

Notes from the study:

Wants subtitles.

Also, at one point when the participant was told to start high intensity the end credits started on their chosen content, which was annoying.

On treadmill, the headset was bouncy and the participant notes that if they tighten it any more, it gets too tight, but is still bouncy.

Elliptical, phone:

Annoying to have to look down

On row, for both static and adaptive:

Annoying to have to look up

Row, phone:

Screen too small so it is hard to see.

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

A: First place goes to [static mode], second place is [adaptive mode], third place is [phone mode].

Q: What did you think of the content selection?

A: There was not really any [content] that fit me, but Family Guy was fine.

Q: Did the content you picked have a notable influence on your enjoyment?

A: Yes, [the content] made the cardio feel not as long since it was fun having something to watch.

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

A: The [static mode] was big enough to where you could see the screen well enough regardless of intensity also on the rowing machine when you are far away. I did not notice [adaptive mode] a lot, but it got a bit more difficult [to see] when it was smaller. And the [phone mode] especially on the rowing machine it was hard to see.

Q: Describe the effect that having the video had on your workout?

A: It felt easier and like it did not take as long. You do not think as much about the exercise itself, and you just enjoy watching the content.

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

A: High intensity on the treadmill was annoying because the headset started to bounce. I could not really tighten it any further, because it would start to hurt. But low and medium intensities were fine. And on the other machines it did not really matter what intensity it was.

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

A: It was annoying that I got end credits as soon as I went up to high intensity. It was also annoying that you had to look down on [phone mode], and sometimes on the bigger screen you had to look slightly upward.

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

A: A big screen where you look straight ahead. I also want subtitles, especially at higher intensity where it can become difficult to hear what is being said

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

A: Subtitles would do a lot. And generally, ensure that you just have to look straight ahead.