

# KSS-BIKE



## DEVELOPMENT OF A TRIAL BICYCLE WITH SUSPENSION FOR CROSS-TRAINING MOTORCYCLISTS

Trials is a subdiscipline of mountain biking that has a small yet passionate community. There are two variants of this sport: one practiced with a specific trials bicycle and one with a trials motorcycle. Though these two disciplines have the same basic requirements, there are clear distinctions in the technical sports gestures that the respective athletes employ. This is due to some fundamental differences in the vehicles used, one critical difference being that the trial motorcycle has a suspension system while the trial bicycle does not. This leads to incompatibility between the sports at a high level as cross-training can cause learned skill errors, where athletes adopt bad habits from practicing the other discipline. This is particularly problematic for trial motorcyclists, as there are various benefits from training with a bicycle, namely: bicycles provide a more complete workout for trial riders, bicycles are easier to maintain, laws restrict the use of motorcycles in certain areas, and the fact that many trial riders begin their trial experiences on a bicycle.



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12 / 09 /2019  
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