



UX Brief

AG4 *Objectives*

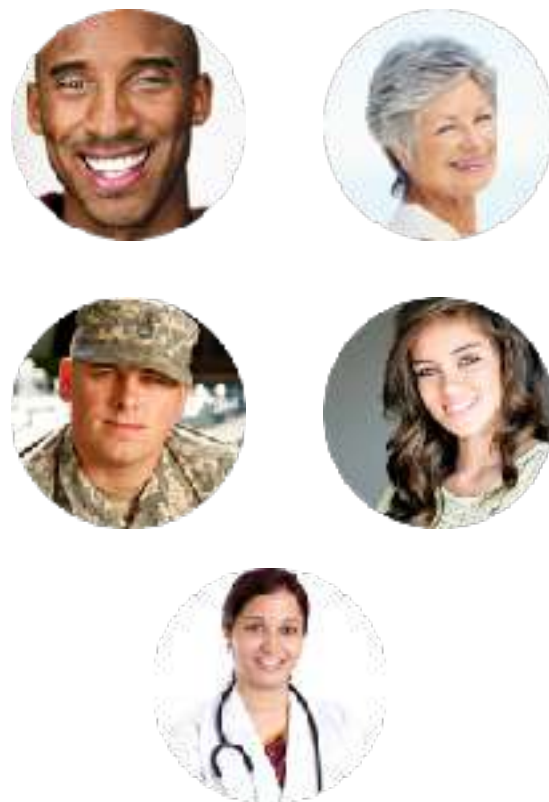
By identifying the types of users most likely to be experiencing the AG4 product at the very beginning of the design process, we are more capable of validating our decisions with a clear picture of our audience in mind.

The AG4 is a treadmill that serves 3 main purposes, and we have broken them down as follows.

