

Website Analysis: myonlinefitnesstraining.com

Generated on February 19 2025 13:55 PM





The score is 40/100







SEO Content

	Title	MOFC INC					
		Length : 8					
		Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.					
	Description	Length : 0					
		Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.					
	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	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.					
	Headings	H1 0	H2 2	H3 15	H4 9	H5 4	H6 1
		<ul style="list-style-type: none">• [H2] myonlinefitnesstraining.com• [H2] Featured Products• [H3] Special offer• [H3] 46% off• [H3] Save big• [H3] Buy 2, get one• [H3] Get the discount• [H3] Free shipping• [H3] Save up to 90% off• [H3] Collections• [H3] Product Types• [H3] Best sellers• [H3] About us• [H3] Information• [H3] Information• [H3] Collections• [H3] Contact Us MOFC INC 361 Newbury Street FL 5 Boston, MA					

SEO Content

		<p>02115 Call: 888-826-2305 Email: support@myonlinefitnessstraining.comHours or Operation M-S 9AM-9PM EST</p> <ul style="list-style-type: none">• [H4] Featured• [H4] New Arrivals• [H4] On Sale• [H4] Save up to 90%• [H4] + free shipping• [H4] on select weight-loss programs• [H4] free• [H4] Workout Equipment• [H4] Women's yoga• [H5] Shop now!• [H5] Shop now!• [H5] Hurry before the deals end!• [H5] Shop now!• [H6] Shop now!
	Images	<p>We found 45 images on this web page.</p> <p>13 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 3%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 45 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 2.22%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 97.78%</p>

SEO Links

In-page links

Anchor	Type	Juice
a	Internal	Passing Juice
=	Internal	Passing Juice
Home	Internal	Passing Juice
Featured	Internal	Passing Juice
Fitness Tracker	Internal	Passing Juice
Pilates Ring	Internal	Passing Juice
Ab Carver Pro Roller	Internal	Passing Juice
SuperBand	Internal	Passing Juice
Ab Wheel Deluxe	Internal	Passing Juice
New Arrivals	Internal	Passing Juice
Wall Charger	Internal	Passing Juice
Insta Soothe	Internal	Passing Juice
Green Fitness Tracker	Internal	Passing Juice
Acupuncture Pen	Internal	Passing Juice
Heart-Strong Blood Pressure...	Internal	Passing Juice
On Sale	Internal	Passing Juice
Yoga Socks For Women	Internal	Passing Juice
Perform Better Mini Band	Internal	Passing Juice
MyTwist Balance & Fitness B...	Internal	Passing Juice
Medicine Ball	Internal	Passing Juice
Foot Massage Ball	Internal	Passing Juice
View all collections	Internal	Passing Juice
Contact us	Internal	Passing Juice
Deluxe Exercise Mat	Internal	Passing Juice

In-page links

Sweet Sweat Waist Trimmer (Womens)	Internal	Passing Juice
Belly-Fat Boot Camp	Internal	Passing Juice
Beginners Monthly Coaching (Membership)	Internal	Passing Juice
Foam Roller	Internal	Passing Juice
Easy Paleo Diet For Beginners	Internal	Passing Juice
Sweet Sweat Waist Trimmer (Mens)	Internal	Passing Juice
Mobility Workout DVD + SuperBand Package	Internal	Passing Juice
Advanced Fitness Coaching Membership	Internal	Passing Juice
Resistance Band Challenger Package	Internal	Passing Juice
Heal Back Pain In 30 Easy Minutes	Internal	Passing Juice
Trending	Internal	Passing Juice
Accessories	Internal	Passing Juice
Digital	Internal	Passing Juice
Equipment	Internal	Passing Juice
Instructionals	Internal	Passing Juice
Yoga	Internal	Passing Juice
Terms of Service	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Refund Policy	Internal	Passing Juice
Cancel Subscription	Internal	Passing Juice
Powered by Shopify	External	noFollow

SEO Keywords







Keywords Cloud

better **fitness** service shipping **now**
sale **shop** all save get





Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
fitness	7	✖	✖	✖	✔
now	5	✖	✖	✖	✔
shop	5	✖	✖	✖	✔
all	4	✖	✖	✖	✔
service	4	✖	✖	✖	✖








Usability

	Url	Domain : myonlinefitnessstraining.com Length : 27
	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
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.




Document

	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> Too bad, your website has too many CSS files (more than 4).</div><div> Too bad, your website has too many JS files (more than 6).</div><div> Perfect, your website takes 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	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://myonlinefitnessstraining.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>