

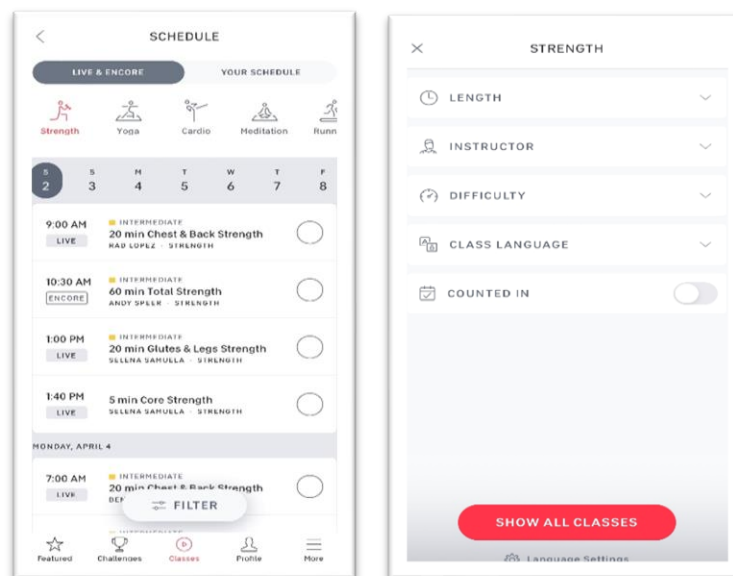
Human Computer Interaction CS6750: Final Project

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1 INTRODUCTION

There has been a huge shift in fitness routines moving from the gym to the home over the past few years. This is due in part because of the corona virus pandemic, lockdowns, and social distancing, but also because of increasingly sophisticated wearables, health tracking, and social media. As a result, at-home gyms and fitness apps have boomed in popularity. From March 2020 to October 2020, health and fitness equipment revenue more than doubled to \$2.3 billion according to NPD retail data (Shaban 2021). Moreover, the sale of treadmills soared 135 percent while those of stationary bikes nearly tripled (Shaban 2021). One such company who has benefited from the shift of gyms to at-home fitness is Peloton. With over 5.9 million members on the platform (Dean, 2021), the Peloton app offers its users access to workout classes via an app in addition to being integrated with Peloton branded equipment. Users who pay for the Peloton subscription can attend live classes scheduled daily or join recorded classes on-demand.

Figure 1—Peloton app Strength classes and filter options.
Source: IOS Peloton App. Source: Author



Despite the flexibility offered by Peloton to schedule and attend workouts, it does not allow the user to create or track tailored body part split workouts, or dividing training sessions to focus on different movements, lifts, or body regions, to their schedules. Figure 1 above shows one of the class types, Strength, and the filter functionality available to users. Additional class types include yoga, cardio, meditation, running, cycling, walking, and two different bootcamp style classes. Each of these classes include the ability to filter based on the user's preference of class duration, instructor, difficulty, and language, however, the task of creating and using workout splits is not a feature offered within the Peloton app. This task will be the focus of study for this assignment.

2 INITIAL NEEDFINDING

2.1 Domain and Problem Space

The health and fitness app domain is a worldwide industry supporting digital products across all major mobile platforms. The domain has an abundant and diverse range of health and fitness apps. In fact, app developers launched more than 71,000 new health and fitness products in 2020 (Sydow, L. 2021), and is categorized by challenges in data integrity and privacy protection, development time, integration of wearables, and regular updates. The breadth of health and fitness, combined with the need for data protection, makes digital fitness an attractive research area for human computer interaction.

Because of the enormous number of exploratory opportunities, the class of workout and exercise app interfaces was selected due to their user-friendliness to the public and universal appeal. As opposed to nutrition and/or activity tracking health and fitness apps, which appeal to a smaller subset of at-home workout routines, workout and exercise apps form an essential interface between users and fitness goals. Furthermore, as it relates to fitness goals, the benefits of workout splits are plentiful and integrating them within a workout app is advantageous to the user. A general rule of thumb is at least 48 hours should be allowed between high intensity exercise of the same muscle groups to allow your muscles the opportunity to rebuild and reduce risks associated with overtraining. As such, enabling the user to utilize workout splits, or suggesting the

benefits of training using workout splits, is not only informative, but also reduces the risk of injury to the user and maximizes recovery time and muscle growth.

2.2 User Types

The intent of this assignment is to improve the workout functionality of the Peloton app for all iPhone and iPad users. Those who are applicable to this problem space are new and experienced users who use any of the workout features available in the Peloton app. This would include a user who works out from home once to a few times a month and inclusive of users who use the Peloton app for multiple classes daily. Also, because most fitness apps are subscription based and require payment, users will be limited to those over the age of 18.

2.3 Needfinding Plan

The problem space described above leaves a gap in the potential effectiveness of the Peloton app and to its users. To investigate improving this, two needfinding exercises will be employed. First, a survey will be distributed to users of the Peloton app. The intent of needfinding will be to form a data inventory and summarize the results. Second, I will research approximately 100 product reviews. The product reviews will come from research on the internet as well as reviews of the Peloton app via the IOS app store. Given that the IOS app store shows there are 643,000 people who have rated this app, reading existing product reviews should be a highly effective indication of what users believe are the strengths and weaknesses.

