

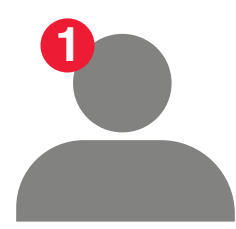
Designing Auditory Feedback from Wearable Weightlifting Devices

MENGYUE PAN, SAGAR SALVI, ERIN BRADY
BALMLAB@IUPUI.EDU

GOAL

We interviewed 7 frequent gym-goers about their opinions and expectations for feedback from wearable devices (Ollinfit) for weightlifting and explored their desired feedback, how their expectations and concerns could be balanced in future wearable fitness technologies.

METHOD



We recruited 7 gym-goers from the NIFS to conduct interviews



We interviewed them about their experience with fitness and wearable devices.



We discussed about their concerns and expectation with the devices for future design

WHAT IS OLLINFIT?

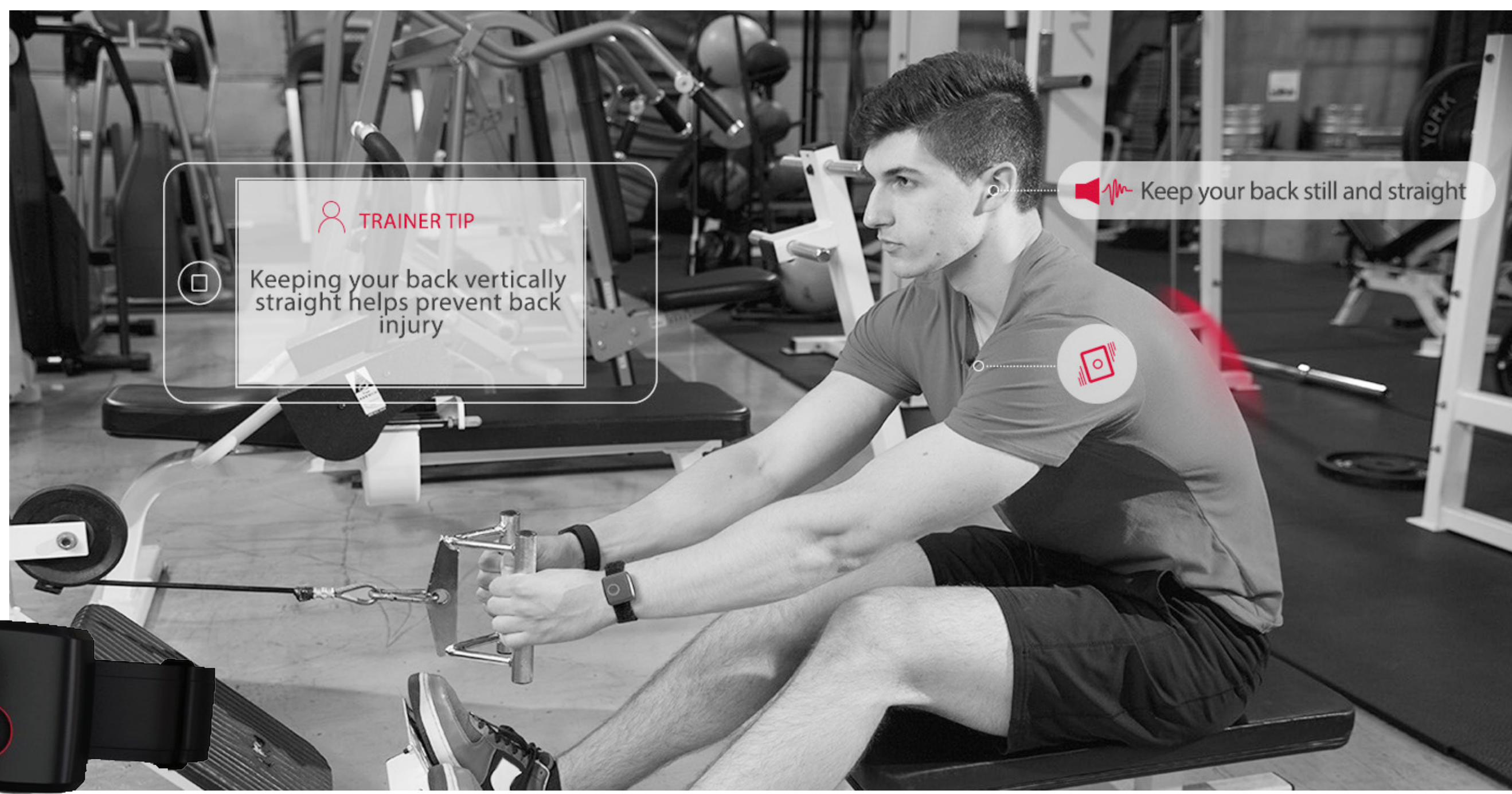
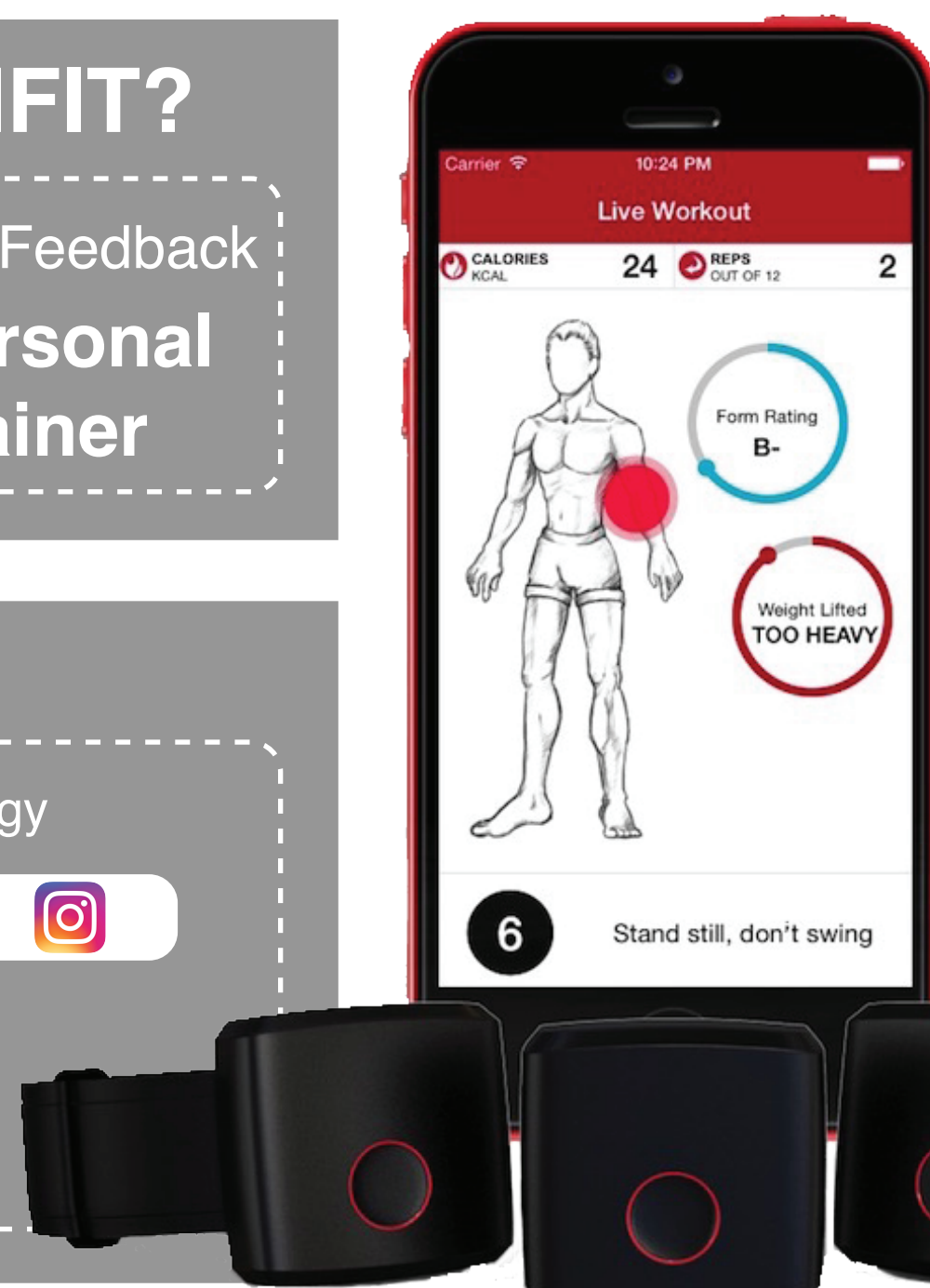
3 Wearable Sensors + Audio Feedback
+ Smart App Review = **Personal Trainer**

RESPONSE

Experience with technology



Reaction



Expectations for future workout technology

Gym-goers are highly sensitive to potential judgement by workout technologies, which would discourage them

As the device gives feedback, others around the user could hear the voice which may make the users feel embarrassed

Injury might occur that could not be prevented if users try to lift heavy loads

Learning users' eating, training habits and generating personalized plans for users might maximize results.

If the users could upload new forms they learned from social media or somewhere else to the device, it would maximize their exercise efficiency.



Loud and abrupt feedbacks might startle the users, and repetition phrase of correction may distract users from training.

Discussion



REAL-TIME FEEDBACK

- Positive and motivating.
- Replace robotic voice with natural human voice
- Dynamic, incremental feedback according to users performance
- Give reasons why and how.



POST-SET FEEDBACK

- Offering additional information during breaks, like reasoning behind workouts or specific goals, while addressing concerns about privacy and distraction.
- Offering video tutorials



POST-WORKOUT FEEDBACK

- Record how many sets, reps, and weights were allow for in-the-moment workout adjustment.
- Offering reflective analysis, predictions and trends based on the data.

Future work

- Wizard of Oz prototype to test
- Expanding demographics
- Accessibility: Visual impairment