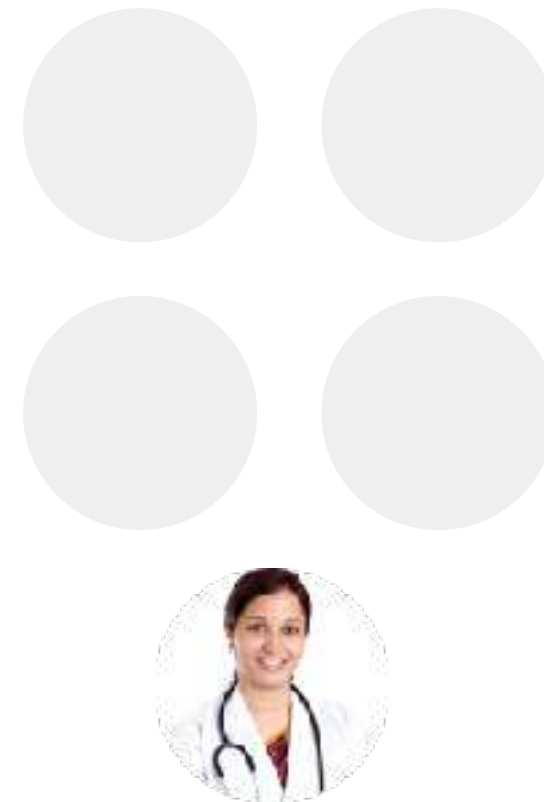
AG4

User Profiles

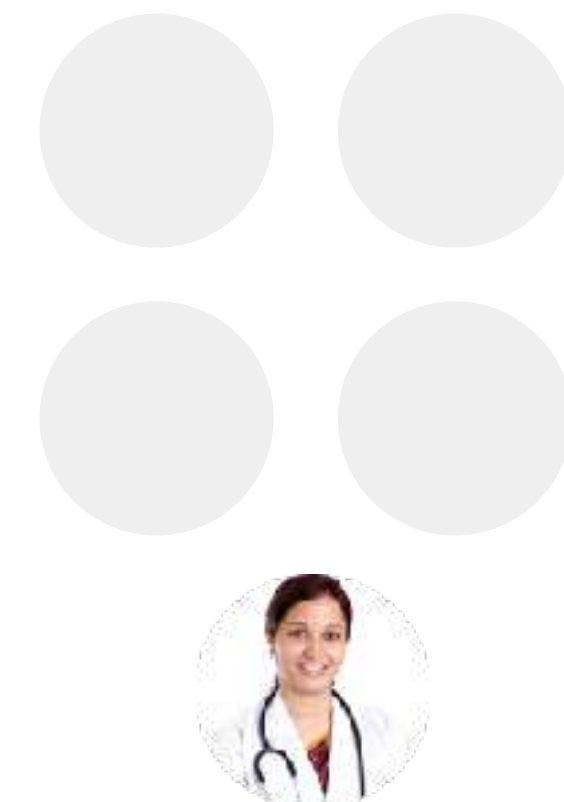
PT Assisted Injury Recovery



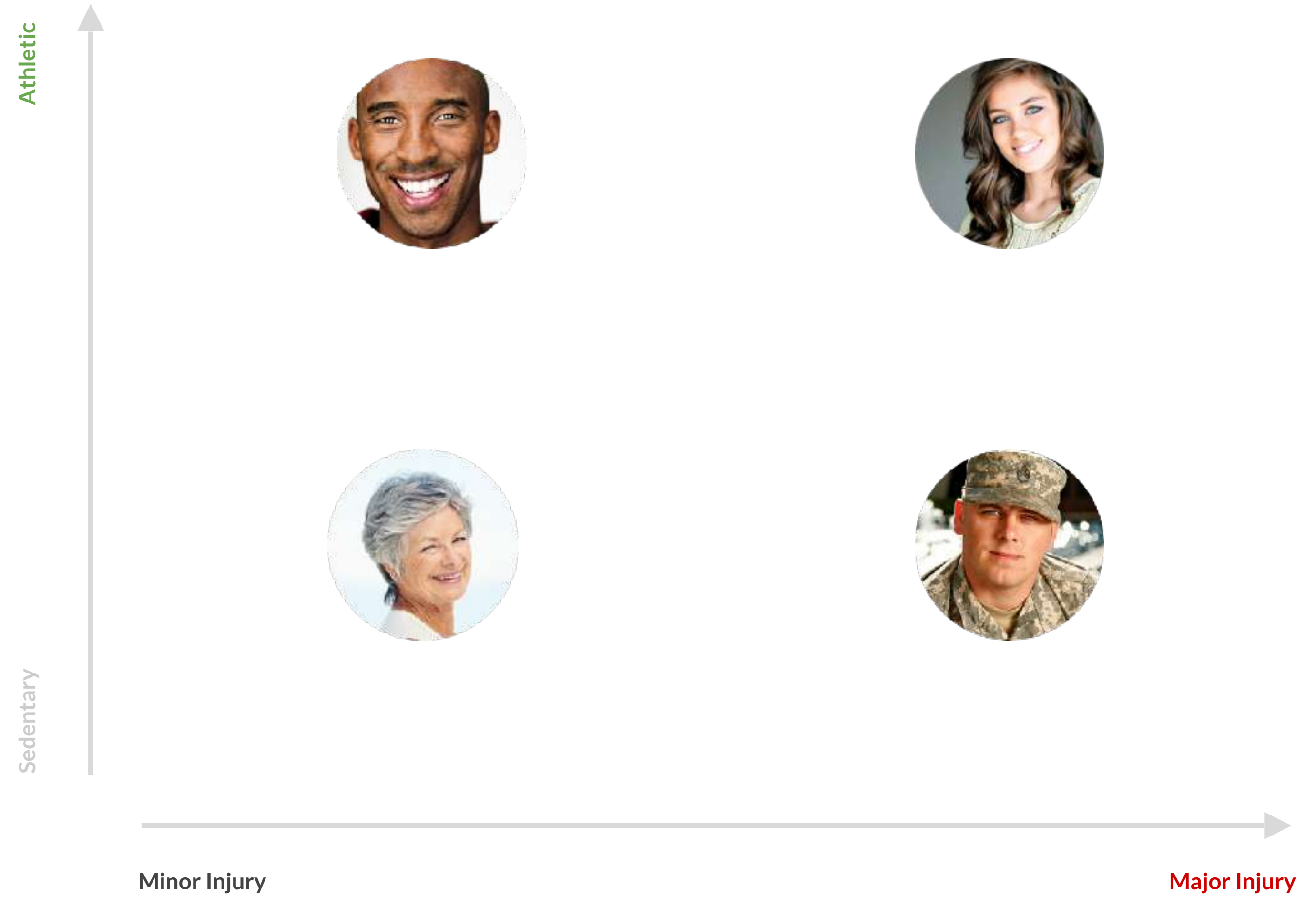
PT Assisted Improve Running



PT Assisted Exercise



PSYCHOGRAPHIC *Matrix*





AG4 PHYSICAL THERAPIST

Providing Treatment and Experiential Assistance



AG4 PHYSICAL THERAPIST

Providing Treatment and Experiential Assistance

Name:	Dr. Ryan Callaway
Age:	34
Sex:	Female
Occupation:	Physical Therapist
AG4 Usage:	Physical Therapist



I

My Life

Before running my own clinician practice I was head of my own department at a nearby Medical Center where I practiced rehabilitation and medicine for patients suffering from stroke. Seeing the effect my work had on my patients, as well as having the life-long dream of starting my own practice lead me to using the AG4 everyday.

It has become a vital component to my treatment strategies for patients with unique issues. Being able to swap out exercises on the fly if I feel a patient isn't making strong progress is so important since so many patients have very different pathways to recovery. I definitely don't want to be tied down to anything process-wise and feel like ultimately my word is final when it comes to what my patients are up to in the AG4. The AG4 to me is the ultimate tool in prescribing my patients recovery treatment plans. Not only that, but being able to show my patients real progress every time they come in is also crucial to proving the value of my services.



Having patients come in and out all day, and still being able to make meaningful progress and give everyone equal attention is my biggest challenge.

II

My Goals

- Treat my patients effectively and timely
- Be able to reference important moments during rehabilitation
- Quickly get a patient in-session

III

My Frustrations with Rehab/Injury Recovery Methods

- Takes too long to see results for each patient
- Rehab for each patient is very different
- Treatment plans are recorded in different experiences and printed to patients to take home.

IV

My Technology Usage

- iPad, Android, and desktop PC user
- Proficient at email and word processing
- Enter patient data into Homebase CMS