2.3.1 *Needfinding Execution 1 – Surveys*

Because of the asynchronous way in which surveys can be completed, this was the first task employed in my needfinding plan. This survey, which can be found in the Appendix, section 9.1, was presented to adults who have used the Peloton app in any capacity. A total of 8 questions focus on what types of fitness classes are primarily used, how often a user participates in classes, and, if not currently using a workout split, would the user be interested in using one. To find users, I had to reach out to a network of people who use a Peloton from my personal and professional network. I was able to locate 20 people to take the survey. Also, because of potential biases in the survey, I asked two colleagues to review the questions prior to distribution with the intent being to remove any potential for observer bias and eliminate any leading questions. As a result, the questions

distributed in the survey allow the users to answer the questions in a way that would be most effective when reviewing the results. Moreover, voluntary response bias was an important bias to avoid and was done so by keeping the questions quantitative as opposed to qualitative.

2.3.2 *Needfinding Execution 2 – Product Reviews*

In addition to the surveys, a review of existing Peloton app product reviews will be completed. To start this needfinding exercise, I will take a look at the app reviews in the Apple app store and search the web for other useful information. To dig into the app store reviews, I will be scraping the app store using a Python program. The Python program will use an `app_store_scraper` module, along with Pandas and NumPy, to gather and review the results. To find the most effective app reviews outside of the app store, I will use a google search with keywords like “Peloton app reviews”, “Peloton app workout splits”, and “Peloton app home workout reviews”. I also think it will be useful to avoid the granularity specific to the IOS app while searching the web as the problem space would be applicable to all users of the Peloton app, regardless of the operating system used to connect.

To review the results of this needfinding exercise, the most effective method is to compile the results in a table and sort it by review sentiment (good, neutral, and bad). Using this, I can connect any common themes and thus gain a better understanding of whether the problem space I have outlined is present in reviews and, if so, build a better interface to address the issue.

2.4 Needfinding Results

After reviewing the results from the two needfinding exercises, it is evident that an improvement to the Peloton app to support the use of scheduled workout splits is justified. The fact that so many people have moved their fitness routines from gyms to the home, along with a need to organize workout routines, supports the need to have more personalized workout routine features in the tools users are employing for fitness.

2.4.1 *Needfinding Results 1 – Surveys*

As stated, 20 participants responded to the survey. After reviewing the results, 8 of the participants who use the Peloton app also do some kind of weightlifting

exercises while another 6 do some other type of fitness routines as well. Also, of the 8 people who use the Peloton app and lift weights, all but 1 follow a schedule. This is a key indicator that including the ability to schedule and track workout splits in the Peloton app is a worthwhile improvement. Furthermore, the results from question 8 show a majority of the survey participants, 12, would use the feature if it was available. As a result of this needfinding exercise, I can confidently say the takeaway is that there is a need to continue the needfinding process and redesign the Peloton app in a way that supports scheduling and tracking workout splits.

2.4.2 Needfinding Results 2 – Product Reviews

The reviews from the Apple app store proved to be very useful. What immediately stands out is that, out of over 630,000 reviews, the app has a very favorable rating of 4.9 out of 5 stars. There is an overwhelming number of positive reviews, and the product is well liked overall. Most of the negative reviews I read share a common denominator of issues with the app. There were issues with the app crashing, issues with sound, and syncing issues with wearable monitors like the Apple Watch. As it relates to positive reviews, majority of them had to do with the Peloton bike and treadmill. Outside of these, there were also many positive reviews on the various classes, including strength training. As fitness routines are moving from gyms to homes, having strength training available in an app is extremely useful and there are a lot of app users who take advantage of this. Moreover, the reviews regarding strength training are clearly a mix of experienced and novice users. The Python program used to scrape the Peloton app store reviews is in the Appendix, section 9.2

The result from my web search also proved useful. Because of the popularity of Peloton, there is a plethora of reviews on the internet. Again, most of the reviews were very positive and it was difficult to find negative reviews outside of concerns with the price, music choices, and other items not relevant with the problem space. However, because of the shift in fitness locations, the positive reviews for at-home workouts were everywhere.

2.5 Data Inventory

Table 1 — Data Inventory Items for Peloton App Users. Source:
Author

Inventory Item	Observation
Who are the users?	The results from the survey show that majority of users are between 26-35 years of age (9), and the next largest age bracket of users is between 18-25 (7). The rest of the users fall between 36-55 years of age (4). Interestingly, no one in the survey was older than 55. Additionally, all the users participate in a fitness activity at least once per month.
Where are the users?	Users of the Peloton app are in their homes. Regardless of the device being used to connect to the Peloton app (phone, smart TV, Peloton Bike/Treadmill), all users are using the app from home.
What is the context of the task?	The context of the task is that users are participating in some kind of fitness activity using the Peloton app. While most are moderate users of the app using it 10-19 uses per month (9), there is a large group that use it more than 20 times per month (7).
What are their goals?	The core goal of each user is to improve their health by participating in a fitness routine. As such, using the Peloton app is one vehicle in which this is accomplished. Users who use the Peloton app also participate in fitness outside of the app. 15 of the 20 survey participants participated in exercise outside of the Peloton app.
What do they need?	Users of the Peloton app require an internet connection and a device which can run the Peloton app. Users also need to maintain a Peloton membership, so they will need a means with which they can pay for access.
What are their tasks?	Users who physically work with the Peloton app are tasked with opening and interacting with the apps interface to find an exercise class to complete.

Inventory Item	Observation
What are their subtasks?	The users' subtasks include logging into the Peloton interface, searching for classes using filterable criteria, and connecting to classes to exercise. Also, because of the large number of instructors and class types, users' subtasks will include reading reviews to find instructors which are preferred over other instructors. Lastly, the users' subtasks include remembering previously completed classes and upcoming classes that they are interested in completed or have already scheduled.

