

Notes from the study:

The only participant to use incline on treadmill (2 – 3)

Participant almost falls (adaptive, medium, treadmill)

Mentions that they have not used treadmill in over a year

On row participant looks down a lot especially on higher intensity

Actively uses the information screen on row machine.

Makes note of the noise generated by the rowing machine, which is annoying

Legs start to cramp

Treadmill, static: Good on low and medium

Treadmill, adaptive: Too big on low, too small on high

(The participant notes that they cannot look to the sides even on low intensity. It is also noted that this participant goes very hard)

Treadmill, phone: Bad at low and medium but good at high. The participant looks downward when they run.

Row, phone: Small but fine placement (participant tired out and did not finish the entire 45s high)

Row, static: Bad angle, too high, fine size

Elliptical, phone: Too low for low and medium, perfect for high

Elliptical, static: Good on low and medium, bad on high as placement is too high and screen is too big

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

A: The best way for me to watch is not one of the three specific modes but I will say that I prefer when it is small and placed in close proximity of what else I am looking at on the information panel, which I also think helps my form when doing the exercises. So, for me it is proximity over size. And at the same time smaller so that I do not have to look to the sides or lift my head too much.

Q: Is there then a limit to how small the screen can be?

A: Yes, it should not be as small as it was [on the phone mode], especially on the rowing machine, where I could not see what was going on until I was closest to the screen. So, a bit bigger.

Q: What did you think of the content selection? Did the content you picked have a notable influence on your enjoyment?

A: It was a nice selection, and I felt you could pick based on intensity. I picked a cozier show because I knew that I was mainly going to be doing low and medium intensity. If I was going to be doing more high intensity, I would likely have picked something with more action. The influence of the content was most noticeable on the treadmill on low and medium intensity, where I did not think about the fact that I was running.

Q: Please explain your viewing mode preferences on the different machines. What made a viewing mode work on one machine over another?

A: It is very much influenced by how you perform the exercise and your preferred form. On treadmill, I tend to look more downward at high intensity also because I wanted to look at the time to see when I was done with the exercise. On the rowing machine, I want to have a more straight upright back, so there I want the screen a bit higher. On elliptical it is somewhat in between.

Q: Describe the effect that having the video had on your workout. How did it differ between viewing modes?

A: I can immerse myself at low and medium intensity. On high intensity I feel it is often more in the way than anything else. To really push myself I cannot just zone out. I have to focus on the exercise and exerting myself and I cannot do that when I have distraction beside the exercise.

Q: So, you do not think it is a good thing to get distracted on high intensity, you would rather focus on the exercise?

A: Yes, and it is the same with strength training. If I have a lot of weight, I want to focus on doing it right so that I do not destroy myself

Q: Did you experience any issues on any of the viewing modes?

A: I noticed an angle on the [static mode] on the rowing machine that felt out of place. Otherwise, no. On some machines, you would want an angled screen, for example, on the elliptical with [phone mode] I would have liked to have it more angled upward toward me.

Q: So, it sounds like part of a good viewing experience for you is a screen that is pointed toward your gaze. What else makes a good viewing experience for you when doing cardio?

A: Yes, a screen pointed at my gaze, and then I really liked the [follow effect] on the rowing machine and would have liked the same effect on the [phone mode].

Q: Did you notice the follow-effect on the other machines?

A: Not at all.

Q: Anything else on what makes the best viewing experience for you?

A: I use it much like a second monitor experience, so I can focus on it if I want to. And then have it change depending on what kind of cardio I want to do. So, if it is a low intensity, I would want the big screen, and then if the intensity was higher, I could pick one that was a bit smaller.

Q: It sounds like you want something more user defined both in terms of size and placement?

A: Exactly. So, you might have these three presets and then you could cycle through them at your own whim, that would create the best user experience in my eyes.

Q: As a follow-up to that, what do you think of the adaptive method that changes automatically based on intensity?

A: It is hard to say how that would work on a completely user-defined system and users' preferences of specific screen sizes are difficult to preset. I would also be concerned about the smoothness of transitions between intensities and if doing that exclusively through heart rate you would see a lot of spikes. So, I think it is better to have these hard limits and as a user have a button that changes the size.

Q: So, you, as a user, would be willing to have the controller yourself and have something to adjust yourself and not have it be an entirely automatic system?

A: Yes, it is the same for me as when I change speed, resistance, and incline. So having another button to change the screen size would be perfect. Then maybe you could have it coupled to the speed or something if you wanted to, but again, that differs from person to person, so rather have it be user controlled.