

Notes from the study:

There was a problem with the videos drifting.

Elliptical, static: Works better for low and medium intensity

Treadmill, static: Running made it easier to focus on form and show?

Treadmill, phone: Placement and size makes it harder to maintain form. Strain on neck

Q: Now that you have seen these 3 different viewing modes on the different machines, if you were to give an overall ranking what would it look like?

A: There is definitely a difference in where the screen is placed in terms of the individual machine. On the treadmill it was more comfortable when it was a larger screen that was placed above the machine's dashboard. On the rowing machine it didn't really matter where the large one was placed, as it was at eye level. But when the screen got too small it made you quickly lose focus on maintaining correct form. I also noticed that I had to focus more on all 3 machines as the screen size got smaller. Therefore, it was actually more distracting for me than it was beneficial. On the elliptical it worked fine where it was placed, but again when the screen got too small it became more distracting.

Q: So, you would say that when the screen gets smaller you also have to focus more on the screen?

A: At least if you are watching a show where something is happening, it is more distracting when the screen gets smaller. But when you run at high intensity, it doesn't really matter that the screen gets smaller, but it still takes some focus away from doing the exercise. The placement of the screen also makes a big difference.

Q.What do you think of the selection of content that was there

A: It seemed very appropriate, since there was some comedy, anime, action, etc. I would have preferred it if I could choose what I watched, so when I ran at high intensity, I watched action and power, and at low/medium intensity you could put almost anything on. So, it would actually be nice if you could change the content yourself depending on your intensity level

Q: Did the content you chose have a notable impact on your enjoyment?

A: I noticed it most on the treadmill where I just had to walk. It's something you already know a lot about by putting your phone on the treadmill, so it was actually familiar and worked. But of course, it would be nicer if the screen was bigger

Q: Can you perhaps go into a little more detail about what works well for a mode on some machines and what doesn't work well on some machines

A: It doesn't work particularly well when the video is placed too low, which I especially noticed on the treadmill. It made me have to bend my neck a little more, which affected my running form. For the rowing machine there wasn't a big problem, the only thing I noticed was that when you get closer to the screen the screen stays where it is, which makes it a little easier to get overstimulated. I really just noticed that I got mentally tired faster. There wasn't a big problem with the third machine (elliptical) other than it would have been nice if the screen was a little higher up

Q: What effect does watching video have while you exercise?

A: [watching a video] makes you forget the time and it feels like it's going much faster, as long as you choose some content you find interesting. It also gives you some motivation to exercise. When doing cardio, I think it's great to have something to keep track of. I also think it would be cool if you started running in a forest or rowing a sailboat at a higher intensity.

Q: Can you try to describe how the different levels of intensity have an effect on your viewing experience?

A: At low and medium intensity, I think it was mostly the same, actually it was a pleasant enough experience as I didn't get out of breath. But when I was running at a higher intensity, I noticed that I had to put more mental energy into focusing on the screen.

Q: Did you experience any problems with the different viewing modes?

A: When the screen size gets too small (phone size) it's a pain. Of course we're used to using our phones in the gym today, but if you're out to get a good viewing experience/mini-TV, the phone becomes too small. I've even seen people using iPads and putting them on the treadmill and I think you've imitated that pretty well.

Q: If you had to describe your ideal viewing experience on cardio machines, what exactly would it be?

A: It's a bit tricky. It should be so that the screen is always centered on one point, and that the image quality is high enough. The video should be set to the individual machine. On the [elliptical, phone mode] I couldn't see the buttons I needed to press, so it would have been better if I could manually fix the placement of it. On the rowing machine, it wouldn't really matter if the screen was covered, since you basically just row at the level you need (no buttons to make it easier/harder that you can cover). In fact, I would prefer to cover the

information panel on the rowing machine, since it is right at the height where I would want to watch the video. On the treadmill, I liked that the video was above the panel.

Q: Is there anything you could think of that could be improved about the different viewing modes?

A: I don't think there was a huge difference between the very large and the medium screen. Both worked perfectly for me, of course the large screen worked better and was a little more comfortable to look at as it suited my viewing angle a little better.

Q: You mentioned earlier that on the rowing machine you were overstimulated when you got closer. Was it because it was always big and when you got closer the screen covered your entire view

A: I think you're right, when you got closer [to the screen, rowing machine, static mode] it made you feel more overwhelmed by the screen. I started to feel like I was getting a little overwhelmed, and if I had done the exercise for, say, half an hour I would have probably been very overwhelmed and would have had to take some breaks mentally

Q: Did you also notice that there was a viewing experience where the screen was actually big but then got smaller when you got closer?

A: Yes, the [adaptive mode] was significantly better [on the rowing machine].