2.6 Defining Requirements

Table 2 — Defining Requirements for Peloton App Users. Source: Author

Requirement	Description
Functionality	Enable the user to schedule, attend, and complete classes based on a configurable workout split schedule. Also, the user will be able to track their progress.
Useability	The user should be made aware of the advantages of using a workout split schedule and included in the scheduling of strength style exercise classes.
Learnability	Setting up a schedule utilizing workout splits would be a setting within the Peloton app.

For this assignment, the design improvement to the Peloton app will focus on further developing functionality, useability, and learnability to support a workout split style schedule. Per the results of the survey, users who participate in strength style fitness already incorporate some type of workout split into their schedule and, as a result, would use this functionality if available in the Peloton app interface. Because this is not currently a supported feature, useability and

learnability are negatively affected because of the complexity involved with scheduling classes to support a workout split schedule in the interface as it exists today. Moreover, the gulf of execution is much larger than it should be because users do not currently have access to an integrated feature that supports their preferred workout schedules using the Peloton apps strength interface.

3 HEURISTIC EVALUATION

This heuristic evaluation is grounded in the 15 universal principles for HCI design influenced by Don Norman, Jacob Nielsen, Constanine & Lockwood, and the seven principles of universal design, as well as the principle of distributed cognition.

3.1 What works well and why

As stated earlier, there is an overwhelmingly positive sentiment as it relates to the Peloton app. There are many reasons for this, but the commonalities between them are described below:

3.1.1 Discoverability

When the user first opens the Peloton app, the interface is well laid out and has a high level of discoverability. That is, the user does not need a high memory load to make objects, actions, and options visible. Because the principle of discoverability is present, the user can easily identify what actions they need to take to complete a task which also keeps the gulf of execution narrow.

3.1.2 Simplicity

Regardless of the user's level of experience, knowledge, or current cognitive load, the Peloton interface is easy to understand. This makes interacting with the interface natural and simple. Moreover, at no time is the user presented with any information that is irrelevant or not needed. As a result, the simplicity found within the Peloton apps interface works in favor of the user when completing a task.

3.1.3 Consistency

The Peloton apps interface has a lot to offer the user. Because of this, there is a lot of information contained within the interface. However, across the entire interface and all its selections, the principle of consistency is employed. Because of this, what is learned by using one feature of the app can be easily applied to the other features. As a result, the users need to rethink or remember what certain words or actions do is not needed. This greatly decreases the gulf of execution and enables the user to complete a task with ease.

3.1.4 Flexibility

The principle of flexibility within the Peloton interface accommodates a wide range of user preferences and abilities. As a result, any user of the Peloton interface is supported by a few different interactions to complete the same task. For example, there are several ways in which a user can search for a strength style class. The result is a natural way for people to engage with the interface as opposed to forcing the user to use one method against their expertise or preferences to complete a task.

3.1.5 Distributed Cognition

Because the Peloton app enables the creation of a user profile, cognitive tasks like reason and remembering can be offloaded to the apps interface. This distributed cognition enables users to reduce the cognitive load and memory needed to search for, participate in, and/or schedule classes. As an example, when a user schedules a class, the class is added to a calendar that will remind the user of upcoming classes. Moreover, if any changes are made to the class, like start time, or if it is cancelled, the user will receive a notification of the change. As such, maintenance of the user's schedule is offloaded onto the Peloton app reducing the user's mental burden.

3.2 What does not work well and why

3.2.1 Gulf of execution

While the gulf of evaluation (distance between the effect of the action and the user's understanding of the result) might be small, the gulf of execution (distance between the user's goals and the action required to realize the goal) is larger than it should be. As the results of the survey have shown, the ability to schedule

strength training on a single body part or region of the body is not easily executed. If a user were to complete the task of scheduling a 4-day workout split, they would have to search a long list of strength training classes available (over 1000) and add them remembering specifically what body part/region was to be exercised in what order. As a result, the cost in time and gulf of execution to complete this task is much larger than other more basic tasks.

3.2.2 Discoverability

The wider gulf of execution, as it relates to the problem space, is a direct result of lacking discoverability. While the interface in general uses the principle of discoverability well, it falls short when it comes to filtering for specific body parts. As an example, when a filter is applied to strength classes for “upper body” style classes, there are over 800 resulting classes. A user who is looking specifically for arm workouts would need to search through all resulting classes to find one that fits their need. Because all the needed options are not present and visible, the users cognitive load is higher than it should be, and the user is exposed to distracting options with extraneous information.

3.2.3 Flexibility

As seen in the survey results analysis, the design of the Peloton interface does not accommodate all ranges of individual preference. Because the use of a body part/body region workout split is not currently supported, the act of accomplishing certain tasks is difficult and users are forced to use the app in a way that contradicts with their level of expertise and/or preferences. As a result, the Peloton interface does not do an excellent job of affording the user flexibility.

3.2.4 Equity

Like the principle of flexibility, the principle of equity is not used well in the design of the Peloton app interface. Simply stated, all users of the Peloton app do not have the same experience. Users who make use of a workout split style schedule must work much harder than users who participate in classes at will and without regard of body parts being exercised. The result of this is a design that is not useful or marketable to people with different abilities and thus falls short on the universal design principle of equity.

3.3 Heuristic Evaluation Summary

For majority of users, distributed cognition, the principles of simplicity, discoverability, flexibility, and consistency work well together and create a positive user experience. As a result, the gulf of execution and gulf of evaluation is quite small for some users, and inexperienced users of the app can quickly figure out what they need to do when their goal is to accomplish a task. That being said, there are gaps in the principles of discoverability, flexibility, and equity that reduce distributed cognition and consequently increase the cognitive load and mental burden for some specific users. Together, these violations increase the gulf of execution for some and will be addressed moving forward.

