

## **Notes from the study:**

Holds on to rails on treadmill

Treadmill, static:

Headset bouncy, more pronounced at higher intensity

Treadmill, phone:

Found themselves looking elsewhere instead of watching the video at higher intensity

Treadmill, adaptive:

The screen gets a bit too small at higher intensity

In general, the headset bounces a lot on treadmill

On elliptical, they immediately notice less movement of headset. Once they completed elliptical, they do note that static might be too big for high intensity

Elliptical, adaptive:

It gets worse because the screen gets smaller at higher intensity

(also began moving closer to the screen at higher intensity, as they found that it made the exercise easier. This was not the case on static. Therefore, we do not know if they would have felt that the screen was too big on static)

Elliptical, phone:

Had to put additional effort into watching the video

Row, phone:

Likes placement, wants to look at information display also

Row, static:

(Participant does not come very close to the screen or gets very far from the screen. They are short)

Row, adaptive:

Too large at low intensity, good at medium intensity, too small at high intensity.

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

A: The phone was quite bad, it promotes bad posture, and it was too small on many of the exercises which makes it hard to keep focus and become engrossed in the content. You kind of forget that it is there in some cases. Second place is the adaptive mode. Low and medium intensity sizes were okay but at high intensity [adaptive mode] was too small, even if it had a better placement the display can still become too small. That issue persists throughout all three machines. Number one is then [static mode]. It captured my attention and if you are watching something nice, you can forget that you are doing cardio.

**Q: So, you like to use the content as a way to distract yourself from the fact that you are doing cardio?**

A: Yes, I like forgetting the time when doing cardio. I even think it is problematic having a clock in front of me.

**Q: Then, would you not typically do high intensity cardio?**

A: No, I would rather do medium intensity and then have really long sessions.

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

A: I would have liked to watch the final episodes of One Punch Man, because I unfortunately have just watched the first episodes prior to this. But the selection was nice.

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

A: On elliptical I at one point started leaning forward when the adaptive screen changed to medium intensity. I did not notice it at first but it kind of made me more “locked in”.

**Q: And how about the rowing machine when moving back and forth? What kind of effect does that have on your viewing experience?**

A: It was a problem with the adaptive mode, as it was almost too big, but once it got smaller it was okay, and then when it got smaller again it was too small.

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

A: [watching a video] has a very positive effect on my cardio exercise. It makes it less unbearable; time does not slug along. I would sometimes think “oh we are already done?”. That was not the case with the [phone mode], where I could think “Now I want to go onto the next mode”. It had a negative effect on treadmill and elliptical. I could manage it on the rowing machine.

**Q: How did the different levels of (workout) intensity affect your viewing experience?**

A: High intensity is always a bit wonky, especially on the treadmill since I could not tighten the headset enough.

**Q: Then what if you just had a TV in front of the treadmill?**

A: It might help a bit, but as you get to the higher intensity you sometimes just need to push yourself and you cannot focus on the screen.

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

A: No.

**Q: What makes a good viewing experience for you when doing cardio?**

A: Good content and a larger screen centered at eye level. That would be perfect for me.

**Q: Anything that could improve the modes you experienced today?**

A: Just removing the smallest size of the adaptive mode already makes it better. I generally liked the medium size a lot and that felt natural especially on rowing machine. If it had kept that size throughout, it would have won on the rowing machine.