

# Seo Analyzer rxmuscle.com

Generated on February 06 2022 12:42 PM




The score is 59/100







## SEO Content

	Title	RxMuscle - The Truth in Bodybuilding <b>Length : 36</b> Perfect, your title contains between 10 and 70 characters.												
	Description	The leader in bodybuilding news, information, contest coverage and supplementation. <b>Length : 83</b> Great, your meta description contains between 70 and 160 characters.												
	Keywords	bodybuilding videos, bodybuilding contest coverage Good, your page contains meta keywords.												
	Og Meta Properties	Good, your page take advantage of Og Properties. <table border="1"><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>site_name</td><td>RXmuscle.com - The Truth in Bodybuilding</td></tr></tbody></table>	Property	Content	locale	en_US	site_name	RXmuscle.com - The Truth in Bodybuilding						
Property	Content													
locale	en_US													
site_name	RXmuscle.com - The Truth in Bodybuilding													
	Headings	<table border="1"><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>0</td><td>7</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>• [H2] Breaking News</li><li>• [H2] Muscle in the Morning</li><li>• [H2] Latest "AskDave"</li><li>• [H2] Latest "Iron Rage"</li><li>• [H2] Latest Iron Debate</li><li>• [H2] Latest "Live With"</li><li>• [H2] Latest HMR</li></ul>	H1	H2	H3	H4	H5	H6	0	7	0	0	0	0
H1	H2	H3	H4	H5	H6									
0	7	0	0	0	0									
	Images	We found 82 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.												

## SEO Content

	Text/HTML Ratio	Ratio : <b>19%</b>  Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## 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 68 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 2.94%  Internal Links 97.06%

## In-page links

Anchor	Type	Juice
=	Internal	Passing Juice
<a href="#">OLYMPIA COVERAGE</a>	Internal	Passing Juice
<a href="#">ARNOLD COVERAGE</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Contest Photos</a>	Internal	Passing Juice
<a href="#">Forum</a>	Internal	Passing Juice
<a href="#">Latest News</a>	Internal	Passing Juice

## In-page links

<a href="#">Nutrition &amp; Training</a>	Internal	Passing Juice
<a href="#">Bios &amp; Interviews</a>	Internal	Passing Juice
<a href="#">Ask Dr. Blau</a>	Internal	Passing Juice
<a href="#">Product Reviews</a>	Internal	Passing Juice
<a href="#">Heavy Muscle Radio</a>	Internal	Passing Juice
<a href="#">After Hours Radio</a>	Internal	Passing Juice
<a href="#">GuruTalk</a>	Internal	Passing Juice
<a href="#">RxMuscle &amp;quot;VS&amp;quot;</a>	Internal	Passing Juice
<a href="#">Ask Dave</a>	Internal	Passing Juice
<a href="#">Muscle in the Morning</a>	Internal	Passing Juice
<a href="#">Live With</a>	Internal	Passing Juice
<a href="#">Iron Debate</a>	Internal	Passing Juice
<a href="#">Iron Rage</a>	Internal	Passing Juice
<a href="#">Contest interviews</a>	Internal	Passing Juice
<a href="#">Heavy Muscle TV</a>	Internal	Passing Juice
<a href="#">Iron Asylum Training</a>	Internal	Passing Juice
<a href="#">Lifestyle</a>	Internal	Passing Juice
<a href="#">Supplement and Food Science</a>	Internal	Passing Juice
<a href="#">RX Quick Hits</a>	Internal	Passing Juice
<a href="#">Rx Rants</a>	Internal	Passing Juice
<a href="#">RBT</a>	Internal	Passing Juice
<a href="#">Advertise on RxMuscle</a>	Internal	Passing Juice
<a href="#">&amp;nbsp;</a>	Internal	Passing Juice
<a href="#">Should Bodybuilders Be A Protected Class?   Iron Rage feat Ameen Alai</a>	Internal	Passing Juice
<a href="#">Nick Walker &amp; Matt Jansen Finished? Palumbo Reacts</a>	Internal	Passing Juice
<a href="#">Who Dave Palumbo Would Have Coach Him Today! #askDave</a>	Internal	Passing Juice
<a href="#">HEATED CONFRONTATION! Cassady Campbell &amp; Jon Bravo VS. Big Rob! AH Podcast (2/1/22)</a>	Internal	Passing Juice

