control, use tic tac to gain speed            |
| <u>360 (Static)</u>                    | 5 min |      | Perform as controlled as possible   |

## DAY 2

| Drill                           | Sets    | Reps | Notes   |
|---------------------------------|---------|------|---|
| <u>Tuck Hippy Jump (Static)</u> | 3       | 10   | Jump and bring your knees to your chest, keep feet parallel to ground     |
| <u>One Foot Ollie</u>           | 25      |      | Pop the board backwards with your back foot, switch and regular           |
| <u>Ollie Complex (Static)</u>   | 15      |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3 |
| <u>Deconstructed Moonwalk</u>   | 2 min   |      | 45° increments, try to keep your shoulders square the entire time         |
| <u>Switch Tail Scrapes</u>      | 25 reps |      | Mirror your strong stance as best you can                                 |



# DAY 3

| Drill                                      | Sets    | Reps | Notes   |
|--|---------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min   |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps |      | Keep it nice and controlled                                   |
| <u>FS Powerslide (Dynamic)</u>             | 10 reps |      | Use powerslide to stop, stay light on the board as you rotate |
| <u>Short Narrow Manuals (Dynamic)</u>      | 5 min   |      | Narrow foot position  |
| <u>Alternating Fakie Tic Tacs</u>          | 3       | 20   | Use tic tac to stop   |

# 6 WEEK ESSENTIALS

**Week 3**

## DAY 1

| Drill                                  | Sets  | Reps  | Notes   |
|--|-------|-------|---|
| <u>Board Shift Lift Nose (Static)</u>  | 3     | 10    | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u> | 30    |       | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>           | 4     | 10    | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Deconstructed Tic Tac</u>    | 5 min |       | Switch, move from side to side with control                               |
| <u>Wheel Drags (Dynamic)</u>           | 3     | 1 min | Keep those front wheels light on the ground                               |

## DAY 2

| Drill                               | Sets  | Reps | Notes   |
|-------------------------------------|-------|------|---|
| <u>Tuck Hippy Jump (Static)</u>     | 3     | 10   | Jump and bring your knees to your chest, keep feet parallel to ground     |
| <u>One Foot Ollie</u>               | 25    |      | Pop the board backwards with your back foot, switch and regular           |
| <u>Ollie Complex (Static)</u>       | 15    |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3 |
| <u>Deconstructed Moonwalk</u>       | 2 min |      | 45° increments, try to keep your shoulders square the entire time         |
| <u>BS 10° Powerslides (Dynamic)</u> | 3     | 10   | Remember to jump and make the board light as you rotate                   |



# DAY 3

| Drill                                      | Sets     | Reps | Notes   |
|--|----------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min    |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps  |      | Keep it nice and controlled                                   |
| <u>FS Powerslide (Dynamic)</u>             | 10 reps  |      | Use powerslide to stop, stay light on the board as you rotate |
| <u>Short Narrow Manuals (Dynamic)</u>      | 5 min    |      | Narrow foot position, hold the manual as long as you can      |
| <u>Walking Snakes (Dynamic)</u>            | 2:30 min |      | Set a target and try and continue straight towards it         |

# 6 WEEK ESSENTIALS

**Week 4**

## DAY 1

| Drill                                  | Sets  | Reps | Notes   |
|--|-------|------|---|
| <u>Board Shift Lift Nose (Static)</u>  | 3     | 10   | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u> | 30    |      | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>           | 4     | 10   | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Tic Tac</u>                  | 5 min |      | Move from side to side with control, use tic tac to gain speed            |
| <u>Indiana Jones (Static)</u>          | 3 min |      | Perform as controlled as possible   |

## DAY 2

| Drill                                  | Sets  | Reps | Notes   |
|--|-------|------|---|
| <u>Tuck Hippy Jump (Static)</u>        | 3     | 10   | Jump and bring your knees to your chest, keep feet parallel to ground     |
| <u>One Foot Ollie</u>                  | 25    |      | Pop the board backwards with your back foot, switch and regular           |
| <u>Ollie Complex (Static)</u>          | 15    |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3 |
| <u>Deconstructed Moonwalk</u>          | 2 min |      | 45° increments, try to keep your shoulders square the entire time         |
| <u>BS Ollie Tail Scrapes (Dynamic)</u> | 3     | 10   | Gently scrape your tail backside  |



