








# Seo Analyzer crossfitaurum.co.za

Generated on April 04 2022 18:26 PM





The score is 42/100







## SEO Content

	Title	<p>Home - Best Crossfit Gym in Bryanston</p> <p><b>Length : 37</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p><b>Length : 0</b></p> <p>Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.</p>												
	Keywords	<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>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1249 1481 1675"> <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>Home - Best Crossfit Gym in Bryanston</td> </tr> <tr> <td>url</td> <td>https://crossfitaurum.co.za/</td> </tr> <tr> <td>site_name</td> <td>Best Crossfit Gym in Bryanston</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Home - Best Crossfit Gym in Bryanston	url	https://crossfitaurum.co.za/	site_name	Best Crossfit Gym in Bryanston
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	Headings	<table border="1" data-bbox="539 1711 1481 1778"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>2</td> <td>5</td> <td>0</td> <td>8</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1809 1513 2069" style="list-style-type: none"> <li>• [H1] small group Crossfit classes for all fitness levels</li> <li>• [H1] Private Coaching</li> <li>• [H2] BE STRONGER, BETTER, FASTER</li> <li>• [H2] Most people struggle to stay motivated and keep a progressive training regimen. Crossfit helps you improve fitness strength and flexibility. So we developed fun, High intensity workouts to save you time &amp; still help you reach your fitness goals!</li> </ul>	H1	H2	H3	H4	H5	H6	2	5	0	8	0	0
H1	H2	H3	H4	H5	H6									
2	5	0	8	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] RUSS LOST 20 KGS IN 4 MONTHS</li><li>• [H2] Overweight? You Need to Read This</li><li>• [H2] Get Box updates</li><li>• [H4] First Timer Special</li><li>• [H4] CROSSFIT Group Classes</li><li>• [H4] First Timer Special</li><li>• [H4] CROSSFIT Group Classes</li><li>• [H4] Personal Training</li><li>• [H4] Menu</li><li>• [H4] CONTACT</li><li>• [H4] Our Location</li></ul>
	Images	We found 14 images on this web page.  12 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>0%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## 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 23 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 8.7%  Internal Links 91.3%

## In-page links

Anchor	Type	Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Our Trainers &amp;#038; Instructors</a>	Internal	Passing Juice
<a href="#">What is Crossfit</a>	Internal	Passing Juice
<a href="#">How to Start</a>	Internal	Passing Juice
<a href="#">Class Schedule</a>	Internal	Passing Juice
<a href="#">Rates</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Members</a>	External	Passing Juice
<a href="#">Get Started</a>	Internal	Passing Juice
<a href="#">View Rates</a>	Internal	Passing Juice
<a href="#">Get Started</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice
<a href="#">Overweight? You Need to Read This</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">Get Started</a>	Internal	Passing Juice
<a href="#">Wod</a>	Internal	Passing Juice
<a href="#">Gallery</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Locations</a>	Internal	Passing Juice
<a href="#">Members</a>	Internal	Passing Juice
<a href="#">Read more about these purposes</a>	External	Passing Juice

## SEO Keywords



Keywords Cloud

optimize consent cookies options service  
preferences title vendors **manage**






## SEO Keywords

website



### Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
manage	5	✘	✘	✘	✘
title	3	✘	✘	✘	✘
preferences	3	✘	✘	✘	✘
consent	2	✘	✘	✘	✘
cookies	1	✘	✘	✘	✘










### Usability

	Url	Domain : crossfitaurum.co.za Length : 19
	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 : 27 Warnings : 45





## Document

		
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	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> Too bad, your website does not take 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	Great, your website has an XML sitemap. <pre>http://crossfitaurum.co.za/sitemap.xml https://crossfitaurum.co.za/sitemap.xml https://crossfitaurum.co.za/news-sitemap.xml</pre>
	Robots.txt	<pre>http://crossfitaurum.co.za/robots.txt</pre> <p>Great, your website has a robots.txt file.</p>
	Analytics	Great, your website has an analytics tool.  Google Analytics