V

In-Session High-level Goals

- Record a video for reference
- Edit a treatment plan for a patient
- Add a patient

A green apple sits on a wooden desk. In the background, an open book is visible, and a green pencil lies on the desk in the lower-left corner. The scene is softly lit, creating a calm, educational atmosphere.

RETIRED SCHOOL TEACHER

with Chronic Joint Pain



RETIRED SCHOOL TEACHER

with Acute Joint Pain

Name:	Veronica Corningstone
Age:	61
Sex:	Female
Occupation:	Retired Teacher
AG4 Usage:	First-time User



I

My Life

Now that I'm retired schoolteacher with my husband David, our day starts usually bright and early by having coffee at one of our local diners that has WiFi. David and I like to read the news together on our iPads, and check to what the kids are up to on Facebook. On some days we feel pretty energetic, but other days it's a miracle we even get out of bed for coffee.

Once we get done with breakfast, we head over to the clinic and David drops me off at the clinic. He would stay, but my sessions tend to go for well over an hour, and I just call him when I'm done. My sessions usually revolve around my PT having me doing a number of different walking exercises which retrain a number of the muscles in my legs and knees. After sessions are over the therapist and I talk about progress and next steps. I call David, and while I'm waiting for him to pick me up I do a little reading in the waiting room usually. I'm about to try the AG4 for the first-time, I'm quite excited.



After years of working with small children, bending down time and time again finally took it's toll on my poor knees. Now that I'm actually able to enjoy my retirement, I'm in constant agony.

II

My Goals

- Walk again without pain
- Become physically active again
- Going hiking with her granddaughter

III

My Frustrations with Rehab/Injury Recovery

- I don't care about caloric intake or running related numbers, I wish.
- I need the therapist to be around at all times because I'm afraid of what will happen if something goes wrong or I fall.
- It's impossible to tell how many sessions I need to get to my goals, I just keep going every other day hoping for the best.