4 INTERFACE REDESIGN

The following wireframe prototype is based on the results of the previous heuristic evaluation and a brainstorming exercise which is provided in the Appendix, section 9.3.

Figure 2—Peloton strength classes with filter to select workout splits/body parts for live classes – “Live & Encore” view. Source: Author

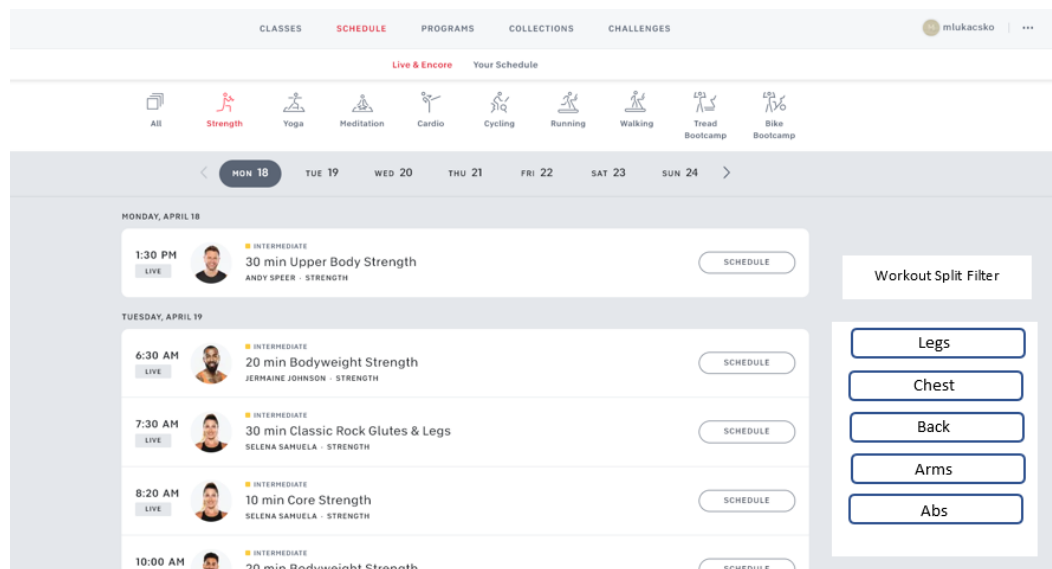


Figure 3—Workout split Progress Tracker – “Your Schedule”
View. Source: Author

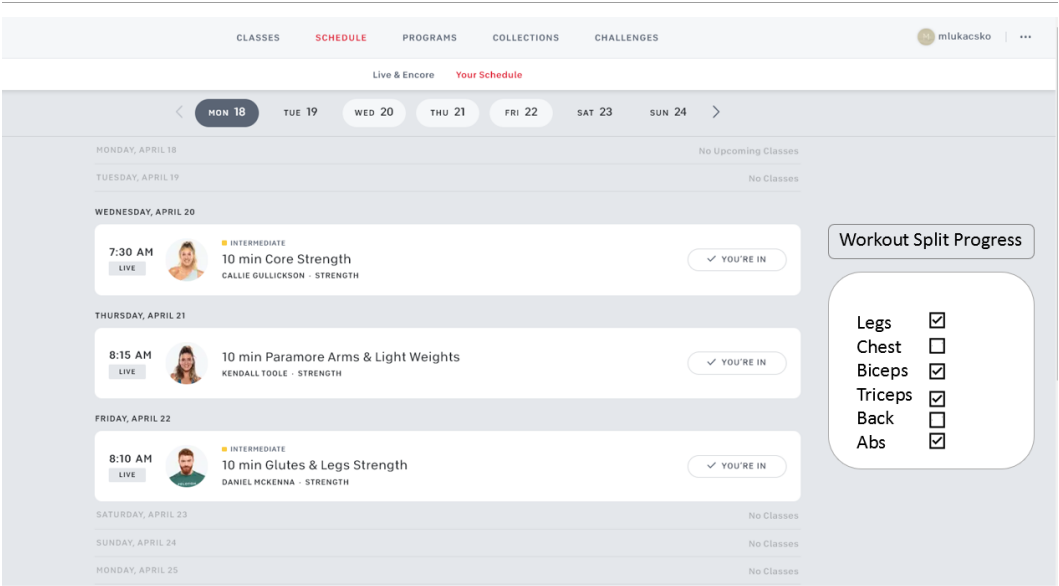


Figure 4—Peloton app Strength Class prerecorded classes interface. Source: Author

