

Notes from the study:

General notes:

Participant does not notice the difference between static and adaptive.

The first note by the participant is that while watching something, they do not notice the time and time flies.

During the last exercise (elliptical, adaptive) the participant notices the size changing on adaptive.

Treadmill, phone:

Screen too low

Now that you have experienced all three viewing modes on all three machines, what is your overall ranking?

- The worst one is the small one. The best one is at eye height and has a large screen so you can see all that is happening. (Participant does not give a distinction between static and adaptive)

Did you enjoy the selection of content? And did it have a notable effect on your enjoyment?

- I liked it, it was action packed and visual [incoherent].

Can you talk a bit about what your favorite viewing mode is on each of the three machines?

- On all machines, I like a screen that is big and at a comfortable eye level. It is nice when the screen is there constantly. The [static] screen does not disappear and does not adapt, it is just constant, which is nice.

Can you describe the effect that having something to watch has on you when you do cardio like this?

- It helps a lot that you do not have your attention on the [machines'] displays all the time and take in all that information all the time and you can just work out and disappear into this anime world (He watched One Punch Man).

What effect did the different levels of intensity have on your viewing experience?

- It was definitely best to watch at low and medium intensity. When I got to high intensity, I had to think about not falling off [the machine] and it began to get harder, and I had to focus more on the [exercise].

Did you experience any issues throughout the study?

- The small screens were problematic because you just could not see on some of the machines. Especially on the rowing machine when you got far away it was nearly impossible to see. Then it would perhaps have been better to see something with more sound instead of fighting (The participant essentially says that there is no point in visuals if you cannot see them anyways).

Can you explain what a good viewing experience looks like for you when doing cardio?

- Definitely something more auditory so it is easier to keep track of the content at high intensity so that you can zone out with your eyes and just listen along. Then of course a large screen, so it works well on low and medium intensity.

Anything that could improve the viewing modes you have seen today?

- If you wanted it entirely immersive, you could have the screen be even larger and have it follow your gaze, so when you looked away the screen followed you.

(Better interviewer intervenes and asks): What would then happen, if you had this following screen, and you felt as if you were about to fall on the treadmill, and you wanted to look down and regain your footing, but you could not see your feet because there now was a big screen in the way?

- I did not think of that, then that might be a bad idea