IV

My Technology Usage

- iPad, iPhone, and desktop PC user
- Active on social media such as Facebook and Pinterest
- Proficient at email and word processing

V

In-Session High-level Goals

- Walk for 60 minutes with minimal pain at a light speed
- See how long it will take to get better mobility in legs
- Complete a walking exercise regime



After years of working with small children, bending down time and time again finally took it's toll on my poor knees. Now that I'm actually able to enjoy my retirement, I'm in constant agony.

VI

My Rehab Exercises

Knee Bending Exercise

METRICS:
Pain Level, Flexibility



Heel-Toe Walking

METRICS:
Pain Level, Gait



Warmup

METRICS:
Speed, Gait





DISABLED MILITARY VETERAN

with Back and Knee Injury



DISABLED MILITARY VETERAN
with Back and Knee Injury

Name:	Anthony Lopez
Age:	35
Sex:	Male
Occupation:	Military Veteran
AG4 Usage:	First-Time Use



I

My Life

After returning from the Gulf War I had been honorably discharged as a result of numerous injuries from paratrooping. When I came home I found it difficult to find my place and I began to eat my emotions as I slipped deeper and deeper into a depression. Eventually coming to rehabilitation was just not on my radar anymore, but it would be if it didn't hurt so much to do it. I have a son, and I'm sick of him seeing me like this.

I've recently started going to Alter G sessions which seem to make it easier. I can't go everyday, and I can't do it for long but I feel like this is better than nothing. My motivation is really just so that I can continue living, and then hopefully build from that by walking again without assistance, losing weight, etc. Each time I go in, the PT has me do a couple exercises, I can only really do half of them since it's so hard on me. It's so hard to stay motivated, but seeing my son everytime I get picked up makes tomorrow seem like an easier pill to swallow. I want to continue proving to everyone that I'm strong.



I am a disabled veteran of the Gulf War for 10 years, and was told by my doctors that I would never be able to walk on my own, ever again.

II

My Goals

- Slowly rebuild strength in my legs and core
- Lose weight as a result of being disabled
- Re-instill my passion and love for life

III

My Frustrations with Rehab/Injury Recovery

- I am in constant pain and it makes it impossible to have sessions longer than a few minutes
- It's difficult to stay motivated
- I don't go because each session keeps getting worse

IV

My Technology Usage

- Desktop PC user
- Active social media
- Uses apps like Twitter, Snapchat, and MyFitnessPal.

V

In-Session High-level Goals

- Calibration
- Enter condition and see path to recovery
- Complete first walking exercises



I am a disabled veteran of the Gulf War for 10 years, and was told by my doctors that I would never be able to walk on my own, ever again.

VI

My Rehab Exercises

Dynamic Walking

METRICS:
Pain Level, Flexibility



Improve Your Balance

METRICS:
Pain Level, Gait



Warmup

METRICS:
Speed, Gait



A full-page background image of Kobe Bryant in a yellow Los Angeles Lakers jersey, number 8. He is in mid-air, holding a Spalding basketball in his right hand, with his mouth wide open in a shout. In the background, other players in yellow and grey jerseys are visible on the court. A banner for "Centinela Hospital" is partially visible on the right side of the court.

PRO ATHLETE

with a Minor Knee Sprain



PRO ATHLETE

with a Minor Knee Sprain

Name:	Kobe Bryant
Age:	36
Sex:	Male
Occupation:	Professional Athlete
AG4 Usage:	5 Sessions Total



I

My Life

Each day I open up my email on my phone and see if there any messages or reminders from my agent, coach, or trainers. After that, I usually head down to the training facility after a quick shower and breakfast if we're in Los Angeles. If we're on the road, I'll have to find a training facility in the area that has similar equipment. I like to take a quick 30 minute jog every morning on an AlterG to get the juices going, and then it's a long day of training or attending different events my agent has me signed on for. This warm-up usually gives me a good feel on how the day is going to go so I can tell my coach or agent if and when I'll be able to perform that day.



Maintaining peak physical condition, health, is priority number one as I enter my last season in the NBA

II

My Goals

- Maintain my health and continue playing in the NBA for as long as possible.
- Maximize my brand image while I'm still in my playing years
- Win a championship in my last year proving that I'm the greatest of all time.

III

My Frustrations with Rehab/Injury Recovery

- Recovering from a game or a workout takes longer than I would like costing me money and time with my family.
- I know my progress better than my trainer or coach, and we rarely agree.
- My trainer has to be there every time I need to do a session

IV

My Technology Usage

- Mobile-oriented user
- Social Media
- Email and Word processing

V

In-Session High-level Goals

- Run non-stop for 30 minutes
- Compare my pain from the last sessions
- Improve my running form and gait



Maintaining peak physical condition, health, is priority number one as I enter my last season in the NBA

VI

My Rehab Exercises

Stretching

METRICS:
Pain Level, Competency



Improving Knee Pain Exercise

METRICS:
Pain Level



Walk/Run Exercise

METRICS:
Speed, Gait





HIGH SCHOOL GYMNAST

with a Severe Leg Injury



HIGH SCHOOL GYMNAST

with a Severe Leg Injury

Name:	Breanna Wu
Age:	16
Sex:	Female
Occupation:	Student
AG4 Usage:	1 Session Total



I

My Life

As a child, I was very active. I was a gymnast, I played touch football, netball and basketball. When I was 16 years old, I started yoga. I started working out at an early age. Unfortunately I suffered an injury during a gymnastics competition which left my legs fractured, and my ankles broken. Something I've had to cope with for a few months now. My rehabilitation plan has left me missing the Summer Olympics, but I'm persistent and optimistic that with enough work, I can still at least make Worlds a few months after. I've also started a blog detailing my recovery since I have more free time.

Everyday after school is over I come to the clinic with my Mom. She likes to stand next to me most days while the Physical Therapist runs my sessions since she really cares about my progress, and is still getting used to me being at the clinic. Being able to lower my bodyweight is great, but I still really only am able to go at a really slow pace since the pain is unbearable if I went any faster. Would love to see my bodyweight % at 100 and my pace at 3.0 mph, progress can't really come fast enough. After the session is over, I usually go home and tell my Dad how it went, talk to some of my friends over Facebook if I've made any new progress.