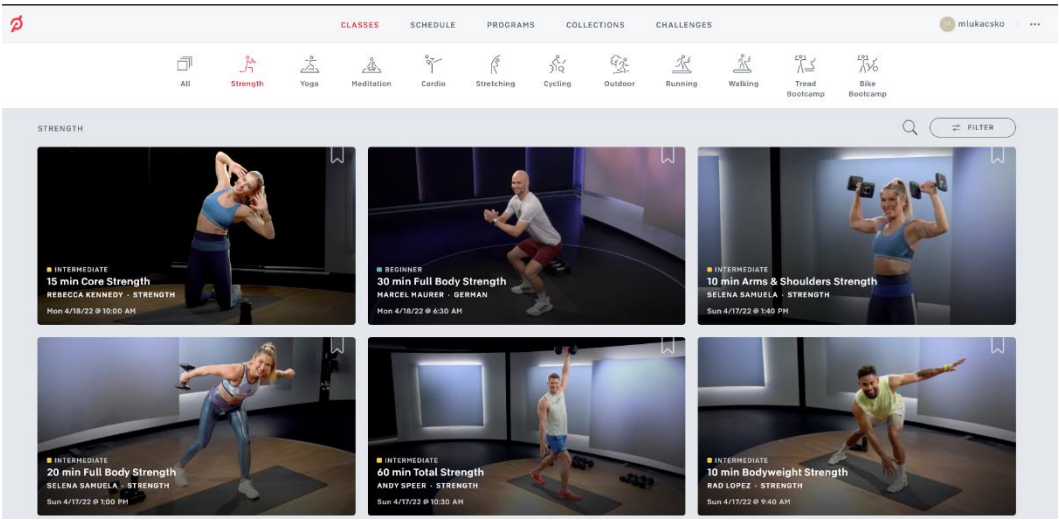


Figure 5—Peloton app Strength Class prerecorded class filter – Slider Button to enable Workout Split. Source: Author

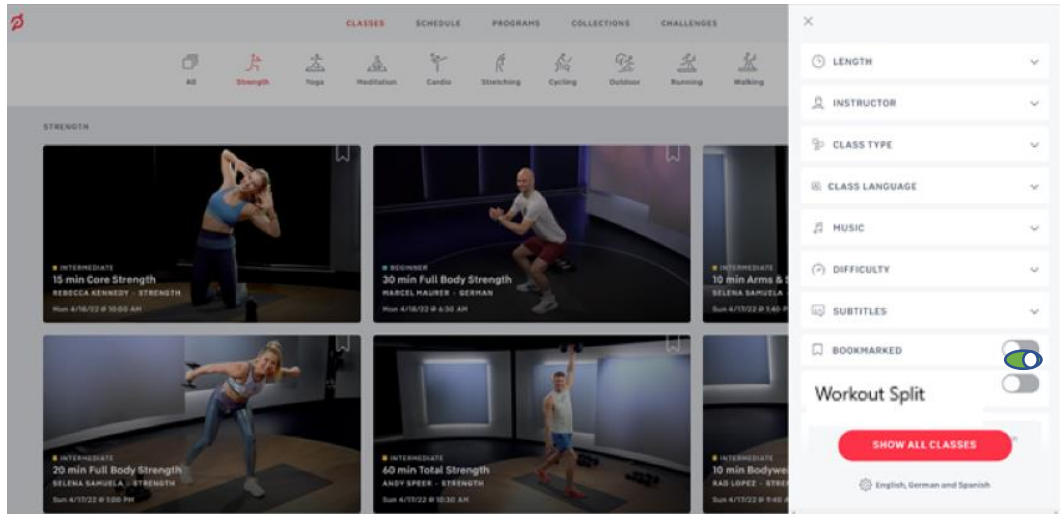


Figure 6—Peloton App- With Workout Split enabled, Class Type filter by body part/region. Source: Author

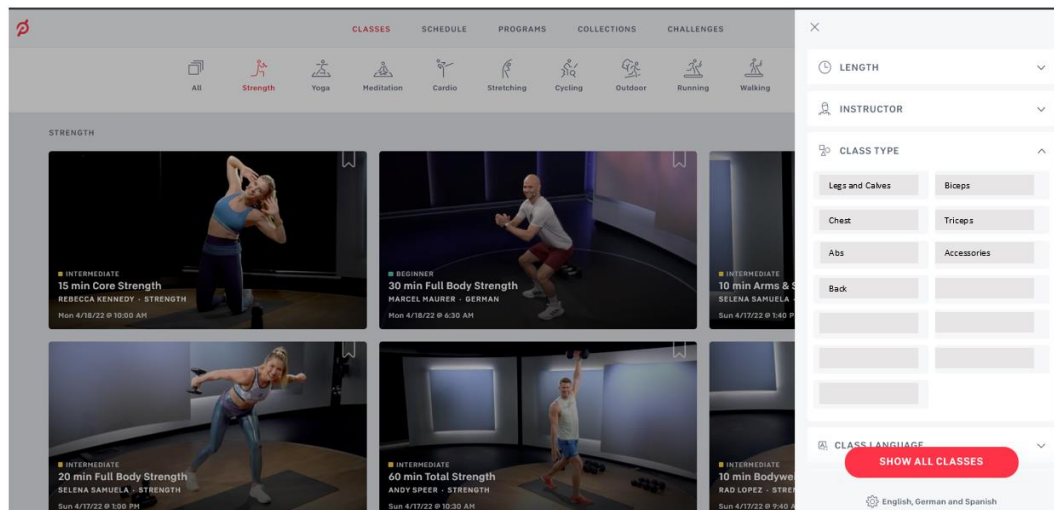
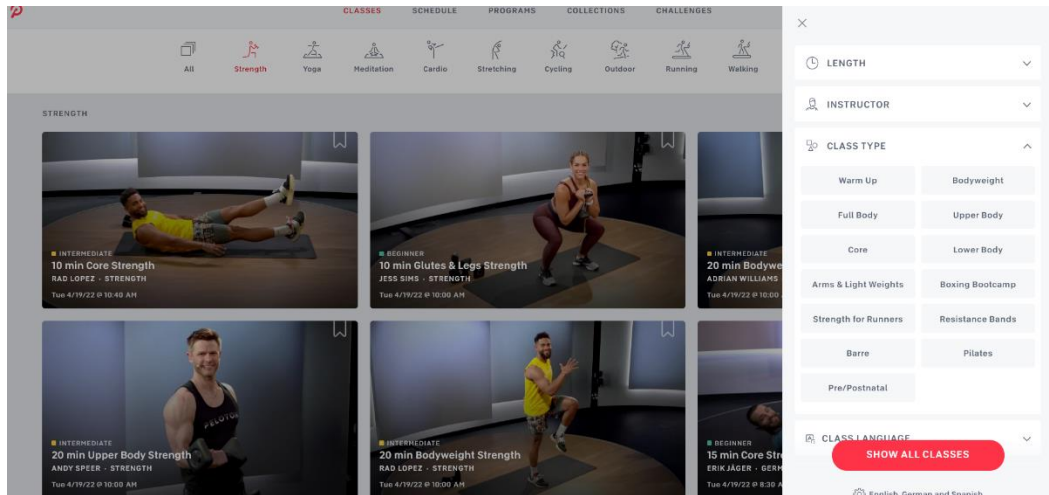


