



# Seo Analyzer beyondstretch.com

Generated on February 16 2022 20:01 PM

The score is **56/100**



## SEO Content

	<b>Title</b>	<p>Myofascial Release &amp; Strength Training   Fitness Rehab Tools</p> <p><b>Length : 64</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>																
	<b>Description</b>	<p>Beyond Stretch® provides unique training &amp; rehab programs for all ages &amp; fitness levels. Gain a strong foundation to strengthen your body from the ground up</p> <p><b>Length : 164</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>																
	<b>Keywords</b>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>																
	<b>Og Meta Properties</b>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1346 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Myofascial Release &amp; Strength Training   Fitness Rehab Tools</td> </tr> <tr> <td>description</td> <td>Beyond Stretch® provides unique training &amp; rehab programs for all ages &amp; fitness levels. Gain a strong foundation to strengthen your body from the ground up</td> </tr> <tr> <td>url</td> <td>https://beyondstretch.com/</td> </tr> <tr> <td>site_name</td> <td>Barbara Depta</td> </tr> <tr> <td>image</td> <td>https://beyondstretch.com/wp-content/uploads/2021/01/BeyondStretch_Logo.png</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Myofascial Release & Strength Training   Fitness Rehab Tools	description	Beyond Stretch® provides unique training & rehab programs for all ages & fitness levels. Gain a strong foundation to strengthen your body from the ground up	url	https://beyondstretch.com/	site_name	Barbara Depta	image	https://beyondstretch.com/wp-content/uploads/2021/01/BeyondStretch_Logo.png
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site_name	Barbara Depta																	
image	https://beyondstretch.com/wp-content/uploads/2021/01/BeyondStretch_Logo.png																	

# SEO Content





image:width	1275
image:height	375
image:type	image/png

## Headings




H1	H2	H3	H4	H5	H6
6	31	11	0	0	0

- [H1] Tension Release, Core Strength & Balance Starts With Your Feet
- [H1] Tension Release, Core Strength & Balance Starts With Your Feet
- [H1] Who Benefits From Core Boot?
- [H1]
- [H1] Online Flexibility & Workout Programs
- [H1]
- [H2] Cart
- [H2] Cart
- [H2] Patented Fitness & Rehab Tool
- [H2] Patented Fitness & Rehab Tool
- [H2] Kinesthetic & Proprioceptive Training Starts With Your Feet.
- [H2] Build A Strong Foundation With Core Boot To Move & Feel Your Best.
- [H2] Kinesthetic & Proprioceptive Training Starts With Your Feet.
- [H2] Build A Strong Foundation With Core Boot To Move & Feel Your Best.
- [H2] Athletes
- [H2] Seniors
- [H2] Women In Heels
- [H2] You
- [H2] People With Foot Pain & Problems
- [H2] What Is Core Boot?
- [H2] Online Flexibility & Workout Programs
- [H2] Plantar Fasciitis Core Boot Kit
- [H2] Flexible Body Fluid Swing
- [H2] Back Pain Freedom
- [H2] Plantar Fasciitis System
- [H2] Flexible Body Fluid Swing
- [H2] Back Pain Freedom
- [H2] Clinically Tested Supplements
- [H2] Resync Products
- [H2] Instagram
- [H2] @barbaradeptha
- [H2] Membership Pricing
- [H2] See All Products!
- [H2] Online Programs
- [H2] Core Boot
- [H2] Resync Products
- [H2] Monthly Membership
- [H3] FEET ARE THE FOUNDATION OF ANY MOVEMENT
- [H3] FEET ARE THE FOUNDATION OF ANY MOVEMENT
- [H3] Form follows function, and it starts with your feet. Lower


## SEO Content

		<p>leg instabilities and foot pain impact most functional athletic movements and your flexibility...</p> <ul style="list-style-type: none"><li>• [H3] As we age, our feet and lower leg become stiffer, contributing to less muscle mass, less circulation, and less balance - all of which can increase the risk of falling down...</li><li>• [H3] Wearing heels increase the chances of suffering from foot pain, bunions, heel pain, plantar fasciitis, Achilles tendons issues, lower back pain, and core weakness. Your feet are the base of your confidence, posture, and movement...</li><li>• [H3] If you are looking for a new way to improve your physical fitness &amp; flexibility, you don't have to have foot problems to start training and benefiting from Core Boot...</li><li>• [H3] Overpronation or over supination, flat feet, plantar fasciitis, heel pain, foot pain and Achilles tendon issues start with the feet...</li><li>• [H3] Overpronation or over supination, flat feet, plantar fasciitis, heel pain, foot pain and Achilles tendon issues start with the feet...</li><li>• [H3] \$29</li><li>• [H3] \$9.99</li><li>• [H3] \$14.99</li></ul>
	Images	<p>We found 22 images on this web page.</p> <p>16 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 : <b>4%</b></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 35 links including 0 link(s) to files</p>