It's really hard to stay optimistic, but every day I go home I think tomorrow is going to be better anyway. When I start walking again, I want to share it with the world.



As a competitive gymnast, my life has always been filled with challenges that would ultimately define my future. From day one, I was taught to be prepared at all costs, but I could have never have been prepared for this.

II

My Goals

- Slowly rebuild strength in my legs and core
- Be able to walk again without assistance
- Be able to put more effort into my rehab and literally see the results.

III

My Frustrations with Rehab/Injury Recovery

- Need at least 2 people in order to get the session going
- Exercises are good, but I'm not sure if they're working
- Rehab takes a really long time, somewhat demoralizing if progress isn't evident.

IV

My Technology Usage

- Macbook Pro user
- Active social media, writes for own blog website
- Uses apps like Twitter, Snapchat, and MyFitnessPal.

V

In-Session High-level Goals

- Start walking slowly for 10 minutes without pain
- Compare my progress from the previous session
- Complete walking exercises that improve my recovery



As a competitive gymnast, my life has always been filled with challenges that would ultimately define my future. From day one, I was taught to be prepared at all costs, but I could have never have been prepared for this.

VI

My Rehab Exercises

Stretching

METRICS:
Pain Level, Competency



Improving Knee Pain Exercise

METRICS:
Pain Level



Heel-Toe Walking

METRICS:
Pain Level, Gait





RETIREE

suffering from moderate Osteoporosis



RETIREE

suffering from moderate Osteoporosis

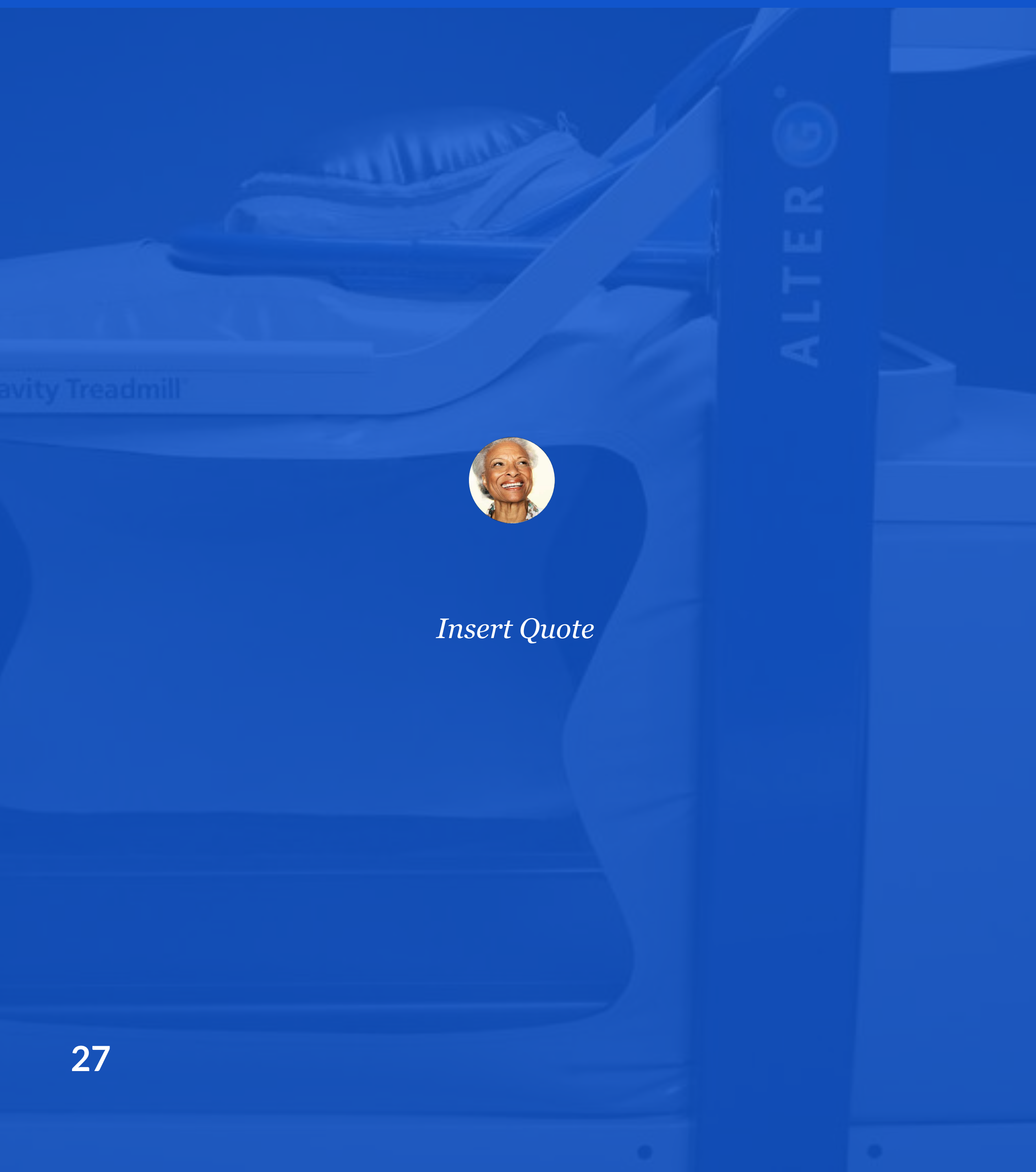
Name:	Carina Carter
Age:	88
Sex:	Female
Occupation:	Retired
AG4 Usage:	1 Session Total

I



My Life

Suffering from moderate Osteoporosis, with a hip replacement resulting from a broken hip at age 74. Has chronic sciatica and low back pain that comes and goes. Tries to stay active, but limited by weather (too hot, too cold) a good portion of the year and sometimes it just hurts too much. Takes blood pressure medication.



