

Notes from the study:

Wants better sound quality. Wants subtitles.

Row, phone: Small, fine placement

Row, static: Has to pay attention to looking up

Row, adaptive: Better at higher intensity, as they do not need to look up as much

Elliptical, adaptive: Medium size was best

Elliptical, static: At high intensity the participant leaned forward, which cut off the edges of the video

Elliptical, phone: Terrible posture, buttons were covered by the screen

Treadmill, phone: Shit posture, preferred to walk further back on the track to not have to look so far down.

Treadmill, static: Got too close to the display

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

- All in all, if you factor in all the machines, I'd say it's adaptive.

Now you've given adaptive first place on all of them, but with a shared first place on the treadmill, is there anything that makes adaptive not better than the static on the treadmill?

- The first thing is that it gets bigger and smaller when you get closer/further away - that's not something I notice on the treadmill. The only thing I can really compare it to is when the video gets smaller at higher intensities, and that doesn't really matter to me on the treadmill. I might have preferred the medium size at high intensity, but it wasn't something I thought was a pain during the exercise. I just think static and adaptive have the same experience for me pretty much.

What do you think of the content, and how has it had an impact on your enjoyment?

- I noticed that during the periods when there are fights and the hype theme from One Punch Man, I enjoyed it even more. I thought on one of the machines that it would be really cool if I just watched the last episode of the season, since the whole episode is a huge fight with lots of action and music. Then I could actually work at high intensity all the time – The times in the video where the characters were just talking, I didn't really pay attention to the video anymore at higher intensity, 1)

because it's harder to pay attention to it during intense training and 2) because the machine starts to make a lot of noise during higher intensity, which means I have to use more focus to listen to what they're saying, which is difficult at higher intensity. As long as there's music and fighting, I can easily, whether it's high or low intensity, focus/pay attention to the video.

With low intensity, it's okay to have calmer content, but the more intense you are, the more intense the content should be?

- Yes. If I was in the gym and just thinking about doing high or maybe medium intensity, I would just want something that was constantly firing out content. Just some content that was constantly hype. Something like Game of Thrones is something I could imagine watching at low or maybe medium intensity, otherwise I would just watch it at home. At high intensity I would miss a lot of things, which would take away a lot of enjoyment.

Now that we've talked about your preferences on the different machines, is there anything else you think about what makes a viewing mode work on one machine over another?

- On different machines, the placement of the video is of course significantly different. Watching the phone on the three machines I had three different experiences with. Treadmill and elliptical are a bit the same, but row is much more different. What matters most to me is how the video placement fits my height and posture. For example, on the elliptical you get closer when it gets really hard, so it would be best if there was a feature that makes the video not go to the edges of my vision like it did on static for me.

Can you talk about what kind of effect it has to have a video for your workout, and whether that effect is different from viewing mode to viewing mode?

- For me, it's probably best to watch the video on a treadmill, if you don't factor in the fact that the headset shakes. The treadmill is actually the most natural exercise for someone who mostly runs and walks as cardio, like I do, so if you were to get into what you see, it's not so much the elliptical and row that suit me. Here, the treadmill is best for me to get into it, where row is actually just harder to follow because it's so much harder for me to row

So, it's consistent from viewing mode to viewing mode on the rowing machine. So, is it hard to follow on all of them?

- Yes, I think so. On the row I think more about form and how I'm doing it, I can feel my brachialis and rear delts getting more tired, which ruins it a bit for me. On the treadmill I don't think so much about my shins, I don't notice when they get tired really. On the elliptical there's no muscle group that gets fatigued; it's just hard on my stamina.

How do the different intensity levels affect your viewing experience?

- I still feel that it depends a lot on where in the series I am. I think it was a little harder to run high intensity when the series is boring. I also generally feel that when they are talking a lot, I have a harder time maintaining a higher intensity on machines where you don't set a fixed speed, such as elliptical and row. There I sometimes notice that "Hey, I should really be doing medium intensity right now but I'm actually doing low intensity". That's because I try to focus a lot on hearing what they are saying. That's what really ruins it for me and makes me not go as intense as I originally intended to.

Were there any problems?

- I didn't experience anything other than the headset being a pain to wear. Technically, I didn't notice anything. If I had to think of any technical problem, it would be the sound, as the speaker in the headset is not quite optimal. During the exercise, I thought that I would much rather have something like AirPods in my ears, just so I can focus more on the details of the sound, since the sound effects themselves have a huge influence on how much I can live into the series/my enjoyment. It would have especially helped in the scenes where not much happened, since I wouldn't have to focus as much on what the characters are saying. I also think it would make the intense scenes much better for me, since I would be able to hear more of the smaller sound effects that occur when the character hits something, etc. Sound effects like that do a lot for my enjoyment.

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

- 1) I can hear all the sounds clearly, 2) the video is constantly adjusted to my vision so that I can constantly see the smaller details in the video, but at the same time it doesn't fill my entire vision so that I have to move my head/eyes a lot to see what's happening in the corners of the video. The video should actually be sitting somewhere and have a size where I can just look around the middle of the video and still orient myself to what is happening at the edges of the video without having to actively move my eyes/head around. 3) In terms of placement, it is also important

that I can maintain good posture/form while doing the exercise and that the video placement then covers the same problems as I mentioned in 2)

What could improve the viewing experience you liked best today?

- If you ignore hardware limitations, then pretty much the only thing is that the video could be a little bigger on high intensity on adaptive mode. I didn't notice that the video changed size, so it's really just the size of the video itself and the placement that could be improved for me.