



Kick Start Board

Elysia Tsai, M.Ed., ATC introduces our Kick Start Balance Board. Our smallest board for toddlers and kids. The small rail size and rail is perfect for kids learning how to walk and develop coordination. A small and mighty board with an adjustable rail that can be placed on a larger board as they grow. Get your kids started today with balance training and watch them excel at sports performance.

(0:01) Hey everybody, Elysia here from Si Boards and I'm here to introduce our Kick Start Board. The Kick Start Board is our very, very fun Mini Board designed for toddlers and those still in diapers. Our youngest rider was a year and a half old, and she grew up very well on this board and then progressed to larger boards. Her athletic development was absolutely amazing over the past few years. We had toddlers who wanted to jump on board just like their parents and their older siblings, however, we needed something small and mighty just for them, and this Kick Start Board is just for you.

(0:40) Board Specifications

The size of the Kick Start Board is 18" (45 cm) tall by 10" (25 cm) wide. It's 4 lbs. (1.8 kgs). This board features a urethane rail which you can actually take off and use on a larger board as your toddler grows up in height. The rail that's attached on here right now is 12 ¼" (31 cm) tall by 6 ¼" (16 cm) wide. The urethane rail that you'll find on the Kick Start Board is the same one that you'll find in our Skate Kits. It's very durable if you're using it outdoors. You'll just slide this apart at the joints and then you can expand your rail with 4" extensions or 8" extensions. Everything is interchangeable. If you want to take this rail and place it on a larger board as your toddler grows up in height and in skill, it's perfect for you.

(1:52) Kick Start Combo

The Kick Starter Combo comes with one of the 3" Mini Half Balls and a 2 ½" rubber lacrosse Ball. We use these rubber lacrosse Balls because they're easy to replace in case you lose one. If you're ready to step it up in height, the 3" Mini Ball will work very well on the Kick Starter Board, however, it is quite advanced. You always have the option of adding additional Half Balls or Balls. If we went with a very basic level, we would put two Half Balls underneath the board, like so, and you would have a Rocker Board. If you're standing on here with your feet, you're going to rock forward and backward or if you turn to the side, you can rock to the sides.

(2:38) When you're ready to progress in skill, you can take one of the Half Balls away and create a Wobble Board. This is going to tilt in all directions and if you're trying to maintain your balance, you can also get some twisting motions left and right, forward and backward. It's a great skill progression for these toddlers. To further progress, you would have one Half Ball on one side and one Ball on the other

creating a Single Pivot board, so one side is going to teeter while the other side is actually going to rock. This is a fun movement if you're doing a push-up position or just standing.

(3:20) Your next part of the progression is to place two Balls underneath the board, creating a Double Pivot system. This board is going to roll forward and backward, side to side, add some twisting, and you will be able to get multi-direction circular movements. Having two Balls under the board is going to be easier than one Ball because you have two points of contact. When you're ready to further your progression, just have one Ball underneath the board. Step on the low side, step on the high side, gently shift your weight, and you're up and riding. You have left and right motions, forward and backward, twisting, diagonals, circles, and full 360 degrees. This is truly a Multi-Direction Balance Training System for toddlers and small kids.

(4:24) The Kick Start Board is perfect for toddlers and for your young kids who are still in diapers, learning how to crawl and walk. It's a perfect board for their athletic development as they grow and it's great for family time. The Kick Starter comes in a variety of board colors and ink color combinations. You can add colorful Half Balls and Balls and have something bright and cheery as your kids learn their Balance Training System. Jump Into the Next Generation with us and get started on your Si Board today.

Elysia Tsai, M.Ed., ATC is a Certified Athletic Trainer and the developer of Si Boards balance boards, unbreakable med balls and power rope balls. Our balance boards are the most versatile and progressive multi-direction training system. Our high performance products are made in the USA with superior function, quality and lasting value. We are always available to answer your questions.

For more information, check us out at:

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