Insert Quote

II

My Goals

III

My Frustrations with Rehab/Injury Recovery

IV

My Technology Usage

V

In-Session High-level Goals



Insert Quote

VI

My Rehab Exercises

Stretching

METRICS:
Pain Level, Competency



Improving Knee Pain Exercise

METRICS:
Pain Level



Heel-Toe Walking

METRICS:
Pain Level, Gait



A photograph of an elderly man with a white beard and a straw hat, wearing a blue and white plaid shirt. He is holding a large green watering can and pouring water onto a garden bed filled with white daisies. The background is a dense green hedge. The image has a soft, slightly blurred quality, suggesting a focus on the man and his activity.

RETIREE

suffering from Parkinson's Disease

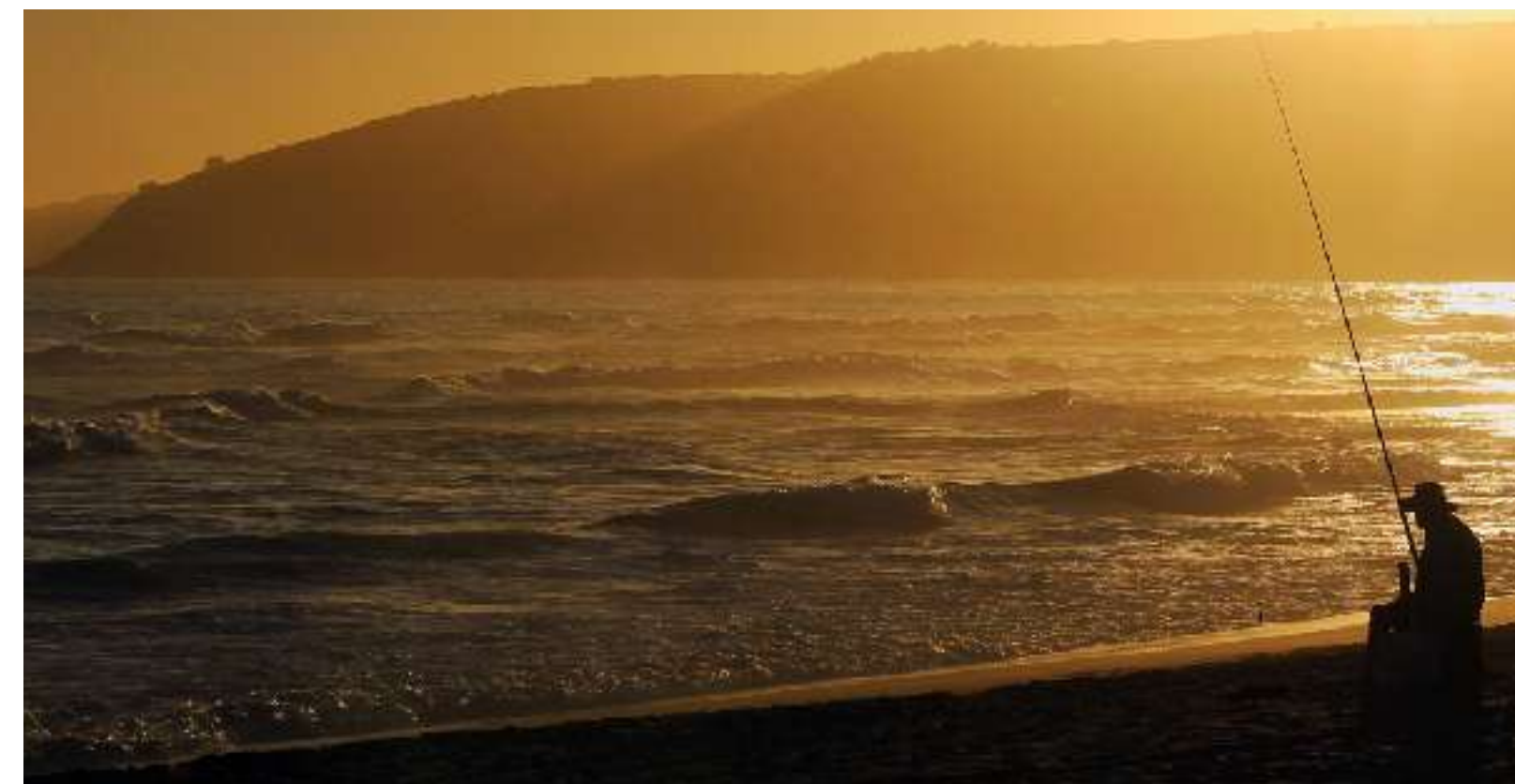


RETIREE

suffering from Parkinson's Disease

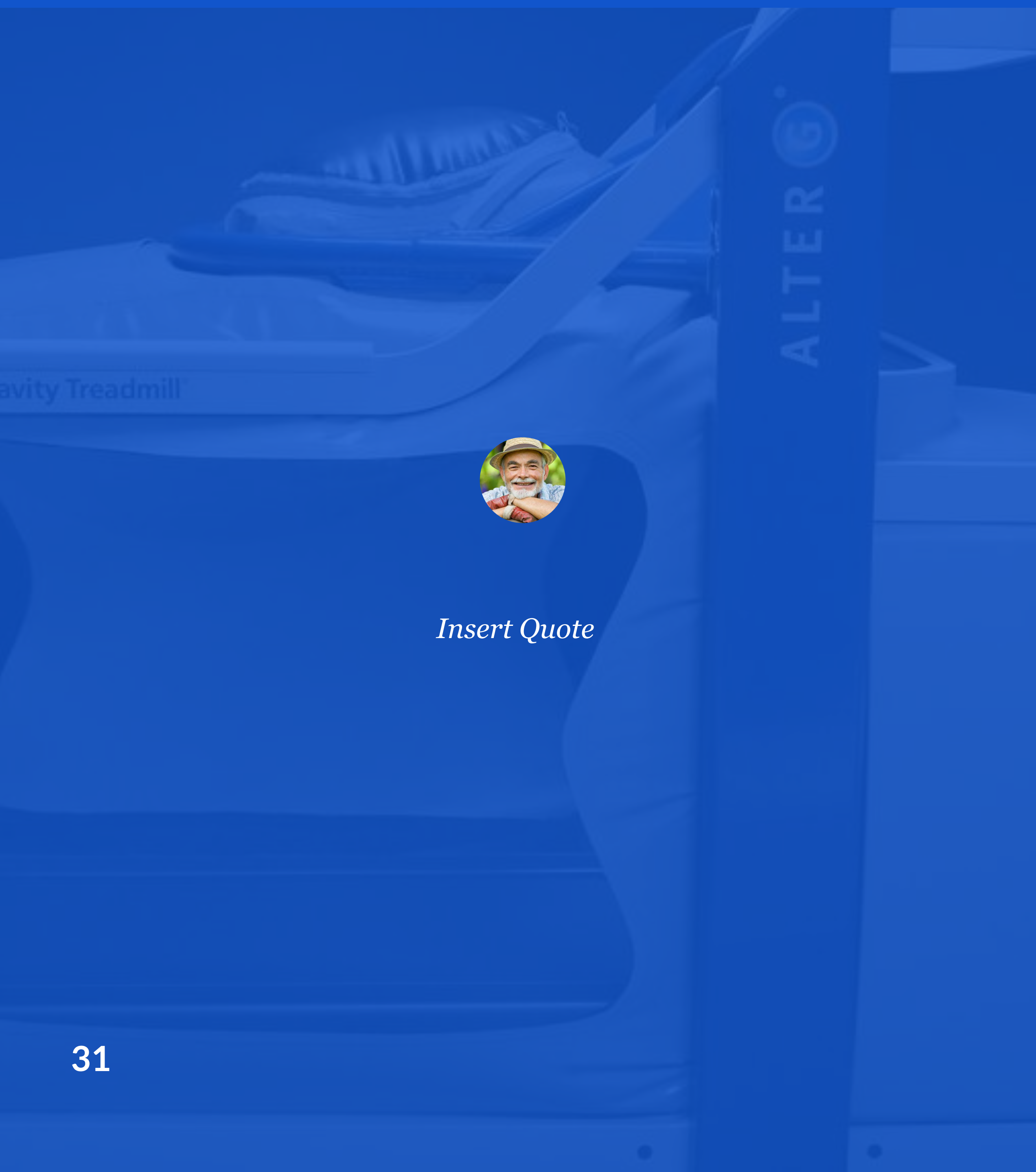
Name:	Larry David
Age:	65
Sex:	Male
Occupation:	Retired
AG4 Usage:	0 Session Total

I



My Life

Had to retire from practicing medicine due to the progression of the disease. Has had to reduce his physical activity due to symptoms, but is working with PT to try to improve his quality of life. He would like to play with his grand kids, but hasn't had the confidence.