# DAY 3

| Drill                                      | Sets    | Reps | Notes   |
|--|---------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min   |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps |      | Keep it nice and controlled                                   |
| <u>FS Powerslide (Dynamic)</u>             | 10 reps |      | Use powerslide to stop, stay light on the board as you rotate |
| <u>Narrow Manuals (Dynamic)</u>            | 5 min   |      | Narrow foot position  |
| <u>Switch Board Shift Lift Nose</u>        | 3       | 10   | Mirror your strong stance as best you can                     |

# 6 WEEK ESSENTIALS

**Week 5**

## DAY 1

| Drill                                  | Sets  | Reps | Notes   |
|--|-------|------|---|
| <u>Board Shift Lift Nose (Static)</u>  | 3     | 10   | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u> | 30    |      | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>           | 4     | 10   | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Tic Tac</u>                  | 5 min |      | Move from side to side with control, use tic tac to gain speed            |
| <u>Deconstructed Moonwalk</u>          | 5 min |      | 90°, perform as controlled as possible, keep your shoulders square        |

## DAY 2

| Drill                               | Sets  | Reps | Notes   |
|-------------------------------------|-------|------|---|
| <u>Tuck Hippy Jump (Static)</u>     | 3     | 10   | Jump and bring your knees to your chest, keep feet parallel to ground     |
| <u>One Foot Ollie</u>               | 25    |      | Pop the board backwards with your back foot, switch and regular           |
| <u>Ollie Complex (Static)</u>       | 15    |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3 |
| <u>Deconstructed Moonwalk</u>       | 2 min |      | 45° increments, try to keep your shoulders square the entire time         |
| <u>Switch Wheel Hovers (Static)</u> | 3     | 15   | Mirror your strong stance as best you can                                 |



# DAY 3

| Drill                                      | Sets    | Reps | Notes   |
|--|---------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min   |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps |      | Keep it nice and controlled                                   |
| <u>FS Powerslide (Dynamic)</u>             | 10      |      | Use powerslide to stop, stay light on the board as you rotate |
| <u>Narrow Manuals (Dynamic)</u>            | 5 min   |      | Narrow foot position  |
| <u>Heel Drag Stop (Dynamic)</u>            | 30      |      | Try to stay as controlled as possible, remember to breathe    |

# 6 WEEK ESSENTIALS

**Week 6**

## DAY 1

| Drill                                   | Sets  | Reps | Notes   |
|---|-------|------|---|
| <u>Board Shift Lift Nose (Static)</u>   | 3     | 10   | Reach the board forward as far as you can and lift your nose with control |
| <u>Manual Squat to Stand (Dynamic)</u>  | 30    |      | Start in a comfortable squat, gradually stand up while maintaining manual |
| <u>Wheel Hovers (Static)</u>            | 4     | 10   | Start on tail and push wheels down without touching, land back on tail    |
| <u>Switch Tic Tac</u>                   | 5 min |      | Move from side to side with control, use tic tac to gain speed            |
| <u>Deconstructed Spacewalk (Static)</u> | 3     | 20   | Perform as controlled as possible   |

## DAY 2

| Drill                                | Sets  | Reps | Notes   |
|--------------------------------------|-------|------|---|
| <u>Tuck Hippy Jump (Static)</u>      | 3     | 10   | Jump and bring your knees to your chest, keep feet parallel to ground     |
| <u>One Foot Ollie</u>                | 25    |      | Pop the board backwards with your back foot, switch and regular           |
| <u>Ollie Complex (Static)</u>        | 15    |      | hippy jump, hippy jump lift nose, hippy lift nose hit tail, ollie with P3 |
| <u>Deconstructed Moonwalk</u>        | 2 min |      | 45° increments, try to keep your shoulders square the entire time         |
| <u>Ollie FS Tailscrape (Dynamic)</u> | 3     | 15   | Scrape the tail lightly and under control                                 |



# DAY 3

| Drill                                      | Sets    | Reps | Notes   |
|--|---------|------|---|
| <u>Single Leg Snakes (Dynamic)</u>         | 5 min   |      | Smooth turns  |
| <u>Alt. Nose Lift w/ Tail Tap (Static)</u> | 50 reps |      | Keep it nice and controlled                                   |
| <u>FS Powerslide (Dynamic)</u>             | 10      |      | Use powerslide to stop, stay light on the board as you rotate |
| <u>Narrow Manuals (Dynamic)</u>            | 5 min   |      | Narrow foot position  |
| <u>Switch Heel Drag to Stop</u>            | 30      |      | Mirror your strong stance as best as you can                  |