

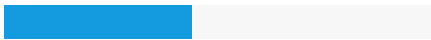


# Seo Analyzer






## grindshoptraining.com

Generated on January 26 2022 12:47 PM





The score is 39/100







### SEO Content

	Title	<p>Grind Shop - Home</p> <p><b>Length : 17</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Grind Shop Sports Performance Training is an institute of elite fitness &amp; performance in Cincinnati, OH. When a student enrolls at the Grind Shop they will become part of a community that is built on camaraderie, support, and encouragement. We have developed a progressive system that will ensure each student to be efficient, productive and help them reach their full potential.</p> <p><b>Length : 382</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>												
	Keywords	<p>Grind Shop Training, Fitness, Lose Weight, Gain Muscle, Sports training, Sports Performance Training, Sprint, weight lifting, running, Olympic Lifting, performance, strength, cardio, core, flexibility, endurance, tone, abs, gluts, plyometrics, athlete, athletics, Personal training, bootcamp, private training, quickness, speed, agility, strength training, nutrition, supplements, eat healthy</p> <p>Good, your page contains meta keywords.</p>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.</p>												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>3</td><td>9</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>• [H1] OUR VISION</li><li>• [H1] ANNOUNCEMENTS!</li><li>• [H1] MEMBERSHIP OPTIONS</li><li>• [H2] One- or Three-Month Membership for Twice-Weekly Training at The Grind Shop Sports Performance (Up to 62% Off)</li><li>• [H2] Before &amp; After Photos</li><li>• [H2] Become a part of the Grind Family</li></ul>	H1	H2	H3	H4	H5	H6	3	9	0	0	0	0
H1	H2	H3	H4	H5	H6									
3	9	0	0	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Amiee</li><li>• [H2] Nico</li><li>• [H2] pic2</li><li>• [H2] Laura2</li><li>• [H2] Michelle.png</li><li>• [H2] video4</li></ul>
	Images	We found 11 images on this web page.  8 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>5%</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	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 26 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 15.38%  Internal Links 84.62%

## In-page links

Anchor	Type	Juice
=	Internal	Passing Juice

In-page links

=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">TERMS OF USE</a>	Internal	Passing Juice
<a href="#">PRIVACY POLICY</a>	Internal	Passing Juice
=	Internal	Passing Juice

SEO Keywords

	Keywords Cloud	
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## SEO Keywords



home shop grind  
grindshoptrain tweets

### Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
grind	1	✓	✓	✓	✓
shop	1	✓	✓	✓	✓
home	1	✓	✗	✗	✗
tweets	1	✗	✗	✗	✗
grindshoptrain	1	✗	✗	✗	✗










### Usability

	Url	Domain : grindshoptraining.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use <a href="#">this free meta tags generator</a> to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.





### Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.



## Document

	W3C Validity	Errors : 12 Warnings : 26
	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> 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> Too bad, your website does not take advantage of gzip.</div>

## Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</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>Missing</p> <p>Your website doesn't have a robots.txt file - this can be problematic.</p> <p>A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.</p>

## Optimization



### Analytics

Great, your website has an analytics tool.



Google Analytics