Insert Quote

II

My Goals

III

My Frustrations with Rehab/Injury Recovery

IV

My Technology Usage

V

In-Session High-level Goals



Insert Quote

VI

My Rehab Exercises

Stretching

METRICS:
Pain Level, Competency



Improving Knee Pain Exercise

METRICS:
Pain Level



Heel-Toe Walking

METRICS:
Pain Level, Gait



RETIREE

suffering from Parkinson's Disease

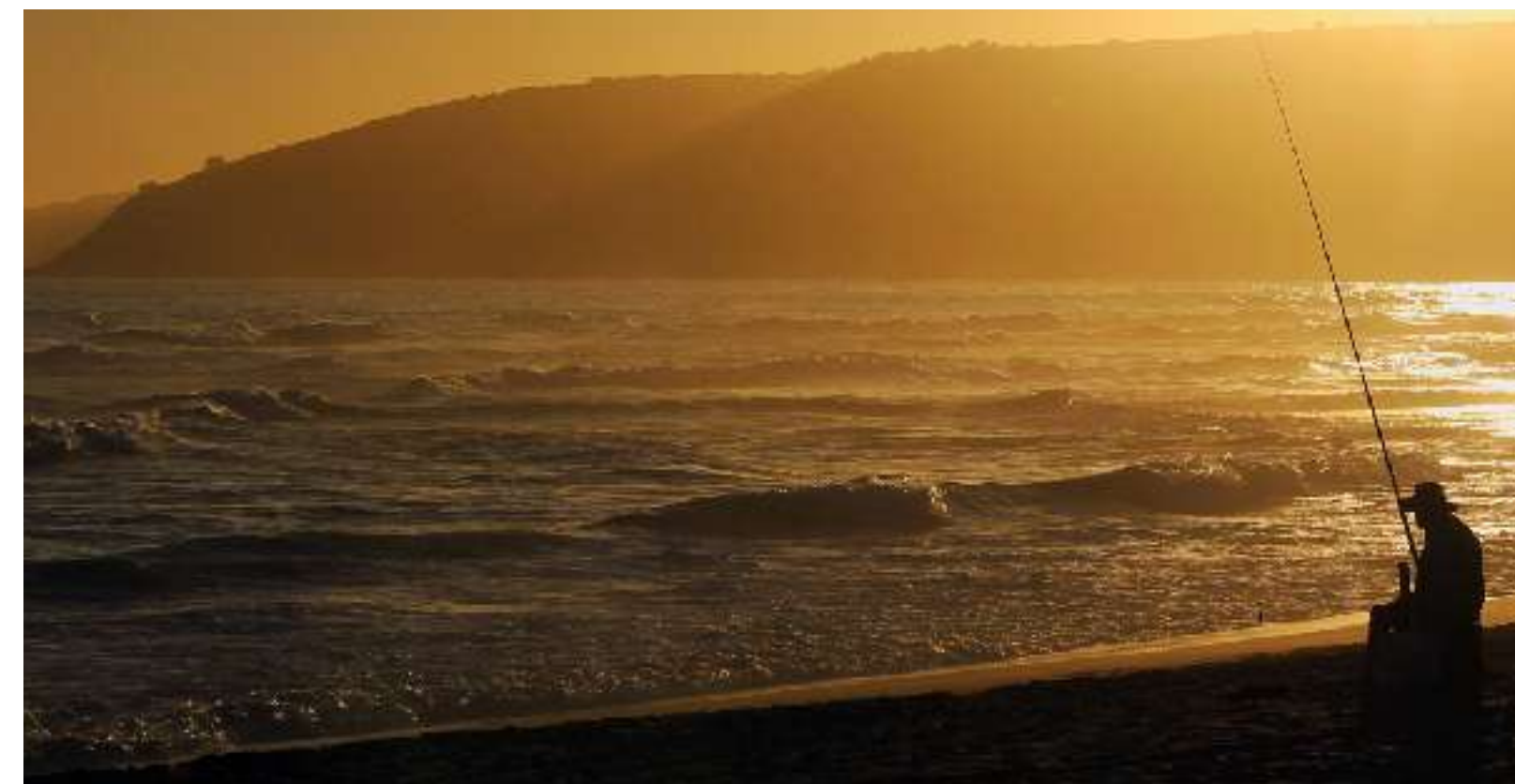


RETIREE

suffering from Parkinson's Disease

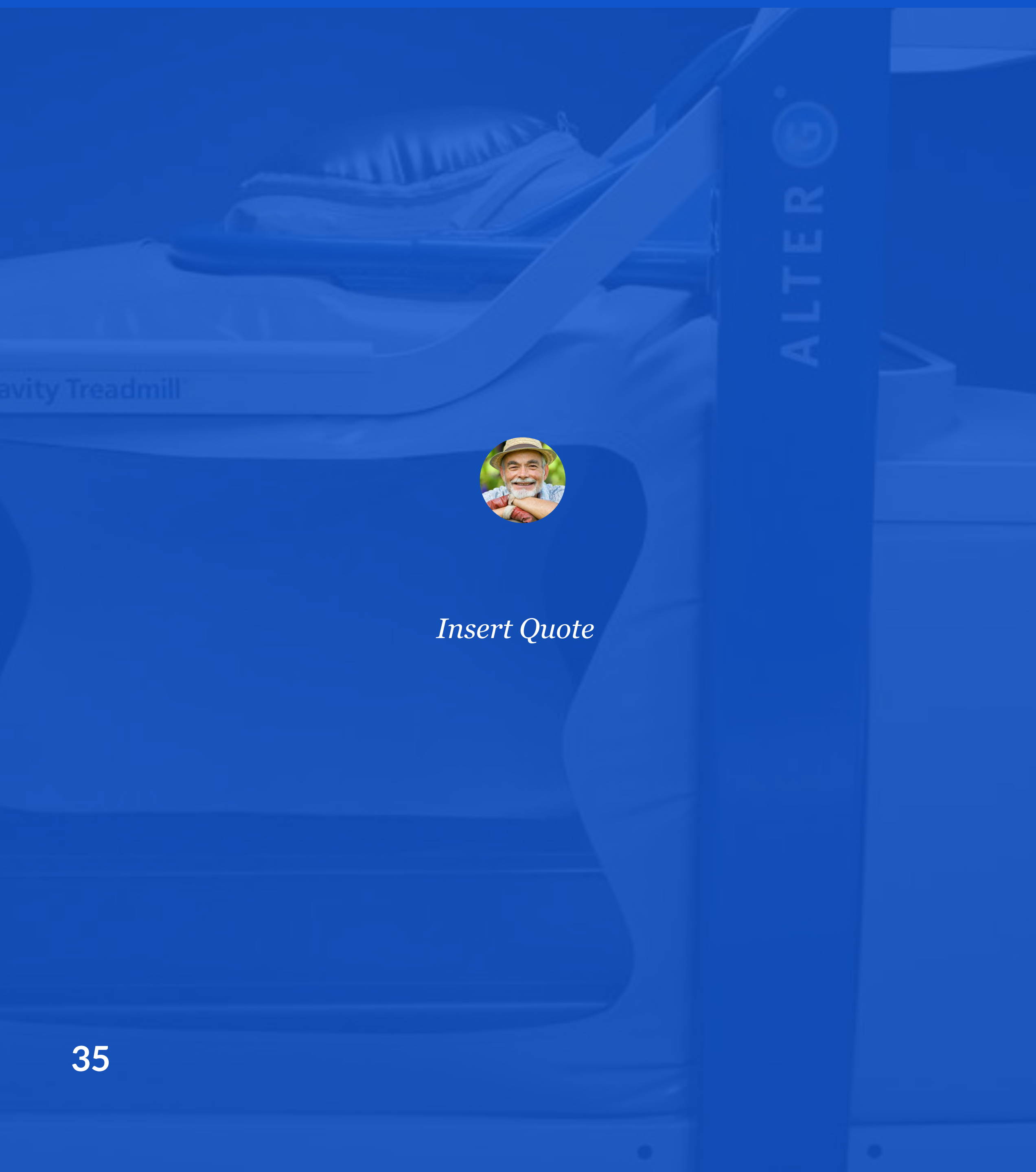
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Age:	65
Sex:	Male
Occupation:	Retired
AG4 Usage:	0 Session Total