## SEO Links

	Statistics	External Links : noFollow 0%
		External Links : Passing Juice 0%
		Internal Links 100%

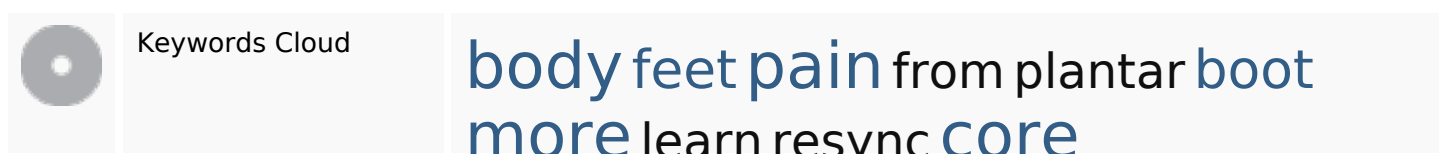
## In-page links

Anchor	Type	Juice
<a href="#">ABOUT</a>	Internal	Passing Juice
<a href="#">PRODUCTS</a>	Internal	Passing Juice
<a href="#">Core Boot</a>	Internal	Passing Juice
<a href="#">Core Boot</a>	Internal	Passing Juice
<a href="#">Myofascial Release Balls</a>	Internal	Passing Juice
<a href="#">Mini Resistance Band</a>	Internal	Passing Juice
<a href="#">Multi-function Resistance Band</a>	Internal	Passing Juice
<a href="#">SUPPLEMENTS</a>	Internal	Passing Juice
<a href="#">Resync Recovery</a>	Internal	Passing Juice
<a href="#">Resync Collagen</a>	Internal	Passing Juice
<a href="#">Why Resync</a>	Internal	Passing Juice
<a href="#">BEST RESYNC BUNDLES</a>	Internal	Passing Juice
<a href="#">ONLINE COURSES</a>	Internal	Passing Juice
<a href="#">Plantar Fasciitis</a>	Internal	Passing Juice
<a href="#">Flexible Body Fluid Swing - Full Course</a>	Internal	Passing Juice
<a href="#">Flexible Body Fluid Swing - Basic Course</a>	Internal	Passing Juice
<a href="#">Back Pain Freedom</a>	Internal	Passing Juice
<a href="#">Foundation on Fascia Flow &amp;#038; Core</a>	Internal	Passing Juice
<a href="#">Unleash The Power of Your Body on The Golf Course</a>	Internal	Passing Juice
<a href="#">MONTHLY MEMBERSHIP</a>	Internal	Passing Juice
<a href="#">BLOG</a>	Internal	Passing Juice

## In-page links

<a href="#">FAQ's</a>	Internal	Passing Juice
<a href="#">CONTACT</a>	Internal	Passing Juice
<a href="#">Sign in</a>	Internal	Passing Juice
<a href="#">Back Pain Freedom</a>	Internal	Passing Juice
<a href="#">SIGN UP NOW</a>	Internal	Passing Juice
<a href="#">SIGN UP NOW</a>	Internal	Passing Juice
<a href="#">SIGN UP NOW</a>	Internal	Passing Juice
<a href="#">LEARN MORE</a>	Internal	Passing Juice
<a href="#">ONLINE COURSES</a>	Internal	Passing Juice
<a href="#">BECOME AN AFFILIATE</a>	Internal	Passing Juice
<a href="#">AFFILIATE AREA</a>	Internal	Passing Juice
<a href="#">STORE POLICY</a>	Internal	Passing Juice
<a href="#">PRIVACY POLICY</a>	Internal	Passing Juice
<a href="#">TERMS OF USE</a>	Internal	Passing Juice






## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
body	25	✘	✘	✔	✔
core	24	✘	✘	✘	✔
pain	21	✘	✘	✘	✔
more	20	✘	✘	✘	✘
boot	19	✘	✘	✘	✔

## Usability

	Url	Domain : beyondstretch.com Length : 17
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found 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 : 33 Warnings : 17
	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	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p><a href="http://beyondstretch.com/sitemap.xml">http://beyondstretch.com/sitemap.xml</a></p>
	Robots.txt	<p><a href="http://beyondstretch.com/robots.txt">http://beyondstretch.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>