

Notes from the study:

On row: prefer lower placement, but also wants to see the information panel

Row, adaptive: Noisy machine. At higher intensity the participant did not focus 100% on the video so it was nice that it got smaller but could be slightly bigger. Needed to adjust strap on headset for next round

Row, phone: Small, but fine placement. Impossible to follow at higher intensities

Row, static: At all intensities, when the participant rowed close to the video the corners were cut off and they could only see the bottom-middle of the video. This was annoying resulting in more focus being given to the information panel, especially on medium and high intensity.

Elliptical, phone: Too far down, too small, bad angle. It was difficult to go hard on the machine.

Elliptical, adaptive: Got “Locked in” moving closer to the information panel, where it was nice that the video got smaller. Sizes work better than row.

Elliptical, static: As the participant “locked in” it got harder to focus on the video, since they moved closer, but the video remained fixed, so it was too big at high intensity.

Treadmill, adaptive: Did not notice the size adjustment which was nice.

Treadmill, static: It was not as hard as before, so lower RPE. Size was fine but could have been bigger at low and smaller at high. It was more noticeable that the headset was jumping.

Treadmill, phone: Bad placement, poor posture. At higher intensity the participant did not want to look at the video and instead looked at the elapsed time or straight ahead.

Q: Now that you've been through these 3 viewing modes on all the machines, what's your overall ranking?

A: The one that adjusts the size is clearly the best, I think I've ranked it as number 1 on all the machines. It's not all machines where it's optimal. It might be placed a bit too high on the rowing machine, but on the other machines it's clearly the best, I think it's nice that it adjusts down in size when I go harder. But it can be a tad too small at the end.

Q: When you say it's a tad too small, is it because of the rowing machine?

A: I noticed [the size change] most on the rowing machine, but I think it's because I wasn't as exerted there, so I noticed the video more than how hard it was to do the exercise. But on the other machines I was more exerted, so I think it was better there.

Q: What are your thoughts on the selection of content? Also, has what you've chosen had an effect on your enjoyment of your workout?

A: I definitely think the content is great, but I had seen it before what I had chosen and the episodes that I saw are not the kind of episodes where a lot happens. It may be my own fault that the content I saw was a bit boring, but it was still nice to watch

Q: Can you go into a little more depth with your preferences for these different viewing modes on the different machines. Can you go into what some are better than others and what parts of them are the reason why they are better

A: I think the adaptive is the best on all machines. I tend to go very hard on it on the rowing machine, for example. I also have a lot of range there, so I get really close and very far away from the panel. When I get close, I can't see the whole screen, so they actually work best when I get further away. With [adaptive mode] I can always see the whole screen. In terms of placement, I prefer where the phone screen is on the rowing machine. However, I also like to see how much time has passed and the rest of the information on the rowing machine. I think the placement of the large screen is actually good enough, but the optimal placement in terms of posture is probably on top of the display, but I would like to have that information anyway.

Q: Can you explain what effect it has to have these videos while you train? And what effect does it have with these different viewing modes?

A: In general, it is a positive effect to have videos to watch, it is a form of distraction, especially at lower intensity where you don't notice that you are doing something hard. When it is higher intensity, when it becomes smaller, I can still focus on the video, but [the exercise] is still hard. In general, it gives motivation to continue training. I don't think I would want to train as much if I didn't have anything to watch. In terms of the different modes, especially on the elliptical and treadmill, I didn't really feel like training anymore when I had the small screen because of it. The placement was so bad, and the headset was heavy which put a bit of strain on my neck when you have to look down (on both machines). I didn't feel like pushing myself as much and watching the video when it was in [phone mode] (elliptical and treadmill).

Q: How have the different intensity levels affected your viewing experience?

A: On [static mode] when I pushed myself more especially on the rowing machine and elliptical, I couldn't really focus on the screen itself. I think maybe I hyper focused on the middle of the screen and couldn't really see what was going on. It wasn't as big of a problem on the treadmill as I was constantly at the same distance from the screen. It wasn't like on the rowing machine and elliptical where you get a little away from the screen every now and then. On the treadmill it was actually excellent, on the big screen I just had a hard time focusing on everything in the end. But [adaptive mode] got too small in the end especially on the treadmill and rowing machine.

Q: Did you experience any problems with any of the three viewing modes+ during this study?

A: There was one time on the treadmill where I was asked to switch to medium intensity. I really noticed that the screen became small. It turns out to have been a technical error where it was adjusted too far down to start with, but then it was adjusted to a larger size, so it was fine again.

Q: What does it take to make it a good viewing experience for you on cardio machines?

A: The placement of the screen is definitely important. I was almost mad that the placement was so far down on the treadmill and elliptical with [phone mode]. It would definitely be much better if the screen was at neutral eye level. Just above the information panels it fits well, except on the rowing machine where it could be a tad lower. Another aspect is that the screen has to be big enough to see what is going on. You couldn't really do that on that one either.