

Notes from the study:

When they notice the size changes on adaptive mode they lose focus and find it annoying.

Has a general desire for distraction (but not the bad kind where they notice size changes)

On treadmill they state that they would almost rather be rid of the video during high intensity.

Elliptical, phone: Covers buttons

Elliptical, adaptive: Likes that the buttons are not occluded. Size changes are distracting

Elliptical, static: Likes that it does not change sizes

Treadmill, adaptive: Very nice on low but as soon as it becomes bouncy it becomes very annoying

Row, adaptive, static: Too high to focus on. Also likes to look at the information panel

Row, phone: Nice placement but would like bigger screen

Q: You say the smallest screen is your favorite

A: Yes, it's not the size that does it for me. At lower intensities, the small screen fits fine, but at higher intensities I like the [phone mode] better. It's very difficult to make an overall ranking, since there are so many machines and intensity levels. So the lower the intensity, the bigger the screen

Q: What do you think of the content selection and did that content have a notable effect on your enjoyment?

A: It was great to watch Family Guy on a Saturday like this, you couldn't ask for anything better. It definitely made my training experience better since I find doing cardio so boring. It's clear that it's better to watch something entertaining during cardio, but it's hard to keep up [with the content] when it gets high intensity

Q: What were your different preferences from machine to machine? What makes a viewing mode work on one machine and not on another in your opinion?

A: The outlier is the rowing machine; it has the display in the middle. The rowing machine's information panel would be the perfect viewing angle, but of course you can't have the screen there if you don't want to cover the display. I personally think the [Adaptive and Static] screen was set a little too high [on the rowing machine], so I think it would be better

if the screen was set lower and was a little smaller (like the phone size). On [treadmill and elliptical], it works better if the screen is a little higher, as it seems more natural to look up at eye level. Except at high intensity on the treadmill, where it becomes difficult to know where your feet are when you look straight ahead

Q: When you're outside, would you also notice where you step when you run, or is it mostly on the treadmill that you experience it?

A: It's mostly on the treadmill, unless of course there's a curb you have to avoid. But on the treadmill, you have to constantly make sure you don't run too far forward or backward on the belt, otherwise things will go wrong. But out in nature it's more natural.

Q: What effect does having something to watch have during a cardio workout and what effect does it have on different viewing modes?

A: I definitely felt that it made it more enjoyable to do cardio with the video. The effect of the workout itself is of course better if the viewing mode is personalized to intensity and machine.

Q: How do the different levels of intensity have an effect on your viewing experience?

A: Especially on the rowing machine, you naturally get back and forth much faster at high intensity. When you get close, you get far below the screen [on Adaptive and Static], and it is not at all possible to follow what is happening on the screen. The higher the intensity, the less disturbing the screen should be.

Q: You said earlier during the rowing machine that you did not notice that the Adaptive screen followed you. If the screen was instead placed below the information panel, would you think it was nicer that the screen followed you than if it did not?

A: I think so. The most important thing is just to try to get your brain not to get distracted.

Q: Did you notice any problems during the different viewing modes, i.e. technical problems?

A: At first it was only the right speaker that played and later it was only the left speaker that played (family guy video problem?) but otherwise I didn't notice anything

Q: If you could describe what gives you a good viewing experience during cardio, what would it look like?

A: I would typically only jog. Otherwise, I would do fast intervals where I sprint a little and then jog. Then I would have the screen adapt to the intensity, so it gets smaller when I sprint and bigger when I jog

Q: One of our viewing modes already does that, but you ranked it as the worst because you noticed that it changed size

A: Yes, when the screen changed size, it took my focus away from actually having to sprint. It changed size very gradually, so I didn't really notice it at first, but suddenly I noticed that it was smaller than it had been before.

Q: So, is it because it's a surprise factor that you didn't like it? If you had been made aware that it would happen before you started, would it have been less distracting?

A: Yes, I think it is because of the surprise factor. If I had known beforehand, it might have been less distracting.

Q: Do you have any other ideas for what could improve the different viewing modes you've seen today?

A: On the treadmill, a large screen at low intensity and then a small one at high intensity is best. I would probably prefer it if it changed size very spontaneously instead of gradually. On the rowing machine, I would place the screen further down and make it a little bigger.