

Notes from the study:

Felt a stabilization effect on the video. Also notices passthrough imperfections. This may be the cause for the perceived stabilization effect.

On rowing machine, the placement is a very big factor for the participant. They also like seeing the information panel. Headset was bouncy on treadmill

Also notes that they use contacts with high prescription.

Elliptical, adaptive: Fiddles with machine. Size and placement were both fine

Elliptical, phone: The phone is so small that they hyper focused on it resulting in less attention given to the exercise.

Row, adaptive: Video is a bit too high

Row, phone: Good placement, screen is too small

Treadmill: First mode was static. Second mode was adaptive. They notice the bounciness more the second time, which hinders the adaptive mode

Q: If you had to give an overall ranking, which is the best of them all?

A: I think in general it's the big one (static) but that's because it's easier for me to see, you don't have to concentrate as much there. You more or less just have to concentrate on the exercise than watching a movie. On the other hand, I also liked that [the video] was a little lower, as it meant that you didn't have to work so hard with your head, by looking up all the time when it shakes, etc.

Q: Is it consistent with all 3 machines that it's nicer when it's a little further down?

A: Yes.

Q: With the elliptical, I think you ranked the smallest screen as the worst. So, it's just because of the size and not because of the location?

A: Yes, I think it must be because of the size and not because of the location. It feels more comfortable and not particularly shaky.

Q: It's simply because the headset is heavier than not wearing anything

A: Yes, at least it feels like it

Q: What do you think about the selection of content, is there anything you would rather have seen than Family Guy?

A: I actually think Family Guy fits me perfectly. It's good humor, good for taking your mind off exactly training. It worked in the same way as music, by taking your mind off training.

Q: When you made your scales, did the content have an influence on your enjoyment of watching something. If you imagined that you had to watch something you weren't that interested in, would you have ranked your enjoyment lower

A: I think that's because when I watch something I'm interested in, I don't pay as much attention to having to look at the time and generally other things around me and how hard it is for me.

Q: Can you go into a little more detail about your preferences in viewing mode from machine to machine if you have an idea of something that can make a viewing mode work on one machine, where it might not work so well on another machine? Or what makes a viewing mode work well on a machine

A: I think, especially on the rowing machine, I liked that [the screen] was bigger, because you move back and forth. When it was bigger you didn't have to concentrate so much on suddenly being further away and suddenly being closer. On the treadmill it was actually also nice that it was big because then you could relax your shoulders a little more. My overall preference is just that a big screen is nice

Q: Was the effect different from viewing mode to viewing mode. So, was it smaller or larger depending on how it was presented?

A: I don't think the effect was different. Maybe it was something more, as I also mentioned for the elliptical, that you had to concentrate more on the small screen, so you forgot a little more that you were doing something hard, but it was also harder to follow exactly because the screen was so small

Q: So, it was like you both forgot that you were doing something, but it was also hard to follow what you saw?

A: Yes, better to forget a little that you are doing something but can't follow yourself well, or would you rather follow 110% percent but then be a little more aware of what you are actually doing

Q: Is it frustrating to follow the small video. Is it a form of frustration that makes you forget the exercise itself?

A: It may well be, purely psychologically you are a little more frustrated by the fact that "fuck it's small", which means you have to concentrate a little more to follow the video, which means I don't notice as much that I'm doing the exercise.

Q: On the other machines (rowing machine and treadmill) you actually ranked the small screen relatively high, so it doesn't seem like you have had the same frustration regarding the size?

A: In terms of size, there hasn't really been that much of a difference from the very large to the smallest, as from the very large to the medium. There I've prioritized more that it's in the right location, so there I've prioritized it a little higher than that the video is in the right size.

Q: The different levels of intensity, how do they affect your viewing experience?

A: I thought about it while running, because at higher intensity I feel that the headset bounces more. Whereas in the rowing machine I didn't think about the intensity nearly as much other than it was really hard, so it was probably worst actually in running (on the treadmill while running).

Q: So, the fact that the exercise is harder doesn't necessarily have a big impact on seeing something for you?

A: No, I don't think so.

Q: Did you experience any technical problems that seemed out of place?

A: Not immediately, the only thing was really just a little white circle under the rowing machine (boundary), otherwise there was nothing

Q: If you had to describe the good viewing experience for you when you do cardio, what would it look like?

A: If you had to choose it yourself, it would be the big screen, a little bit out but a little bit downwards also because then it would be more comfortable and it would be more relaxing, and you don't shake nearly as much during high intensity.

Q: If you ignore having the headset on, if you could just have a physical screen, would that be better?

A: No, it's not. I've tried having a TV in front of a treadmill before. I feel that the headset stabilizes the image more than a TV does, where you can't really follow. I'd rather have this screen in the headset than a TV in front of me.

Q: If you had to make some suggestions for improvements, what would it look like?

A: I actually don't think I have any improvements other than the big screen could be a little further down. So maybe you could somehow grab the screen itself and pull it to control whether it should be further away from you or closer, and in the same way also control the size.

Q: It actually sounds like what you want is to actually be able to control it yourself?

A: Yes, I think this is really cool. You have the opportunity to see them, and it's stabilized for you. If you jump up and down it's still fine, because the image was stabilized. It was really cool.