

Notes from the study:

The wrong content was picked for the first bout, but participant was not bothered

The changing of sizes on adaptive took a lot of focus

On treadmill the headset was bouncy. This had a notable effect on enjoyment

Elliptical, phone: Difficult to watch at higher intensity

Treadmill, static: The screen was large enough to where it became hard to see the edges of the screen

Treadmill, phone: Bad posture which is annoying for the neck

Row, static: Got motion sickness when moving to and from a large screen. They also state that they might even prefer not having the video

Row, phone: Less imposing which means less motion sickness. The placement is better, but the screen is too small

Row, adaptive: Likes the following effect. The size changes are better and less noticeable than on other machines.

Now that you have experienced the three viewing modes on all machines, what is your overall ranking?**What works well on which machines?**

- On the rowing machines it works well that it is dynamic, because you are in a dynamic movement, so it works well here. It also feels more natural that the screen size changes on the rowing machine. On elliptical and treadmill, I think the static worked best for me, but maybe something in-between, so not too big and not too small, so a medium size. I also do not think you get a lot out of the [adaptive] mode on elliptical and treadmill. But I focused a lot on the size changing on those machines.

Was the fact that you noticed the size changes on elliptical and treadmill part of how exerted you were or was it just very noticeable?

- I did not notice it a lot on the treadmill, but a lot on the elliptical. And that might have been because I had sufficient mental resources then.

What did you think of the content selection? Did the content you picked have a notable influence on your enjoyment?

- It was nice, the only thing that was not nice was when I got end credits during high intensity. The content selection was fine. Normally when I do cardio, I find

something on Netflix, so it is in line with the same kinds of genres I normally watch.

Describe the effect that having the video had on your workout. How did it differ between viewing modes?

- I had mentioned how I would rather have been rid of the content entirely on [static, row] because I got motion sickness moving to and from the screen. In general, it is nice having something to divert your focus away from how much you exert yourself. It is more comfortable on low and medium intensity, but when you get to a point where you are exerting yourself a lot it is not always nice having something to watch. Then I might rather focus on my breathing and technique.
- Normally when I do cardio, I would not do high intensity, rather a low intensity that I can do for longer periods.

Did you experience any issues on any of the viewing modes?

- The screen was a bit off at some point, but otherwise nothing seemed technically wrong. I thought it was annoying that I had to look downward on the treadmill with [phone mode], but that was a design thing.

What makes a good viewing experience for you when doing cardio?

- The good viewing experience diverts your focus from the cardio you are doing and gives a better experience. But I felt that it was difficult to achieve on high intensity.
- The screen should be placed in a neutral position, and it should not take up your entire field of view, but it should not be too small either. So, something where the screen is in a place where you would naturally look and be large enough to where you can keep track of what is happening on screen but not be so big that it then becomes hard to see everything. I found that on the [static mode] on the treadmill and elliptical, where the [adaptive mode] was more distracting.

Anything that could improve the modes you experienced today?

- The movement of the screen works well on the rowing machine, but it is not noticeable on the other two. The size of the [static] could sometimes be a little smaller. So, for elliptical and treadmill, a static and large screen that is not too large.

If you were to do low intensity cardio, could the screen then be larger there than on higher intensity cardio? Would you have more cognitive ability to look around at lower intensity?

- I do not feel that there is a connection between intensity and screen size.