

Seo Analyzer r3fitness.com

Generated on March 28 2022 19:25 PM

The score is 61/100



SEO Content

	Title	Personal Training Reinvented R3 Fitness Connecticut Length : 55 Perfect, your title contains between 10 and 70 characters.												
	Description	R3 Fitness is a new approach to personal training that is fun, affordable, and effective. We are more than Personal Trainers. Length : 126 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	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	<table><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>8</td><td>5</td><td>26</td><td>4</td><td>1</td><td>3</td></tr></tbody></table> <ul style="list-style-type: none">• [H1] PERSONAL TRAINING REINVENTED• [H1] WHAT WE DO• [H1] HERE'S WHAT YOU GET:• [H1] NOW ONLY \$77• [H1] NOW ONLY \$77• [H1] HOW IT WORKS• [H1] GROUP COACHING SCHEDULES• [H1] LEAVE US A REVIEW• [H2] Now, imagine yourself in just 2 short weeks...• [H2] Our Metabolic Reboot is The Most Effective Program to Get The BODY, HEALTH, & CONFIDENCE You Never Thought Possible!• [H2] LOCAL REVIEWS• [H2] R3 FITNESS• [H2] Come Work (and thrive) at the Best Fitness Company in CT!• [H3] From the "out of shape" to the "weekend warrior", we get	H1	H2	H3	H4	H5	H6	8	5	26	4	1	3
H1	H2	H3	H4	H5	H6									
8	5	26	4	1	3									

SEO Content

better results in less time than any other fitness program in the area, without beating up your body.

- [H3] KATELINN
- [H3] "I am a FULL-TIME WORKING MOTHER OF 3 KIDS, so I needed a program that would fit my extremely busy schedule."
- [H3] "I have lost nearly 50 lbs. and I have taken back my body!"
- [H3] KIM
- [H3] "I have lost over 70 lbs and dropped 6 sizes"
- [H3] "R3 fitness is THE BEST DECISION I EVER MADE!"
- [H3] ROBERTO
- [H3] "I've dropped 36 lbs and 3 pants sizes!"
- [H3] "My blood pressure is now under control without taking any medications!"
- [H3] RORY
- [H3] "I've lost over 60lbs and 10% bodyfat!"
- [H3] "R3 turned out to be THE BEST DECISION I could have made about my health."
- [H3] TONY
- [H3] I've lost 34 lbs and 8% body fat training with R3 Fitness!
- [H3] My Blood Pressure, Cholesterol, and blood sugar have all dropped down to normal levels!
- [H3] Unlock your own natural "FAT BURNING FURNACE" in just 2 short weeks...
- [H3] Our proprietary FAT LOSS PROTOCOL was designed to overcome all the obstacles that STOP you from achieving fat loss success.
- [H3] The 14 DAY METABOLIC REBOOT is the only answer for getting the body you want in the time you have available!
- [H3] UNLIMITED GROUP COACHING
- [H3] 4 SEMI-PRIVATE SESSIONS
- [H3] JUMPSTART NUTRITIONAL PLAN
- [H3] Melt away your unwanted fat & jumpstart your journey towards the body you've always wanted! In just 14 days...
- [H3] A simple, follow along, day-by-day plan, THAT GETS PROVEN RESULTS!
- [H3] The best part... We'll Do This Together.
- [H3] You are proud of how you look and feel. That excess belly fat is finally gone and you feel confident in your favorite clothes again. You feel 10 years younger and have more strength and endurance to enjoy all your favorite activities.
- [H4] A Proven, Affordable, and Fun way to get into the best shape of your life.
- [H4] STEP 1
- [H4] STEP 2
- [H4] STEP 3
- [H5] We are always looking for top notch fitness professionals to join our rapidly growing company.
- [H6] Go To:
- [H6] Choice of Locations
- [H6] Personal Training In Connecticut






Images





We found 14 images on this web page.

1 alt attributes are empty or missing. Add alternative text so that

SEO Content

		search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 25% 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	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 38 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
HOME	Internal	Passing Juice
ABOUT US	Internal	Passing Juice
HOW IT WORKS	Internal	Passing Juice
SUCCESS STORIES	Internal	Passing Juice
SCHEDULES	Internal	Passing Juice
CONTACT US	Internal	Passing Juice


In-page links

BLOG	Internal	Passing Juice
LOCATIONS	Internal	Passing Juice
S. Main St. Cheshire	Internal	Passing Juice
Highland Ave. Cheshire	Internal	Passing Juice
E. Main St. Branford	Internal	Passing Juice
Dixwell Ave. Hamden	Internal	Passing Juice
START NOW	Internal	Passing Juice
&nbsp;FIND OUT MORE&nbsp;	Internal	Passing Juice
SCHEDULES	Internal	Passing Juice
LEAVE A REVIEW	Internal	Passing Juice
CAREERS	Internal	Passing Juice
HOME	Internal	Passing Juice
ABOUT US	Internal	Passing Juice
SUCCESS STORIES	Internal	Passing Juice
CONTACT US	Internal	Passing Juice
Personal Trainer Cheshire	Internal	Passing Juice
Personal Trainer Prospect	Internal	Passing Juice
Personal Trainer Southington	Internal	Passing Juice
Personal Trainer Plantsville	Internal	Passing Juice
Personal Trainer Wolcott	Internal	Passing Juice
Personal Trainer Meriden	Internal	Passing Juice
Personal Trainer Wallingford	Internal	Passing Juice
Personal Trainer Hamden	Internal	Passing Juice
Personal Trainer Woodbridge	Internal	Passing Juice
Personal Trainer Bethany	Internal	Passing Juice
Personal Trainer Branford	Internal	Passing Juice
Personal Trainer Madison	Internal	Passing Juice
Personal Trainer Guilford	Internal	Passing Juice

In-page links

Personal Trainer East Haven	Internal	Passing Juice
Personal Trainer North Branford	Internal	Passing Juice
Personal Trainer North Haven	Internal	Passing Juice
Personal Trainer New Haven	Internal	Passing Juice






SEO Keywords

 Keywords Cloud	blood personaltrainer lost training fitness dropped lbs schedules all
---	---

Keywords Consistency












Keyword	Content	Title	Keywords	Descripti on	Headings
personal	20	✓	✗	✓	✓
trainer	17	✗	✗	✓	✗
fitness	5	✓	✗	✓	✓
training	4	✓	✗	✓	✓
lbs	4	✗	✗	✗	✓

Usability





 Url	Domain : r3fitness.com Length : 13
 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.

Usability

Document

	Doctype	HTML 5				
	Encoding	Perfect. Your declared charset is UTF-8.				
	W3C Validity	Errors : 6 Warnings : 0				
	Email Privacy	Great no email address has been found in plain text!				
	Deprecated HTML	<table><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td><center></td><td>1</td></tr></tbody></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>	Deprecated tags	Occurrences	<center>	1
Deprecated tags	Occurrences					
<center>	1					
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.				

Mobile

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

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
--	-------------	---

Optimization



<http://r3fitness.com/sitemap.xml>



Robots.txt

Missing

Your website doesn't have a robots.txt file - this can be problematic.

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.



Analytics

Great, your website has an analytics tool.



Google Analytics