

Notes from the study:

Wants subtitles. Makes a general note that they would like the screen to be placed where the machines information panel is located on all machines

On elliptical: Phone condition was small and too far down. There was no real difference between adaptive and static

On row: For adaptive they only noticed the size changes and not the follow effect. They got distracted by the content and forgot to keep up intensity. They mention that phone works fine for casual content. The ranking was a toss-up between static and adaptive (maybe partly because they were only made aware of the follow effect after watching).

On treadmill: The static screen is too big. The participant lags behind trying to watch the static screen. Did not lag behind on adaptive. Phone is too far down and small. Headset was bouncy. Also did not like the machine

Q: Now that you have seen these 3 different viewing modes on the different machines, if you were to give an overall ranking, what would it look like?

A: The small one at the bottom [is the worst]. The other two are very close, it depends on the machine. On [treadmill] it was fine with a smaller one and on the others, it was the large one, the static one was the best.

Q: That's not what you had answered in your questionnaires

A: Well okay. It's probably because I think [static and adaptive mode] were very similar

Q: What about the content you saw, what do you think of the selection we had? Did it have an impact on your enjoyment

A: Definitely, good choices. All of them are casual and are not something you need to focus too much on

Q: So, you wouldn't watch something interesting like a documentary?

A: Yeah, I think I would watch that. For example, something like Planet Earth could be chill enough. But I wouldn't watch something like Dune, a big movie. It just needs to be something where you can concentrate on something else for a while and then put your focus back on the series and not be completely lost

Q: Can you talk a little about your different preferences from machine to machine? What makes a viewing mode work on one machine that might not work well on the other machine

A: Especially the [adaptive mode] was good when there was more movement, i.e. a higher intensity. So, on the treadmill it's really good, I think. On the rowing machine it was a long way to the [phone mode] so the others were better.

Q: But you didn't notice at all that one of the big ones followed you when you went back and forth?

A: No, I didn't notice that at first. But that also means that I was happy with both of them. The [elliptical] was the easiest to use. All viewing modes worked fine on it, except that it was a bit annoying to look down at the [phone mode]. But it wasn't impossible to do.

Q: But compared to the other two (static and adaptive) on the same machine (elliptical), was it very similar since there wasn't that much movement?

A: Yes, I think so.

Q: Can you describe what effect having something to watch has when you train this way, and whether it's an effect that changes from viewing mode to viewing mode?

A: I don't think it changes, time just passes a little faster. I'm not the biggest fan of running/cardio training, and I think people who generally don't use cardio training as a form of meditation would benefit from watching a video instead. At least for me it helps to make time pass faster

Q: The different levels of intensity, did it have any significant effect on your viewing experience across modes? We've already talked about more movement making it more tedious to watch something

A: I feel that when it gets very intense you focus more on doing the exercise than what's happening on the screen/in the series.

Q: Did you experience any technical issues?

A: There were maybe on the very first exercise, on number 2. It jumped a little bit once; I think the tracking was a little weird. Other than that, there was nothing

Q: What constitutes a good viewing experience for you when you do cardio?

A: It was hard to hear the sound at the end, as there were people training next to me which started to drown out the sound. I would have preferred to have been able to watch it with sound directly in my ears. But this is the first time I've done an exercise while watching video, so it's hard for me to have anything to compare it to. I might have preferred to have a physical screen placed instead, but that's only because the headset was annoying to wear.

If you could barely feel the headset, I would prefer the headset solution, especially if you can adjust the screen yourself (position, size)

Q: Is there anything that you feel could improve what you experienced today?

A: I would have liked to have been able to adjust the screen myself. Also just make the audio easier to listen to. Maybe subtitles, but that should just be an option. Maybe it will be too difficult to read the subtitles, so they should be user-defined instead.