

Notes from the study:

Row, adaptive, static: Could be placed lower. Adaptive too small at high intensity

Treadmill, phone: Small neck pain

Q: What is your overall ranking?

A: The adaptive is the best, I like it to be smaller. The worst is definitely [phone mode] because it hurts your neck.

Q: What do you think about the content, did it have a good or bad influence?

A: I think it's a nice selection, I can see that it's hard to get all the content in the world to all people.

Q: Can you explain your preferences from machine to machine?

A: Basically, the reason I chose the static one on the elliptical was because I think, and it may actually be because I can't figure out how to run the elliptical, that I generally want a big screen that stays where it is. There's not really a reason why it should become smaller for me. It just got too small at high intensity. On the other machines it was fine that it was smaller, I actually liked that better

Q: What effect did having something to watch have on your workout

A: I like to listen to music when I work out, but when it's cardio I can't just listen to music for 30 min to 1 hour. I can do that when I'm strength training, though. But the video fixes that problem for me on cardio machines

Q: Did it make a big difference from viewing mode to viewing mode that you appreciated it more or less?

A: It really depends on the size of the screen, whether you watch something on a small vs. large screen, all in all it's nice to watch something, but it's even nicer when it's a big screen.

Q: What effect do you think the different intensity levels had on your viewing experience?

A: Low intensity had almost no effect, medium a little more effect but still fine, high intensity makes it a little harder [to watch] but it's not impossible to watch, but on [phone mode] it was quite difficult because it was so small.

Q: When you think about the viewing modes that are available, are there any that are more affected by intensity than others or is it consistent?

A: Mobile is the one that is most affected because it's small. It also has a lot of effect on which machine it's on.

Q: Did you experience any technical problems?

A: Yes, sometimes the screen swayed from one side to the other

Q: If you had to describe what a good viewing experience is for you when you're doing cardio, what does it look like?

A: I should be able to choose placement and size. About eye level and a nice big screen

Q: What could improve what you experienced today?

A: [adaptive mode] should not get THAT small at high intensity. Also make it assess how hard you are instead of having 3 instances of intensity.