Figure 7—Peloton App – With Workout Split disabled, Class Type is set to a default search. Source: Author



5 INTERFACE JUSTIFICATION

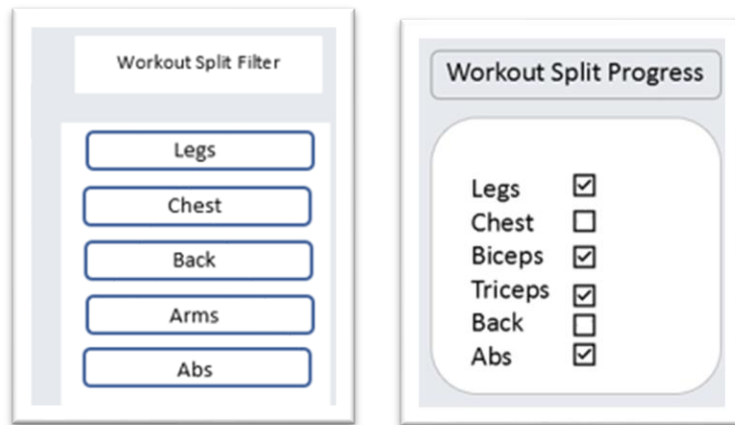
As mentioned previously in the heuristic evaluation, the Peloton interface uses several good design principles and is overall a highly effective solution to accomplish the task of fitness and/or exercise for most users. As such, the interfaces that are a part of this redesign remain largely unchanged as it relates to the colors, layout, and user interface. However, where the design principles of discoverability, flexibility, and equity have been violated, this prototype's main purpose is to increase the user interface's functionality and useability. Moreover, a greater level of learnability is achieved by increasing distributed cognition and consequently reducing the cognitive load of the user. To accomplish this, the wireframe prototype introduces the ability to utilize workout splits in both the live and prerecorded strength training classes, as well as track the progress of the user.

5.1 Live Class Redesign

The interface utilized by a Peloton app user when browsing live classes and scheduled classes, shown in figure 2 and 3, focuses on the addition of a workout split search function and well as a progress tracker to keep the user informed of their progress on a weekly basis. By keeping the layout consistent with the

current functionality, color scheme, and button shapes, the gulf of execution is lessened because users can repurpose the knowledge gained from previous interactions with the live class selections. Per Constantine's and Lockwood's Reuse Principle, this addition maintains consistency with purpose rather than merely arbitrary consistency, thus reducing the need for users to rethink and remember. Furthermore, as depicted in the figure below, the inclusion of the workout split filter and workout split progress indicator increases the design principle of discoverability for every user interested in using the app to focus on a specific body part. As Jacob Nielsen advises regarding the principle of discoverability, this minimizes the user's memory load by making objects, actions, and options visible for using a workout split.

Figure 8—Left: Workout split filter. Right: Workout split progress. Source: Author

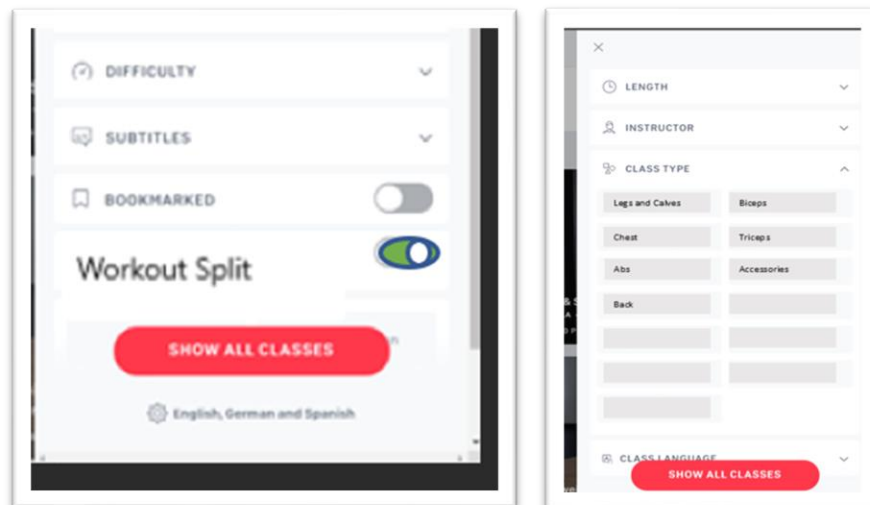


The addition of the filter and progress indicator also improve the principles of flexibility and equity. This is accomplished by allowing users with different preferences and abilities the ability to use workout splits. Distributed cognition is increased by reducing the memory required by the user to recall what body part is scheduled to be exercised on a daily or weekly basis when viewing their schedule. By showing the user what progress is being made via a progress tracker, in addition to the weekly schedule, the mental burden and cognitive load required by the user is drastically reduced. Lastly, by keeping the layout consistent with other Peloton features, the buttons to filter with and boxes to track progress provide good affordances for users when identifying the purpose behind each feature and further reduces the gulf of execution.

