






Website Analysis: buildyourmuscle.info

Generated on May 22 2025 18:39 PM





The score is 65/100







SEO Content

	Title	Aiming to Build Muscle Mass?																			
		Length : 28																			
		Perfect, your title contains between 10 and 70 characters.																			
	Description	You Want To Build Muscle? Tips For Building Muscle. Learn About The "Critical Bench" System																			
		Length : 101																			
		Great, your meta description contains between 70 and 160 characters.																			
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.																			
	Og Meta Properties	Good, your page take advantage of Og Properties.																			
		<table><tr><th>Property</th><th>Content</th></tr><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Do You Want To Build Muscle?</td></tr><tr><td>url</td><td>https://buildyourmuscle.info/</td></tr><tr><td>site_name</td><td>Aiming to Build Muscle Mass?</td></tr><tr><td>description</td><td>You Want To Build Muscle? Tips For Building Muscle. Learn About The &quot;Critical Bench&quot; System</td></tr></table>						Property	Content	locale	en_US	type	website	title	Do You Want To Build Muscle?	url	https://buildyourmuscle.info/	site_name	Aiming to Build Muscle Mass?	description	You Want To Build Muscle? Tips For Building Muscle. Learn About The "Critical Bench" System
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	Headings	H1 1	H2 10	H3 3	H4 0	H5 0	H6 0														
		<ul style="list-style-type: none">• [H1] Aiming to Build Muscle Mass?• [H2] Want to Gain Muscle Mass and Improve Your Workout?• [H2] Learn About “The Muscle Maximizer”																			

SEO Content

		<ul style="list-style-type: none">• [H2] Bodybuilding• [H2] How To Start Bodybuilding• [H2] Types of Bodybuilding• [H2] Bodybuilding – A Brief History• [H2] Power-lifting• [H2] Bodybuilding Versus Power-lifting• [H2] Some Useful Links• [H2] Primary Sidebar• [H3] To Get The Muscle Maximizer Just Click Right Here!• [H3] To get the system Just Click Right Here!• [H3] What is The Muscle Maximizer?
	Images	We found 8 images on this web page. Good, most or all of your images have alt attributes
	Text/HTML Ratio	Ratio : 28% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 21 links including 0 link(s) to files
	Statistics	External Links : noFollow 52.38% External Links : Passing Juice 14.29% Internal Links 33.33%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Skip to primary sidebar	Internal	Passing Juice
Aiming to Build Muscle Mass?	Internal	Passing Juice
Want to Gain Muscle Mass and Improve Your Workout?	Internal	Passing Juice
Leave a Comment	Internal	Passing Juice
Just Click Right Here!	External	Passing Juice
https://www.bodybuilding.com/	External	noFollow
https://en.wikipedia.org/wiki/Bodybuilding	External	noFollow
https://www.menshealth.com/fitness/a19548591/new-bodybuilding-rules/	External	noFollow
https://www.merriam-webster.com/dictionary/bodybuilding	External	noFollow
https://www.groupon.com	External	noFollow
https://www.webmd.com	External	noFollow
https://www.muscleandfitness.com/workouts/workout-tips/getting-started-bodybuilding	External	noFollow
https://bayesianbodybuilding.com/articles/	External	noFollow
https://www.t-nation.com/all-articles/tags/bodybuilding	External	noFollow
https://rippedbody.com/novice-bodybuilding-program/	External	noFollow
https://www.lifehack.org/articles/lifestyle/15-bodybuilding-tips-for-beginners.html	External	noFollow
Uncategorized	Internal	Passing Juice
Genesis Framework	External	Passing Juice
WordPress	External	Passing Juice
Log in	Internal	noFollow

SEO Keywords

	Keywords Cloud	workout bodybuilding training physique strength muscle power-lifting more sport
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SEO Keywords

learn




Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
bodybuilding	39	✖	✖	✖	✔
muscle	37	✔	✖	✔	✔
physique	17	✖	✖	✖	✖
learn	16	✖	✖	✔	✔
workout	13	✖	✖	✖	✔









Usability

	Url	Domain : buildyourmuscle.info Length : 20
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0




Document

	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div><div> Excellent, your website doesn't use nested tables.</div><div> Too bad, your website is using inline styles.</div><div> Great, your website has few CSS files.</div><div> Too bad, your website has too many JS files (more than 6).</div><div> Too bad, your website does not take advantage of gzip.</div></div>

Mobile

	Mobile Optimization	<div><div> Apple Icon</div><div> Meta Viewport Tag</div><div> Flash content</div></div>
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Optimization

	XML Sitemap	<div>Great, your website has an XML sitemap.</div> <div>http://buildyourmuscle.info/sitemap.xml</div> <div>https://buildyourmuscle.info/sitemap.xml</div>
	Robots.txt	<div>http://buildyourmuscle.info/robots.txt</div> <div>Great, your website has a robots.txt file.</div>
	Analytics	<div>Missing</div> <div>We didn't detect an analytics tool installed on this website.</div> <div>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</div>