I



My Life

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Insert Quote

II

My Goals

III

My Frustrations with Rehab/Injury Recovery

IV

My Technology Usage

V

In-Session High-level Goals



Insert Quote

VI

My Rehab Exercises

Stretching

METRICS:
Pain Level, Competency



Improving Knee Pain Exercise

METRICS:
Pain Level



Heel-Toe Walking

METRICS:
Pain Level, Gait



GUIDED EXERCISE
Inspiration

Stretching

METRICS:
Pain Level, Competency



Walk/Run Exercise

METRICS:
Speed, Gait



Dynamic Walking

METRICS:
Pain Level, Flexibility



*Improving Knee
Pain Exercise*

METRICS:
Pain Level



*Knee Bending
Exercise*

METRICS:
Pain Level, Flexibility



*Improve Your
Balance*

METRICS:
Pain Level, Gait



Heel-Toe Walking

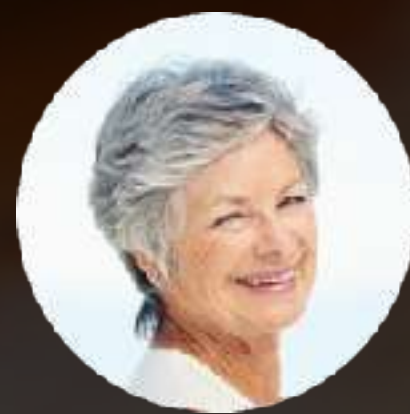
METRICS:
Pain Level, Gait



Warmup

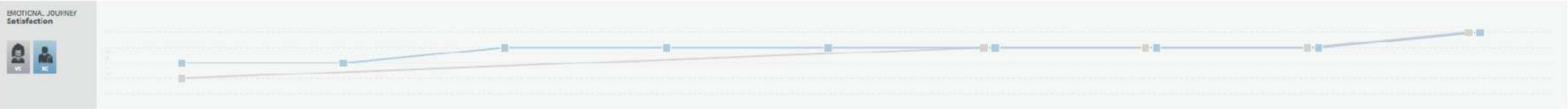
METRICS:
Speed, Gait

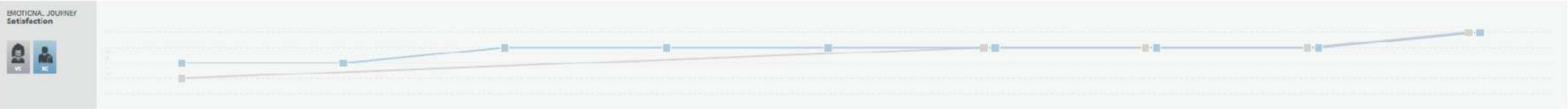




RETIRED SCHOOL TEACHER

User Story

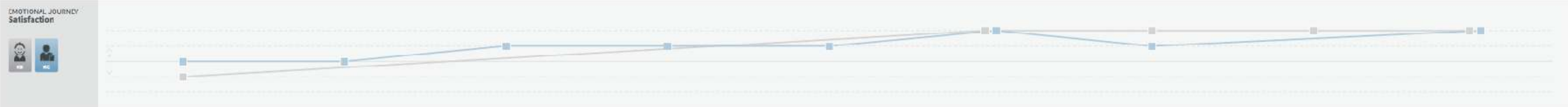


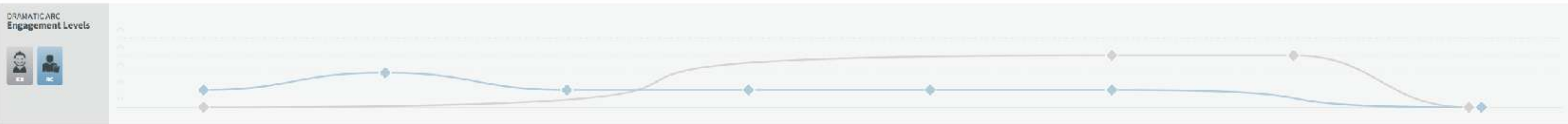




PRO ATHLETE

User Story



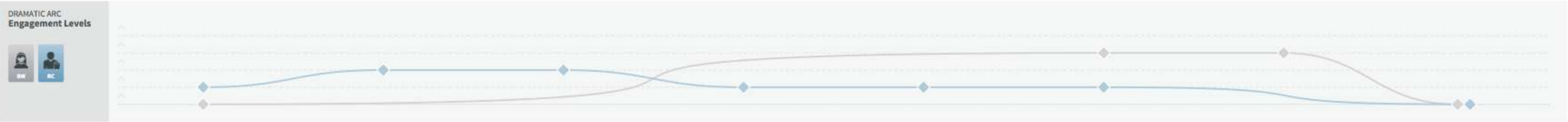
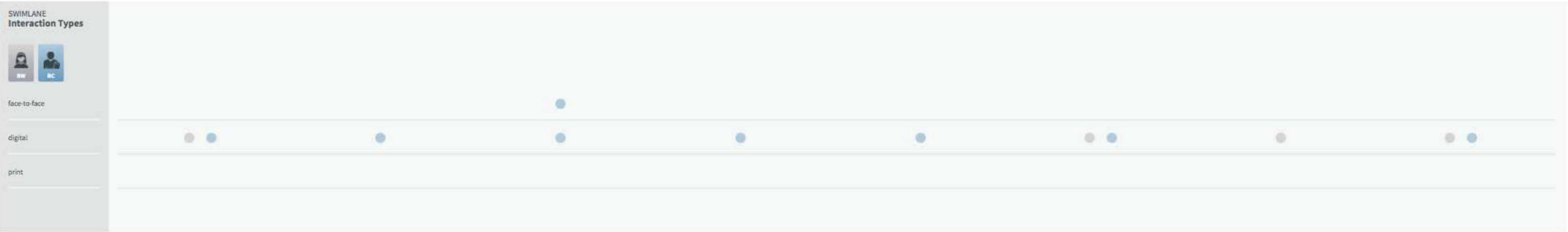




HIGH SCHOOL GYMNAST

User Story

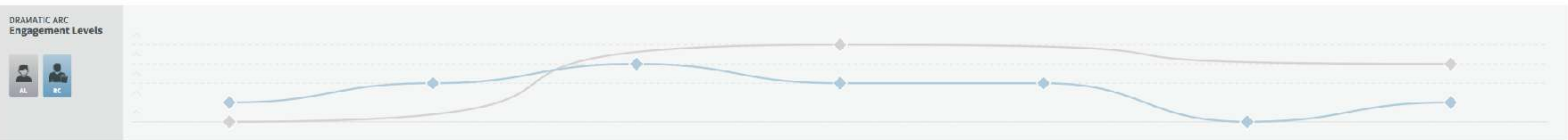
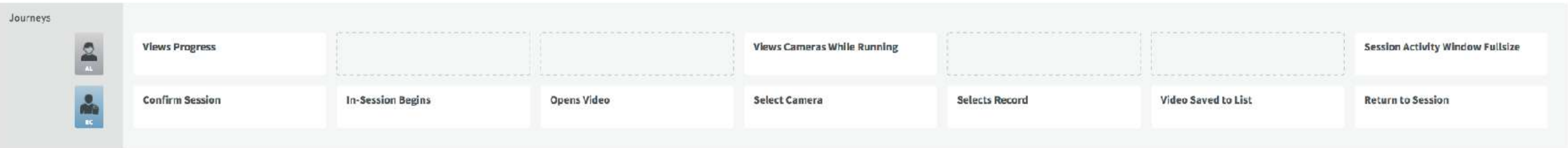




DISABLED MILITARY VETERAN

User Story





PROTOTYPE

Invision