5.2 Prerecorded Class Redesign

The prerecorded user interface shown above in figures 4-6 make use of a workout split slider button to enable the feature and consequently enable search functionality specific to body parts in the filter for class types. Again, consistency of the style and functionality used in the current interface was left untouched preserving the positive elements of the interface. The improvements, shown in figure 9 below, are placed in an area of the interface to keep the design simple and easy to use but increase the principle of discoverability for all user types. Moreover, by using a slider, like the “BOOKMARKED” feature, the user can use the affordances already provided and will not be required to relearn anything. Hence, the learning curve for this addition is low. Finally, the slider to enable workout splits along with the class type search, this wireframe prototype addresses the violations described in flexibility and equity by accommodating a wider range of user preference and ability when compared to the current Peloton interface. As such, if the user is interested in using a workout split, the slider button pictured below can be enabled and class type searchability would be specific to body parts. If a user is not interested in this functionality, the slider can be left disabled, and the class type filter would be left as is in the current interface and pictured in Figure 7 above.

Figure 9 – Left: Prerecorded class filter feature to enable workout split search for class type. Right: Class type filter for body parts when workout split is enabled. Source: Author



6 EVALUATION PLAN

Because of the addition of functionality, a qualitative evaluation is best suited to assess the redesigned interface.

6.1 Survey Strategy

Like the survey conducted as part of the needfinding exercise, I will access my personal and professional network to recruit participants. The recruiting process will target a narrower group of adult users of the Peloton app and, because of the narrowed focus, a total of 20 completed surveys will be the goal to provide sufficient feedback given where the prototype is in the development life cycle.

Furthermore, to acquire the most useful data, the survey questions will consist of general age, demographic, and Peloton usage questions, along with the wireframe prototype embedded as an image and a couple open-ended/multiple choice questions associated with it.

6.2 Mitigating Bias

Prior to distributing the survey, I asked my immediate family to review the survey questions in detail. Because of the asynchronous nature of the survey, having a peer review is vitally important to iron out any unclear or leading questions. Moreover, by giving the participants an opportunity to answer open-ended questions, the survey minimizes any observer bias that could be present. Another bias, voluntary response bias, is minimized by not including any qualitative questions and instead keeping the questions quantitative. As a result, the data from the completed surveys will not be oversampled with strong opinions which generally lead to more 1's and 5's in the survey responses.

7 EVALUATION RESULTS AND ANALYSIS

Execution of the survey was completed in line with the plan outlined above. In total, 12 responses were completed. Because of time constraints and personal obligations, it was more difficult for me to hit the goal number of 20 people that fit within the surveys target group described above. In general, I am pleased

with the survey results, however, in any future surveys, I would try to find specific Peloton communities where the survey could be distributed to a larger audience.

7.1 Evaluation Results

The survey, broken down into two categories, covers (1) broad questions regarding user age, sex, and frequency of use, as well as (2) questions specific to the redesigned interface. The user background question responses were in line with my expectations. 66% of the users were male (8), 75% between the age of 18 and 35 (9), and 42% used their Peloton app more than 10 times per month (5). Regarding the prototype specific questions, 75% of the users agreed that the purpose of the redesigned interface in the survey was clear (9), and the other 3 responded as its purpose being unclear as opposed to No. Of the 50% of participants who do not currently use a workout split in their fitness routine (6), 3 of them agreed they would participate in more strength style classes if the feature introduced in the redesigned interface was available to them. The other 50% who do currently use a workout split in their fitness routine, 80% agreed they would participate in more strength style classes if the feature were available to them. Finally, the last question revealed that 63% of the survey participants (7) would enable the feature if it were available.

7.2 Analysis of Results

After looking at the responses, majority of the survey participants had positive thoughts about the redesigned interface, but their comments in the open-ended questions shared some common denominators.

First, a general sense did exist that the interface was easy to use and convenient. However, there was some confusion around its purpose. My assumption is that, because Peloton has a feature to suggest classes based on those already completed, those that thought the redesigned interface was meant to be a suggestive type of feature is not surprising nor unexpected.

Also observed was that while users did feel like this would be an asset when scheduling classes, a few users were more interested in the class instructor, music offerings, and/or duration of the workout as opposed to the region of the body being exercised. Nevertheless, of the participants who currently use a workout

split, the overwhelming opinion was positive and felt like the new interface would help them schedule classes more frequently.

When asked explicitly what users did not like about the interface, a few users did not think the list of body parts/regions was sufficient and indicated they would like the list to be customizable with input to add/remove as needed. A separate participant responded that they do not use scheduling within the app and, as a result, would not use the progress tracker associated with the scheduling of classes. Lastly, two of the users shared a common belief that enabling/disabling and customizing the feature to use workout splits should live in the user profile rather than in the filter for classes.

7.3 Feedback Based Changes

Overall, the results of the survey confirm the useability, functionality, and learnability of the redesigned interface as it relates to the problem space identified. However, despite the overall opinion in the survey responses being positive, there are a couple of improvements that could be addressed in future design iterations. First, and as mentioned by a prototype evaluation survey participant, I think having the feature in the user profile is a more appropriate place to use it. By having it in the filter section, it is possible that a user slip could occur negatively affecting the defined requirements of useability, functionality, and learnability. By placing it in the user profile, the chances of an action-based slip would be minimized. Another change, also based on user feedback, would be a more customizable workout schedule. Like the first improvement described, this would be added to the user profile as well.

