

**Notes from the study:**

Notes that static and adaptive are neck and neck, while phone is just bad

Notes headset bouncing on treadmill

Elliptical, phone: Too low, sometimes looks up instead

**Now that you've been through the 3 viewing modes, what's your ranking?**

- The first large screen is clearly the best. I liked the FOV to start with. It feels natural that it's the largest, fixed screen. No. 2 is the one that changes size. It was super nice; it was different for each exercise how difficult it was to see. But it wasn't irritating. The last one, i.e. phone size, was super hard to concentrate on.

**What do you think about the selection of content**

- It was quite sensible; it hit the spot for the part of the target group that I'm in

**Do you feel that the content you chose had a big impact on your enjoyment**

- Definitely. Instead of just thinking about working out, I also had the video which actually made it entertaining. It took a lot of focus off the workout

**If you were to give a ranking per machine?**

- Static and adaptive are closer on the elliptical, they were much closer to each other than they were on the treadmill and rowing machine. They were closest on the first machine, then the rowing machine and then the treadmill

**Can you describe what effect watching a video has on you while you're working out?**

- I feel like it takes away, not generally the attention, but the hard intensity that allowed me to focus on something else rather than it being hard.

**Was that a general thing you felt through all viewing modes?**

- Not so much on the phone size, but on the other two (static and adaptive) it definitely helped

**For you, what was it like to have to watch a video and how much of an effect did it have on the different intensity levels?**

- On the treadmill it was best. On the rowing machine and elliptical it wasn't as good as on the treadmill but that's probably because I wasn't completely comfortable with those machines. Time flew by faster on the treadmill

**Did you experience any problems with the 3 viewing modes?**

- Only the small one, it was hard to focus on. Of course, also head bobbing on the treadmill

**What would you say makes you get the most optimal viewing experience?**

- If I had to choose, I would have run it at home on a treadmill instead of in a gym. I would have definitely used the big screen and put on a long show. If there were no time intervals, I definitely think I would have been able to run on medium through an entire movie.

**So, you feel it's a bigger screen than the phone and something that has a good placement?**

- Exactly

**Is there anything you could think of that would improve these viewing modes?**

- The small one should be bigger. Maybe make the adaptive mode scale a little less over time, so it doesn't get so small - so maybe something in several different steps instead of just low, medium and high.