

Notes from the study:

Fidgets with headset, accidentally presses headset buttons

Notices size changes on adaptive

On treadmill, participant does not look down at the phone and instead looks straight ahead

Notices FOV cutoffs by headset on treadmill

States that lower position on row would be nicer

Treadmill, adaptive:

States that they felt they could train harder and had more control.

Likes the responsive screen.

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

A: The [adaptive mode] is the best and then the worst is the phone screen.

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

A: I liked it, it was exciting, with lots of action.

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

A: I have ranked the adaptive number one on all machines, but it is not the same experience. It was more stable on elliptical and treadmill and on row it feels much more responsive.

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

A: [watching a video] makes it easier to exercise, you do not notice [that you are exercising] and just get it done.

Q: And is that the case with all machines?

A: I had a difficult time on the treadmill, since I am used to running outside, so I did not really know where to place myself [on the treadmill]

Q: Did all the viewing modes make it easier to get the cardio done?

A: The [phone mode] did not make the exercises easier because I had to spend more energy on actually looking at it. It worked a bit better on the rowing machine, but it is still small, so I cannot see it. [phone mode] only works in terms of placement on the rowing machine.

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

A: I liked the [adaptive mode] more than the static, it felt more balanced, so even when I put more energy into the exercise, I still watch the content. So, the [adaptive mode] demands less energy to watch [than the static].

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: It can vary. Sometimes it can be static. A good placement where you would naturally look. Just as long as you do not lose focus.

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

A: Sometimes the adaptive mode gets a bit too small. At higher intensity it could be slightly bigger.