Modifying the prototype to include the changes outlined above would best be completed in additional iterations of needfinding. Furthermore, questions arising from the functionality of the redesigned interface underscore a need for continued needfinding. If done, a larger pool of participants would be pursued, specifically targeting a broader age of users and higher frequency of Peloton app usage. Ideally, this could be accomplished reaching out to the Peloton community via online resources like Reddit and/or through the Peloton app itself. In doing so, vital information could be gathered and used in the next round of the design lifecycle and future prototypes.

8 REFERENCES

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9 APPENDIX

9.1 Needfinding Survey Questions

Question 1: Select your age range.

- a) 18-25
- b) 26-35
- c) 36-45
- d) 46-55
- e) 56 or older

Question 2: How often do you workout/train?

- a) 1-5 times per month
- b) 6-10 times per month
- c) 11-more times per month
- d) I do not participate in any fitness activity

Question 3: How often do you use the Peloton app in any capacity?

- a) 1-9 times per month
- b) 10-19 times per month
- c) 20-more times per month
- d) I don't use the Peloton app in any capacity.

Question 4: Do you exercise using anything besides the Peloton app?

- a) Yes
- b) No

Question 5: If you answered Yes to question 4, outside of the Peloton app, what do you primarily do?

- a) Weightlifting
- b) Cardiovascular activity (Running/biking outside, swimming, etc.)
- c) Sports
- d) Other

Question 6: If weightlifting, do you follow any type of fitness routine schedule?

- a) Yes
- b) No

Question 7: If you answered Yes to question 6, do you use a workout split? Example: Day 1 legs, Day 2 back and biceps, Day 3 chest and triceps.

- a) Yes
- b) No

Question 8: If accessible in the Peloton App, would you utilize a workout split?

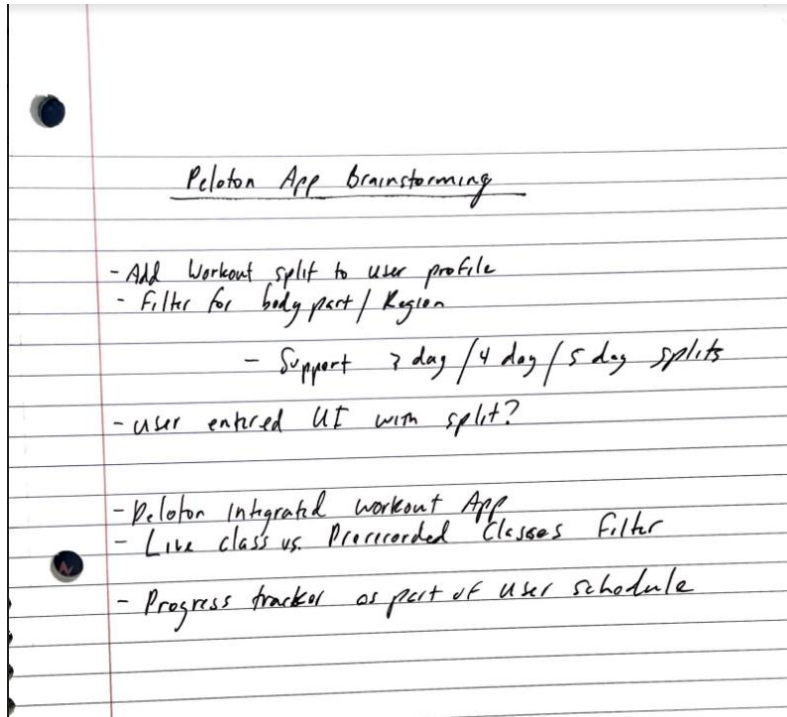
- a) Yes
- b) No

9.2 Needfinding Python Scraper

```
from app_store_scraper import AppStore
import pandas as pd
import numpy as np

peloton = AppStore(country='us', app_name='peloton', app_id =
'792750948')
peloton.review(how_many=1500)
df = pd.DataFrame(np.array(peloton.reviews), columns=['review'])
df2 = df.join(pd.DataFrame(df.pop('review').tolist()))
df2.head()
df2.to_csv('C:/Users/mluka/OneDrive/Desktop/School/Tech/Spring
2022/CS6750 HCI/AppScraper/App Store Review peloton.csv')
```

9.3 Interface Redesign – Brainstorming



9.4 Interface Redesign Survey Questions

Question 1: Select your age range.

- a) 18 - 25
- b) 26 - 35
- c) 36 - 45
- d) 46 - older

Question 2: Select your gender

- a) Male
- b) Female
- c) I do not wish to tell
- d) Other

Question 3: How long have you been a Peloton user?

- a) Less than 6 months

- b) 6 months – 1 year
- c) Between 1 and 3 years
- d) Greater than 3 years

Question 4: Regarding the interface redesign, is the purpose of it clear?

- a) Yes
- b) No
- c) Unsure

Question 5: If No or Unsure, why?

Question 6: Do you currently use a workout split in your fitness routine?

- a) Yes
- b) No
- c) Unsure

Question 7: If you currently use a workout split style fitness routine, would you participate in more Strength Classes using the Peloton App if able to use workout splits?

- a) Yes
- b) No
- c) Unsure

Question 8: If No or Unsure, why?

Question 9: If you currently DO NOT use a workout split style fitness routine, would you participate in more Strength Classes using the Peloton App if able to use workout splits?

- a) Yes
- b) No
- c) Unsure

Question 10: If No or Unsure, why?

Question 11: Regarding the interface redesign, how likely are you to enable and use the feature?

- a) Very frequently - Every workout
- b) Somewhat frequently – Some workouts
- c) Rarely – Almost no workouts
- d) Never – No workout