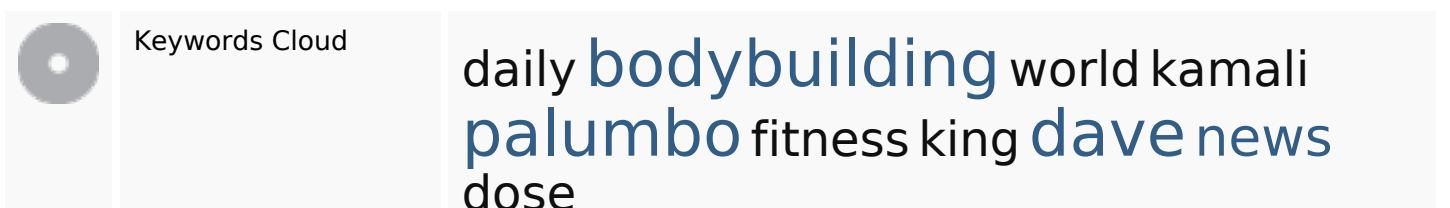
## In-page links

<a href="#">"New School" Protocols...</a>	Internal	Passing Juice
<a href="#">FAMOUS TRAINING PARTNERS! HMR (1/30/22)</a>	Internal	Passing Juice
<a href="#">KRIZO: Mr. Olympia Title Threat?</a>	Internal	Passing Juice
<a href="#">Mr. G's Protein Food EMPIRE + Surviving Alligator Alley!</a>	Internal	Passing Juice
<a href="https://www.mrgproteinsnacks.com/">https://www.mrgproteinsnacks.com/</a>	External	Passing Juice
<a href="#">"Kevin Levrone Made Me Want to Quit Bodybuilding"</a>	Internal	Passing Juice
<a href="#">AARON SINGERMAN SENTENCED to 54 MONTHS &amp; FORFEIT 2.9 MILLION</a>	Internal	Passing Juice
<a href="#">KING KAMALI: HOW I GAINED 40 LBS IN 30 DAYS!   Iron Rage   Dave Palumbo, King Kamali, Mr. ...</a>	Internal	Passing Juice
<a href="#">BIGGEST GH MISTAKES! #askDave</a>	Internal	Passing Juice
<a href="#">C-BUM Leg Day + Hunter Labrada Off-Season Update + Justin Rodriguez Top-3 Arnold Classic?</a>	Internal	Passing Juice
<a href="#">HADI On A MISSION + SAMSON Loads Up + KEONE Bigger Than EVER?</a>	Internal	Passing Juice
<a href="#">CEDRIC: The Latest + Bonac ON FIRE + GRANITE Oleh!</a>	Internal	Passing Juice
<a href="#">Bodybuilder Makes ESPN SportsCenter + Rafa OUT + Sadik Comeback Update!</a>	Internal	Passing Juice
<a href="#">Nick Walker &amp; Blessing Awodibu COLLAB + Hassan 2.0 Sneak Peak + Natalia Coelho UPDATE!</a>	Internal	Passing Juice
<a href="#">BIG RAMY SIGHTING!</a>	Internal	Passing Juice
<a href="#">FLEX LEWIS Controversy? + Regan Grimes NEXT LEVEL + Urs Kalecinski UPDATE!</a>	Internal	Passing Juice
<a href="#">GET WELL ARNOLD! + AKIM DARK HORSE + BREON READY!</a>	Internal	Passing Juice
<a href="#">ROELLY ROARS BACK! + Ramon FTW? + 290-LB BEASTWOOD!</a>	Internal	Passing Juice
<a href="#">293-LB UKRANIAN FREAK! + Brandon Curry's Title To Lose? + J-Rod NUTTY Update!</a>	Internal	Passing Juice
<a href="#">KAI GREENE Sighting + Iain Valliere Shoulder Day + WELLNESS!</a>	Internal	Passing Juice
<a href="#">300-LB BOOGIEMAN! + Joe Mackey EASY 800 + Breon &amp; Shaaban COLLAB</a>	Internal	Passing Juice
<a href="#">BIGGEST RAMY? + Saudi Pro Recap + Sarah Villlegas UPDATE!</a>	Internal	Passing Juice

## In-page links

<a href="#">C-Bum Prep UPDATE + Lunsford LIGHTS OUT + Cedric &amp; Lauralie COLLAB!</a>	Internal	Passing Juice
<a href="#">IRON DEBATE - LIVE! with IAIN VALLIERE, HUNTER LABRADA &amp; AKIM WILLIAMS</a>	Internal	Passing Juice
<a href="#">MOST CLASSIC PHYSIQUE? Logan Franklin, Terrence Ruffin, Wesley Viissers   Iron Debate</a>	Internal	Passing Juice
<a href="#">UNANIMOUS PICK FOR ARNOLD CLASSIC CHAMP!   Iron Debate   Chris Cormier, Milos Sarcev, Dom ...</a>	Internal	Passing Juice
<a href="#">"I WANT TO BE THE BEST EVER! 5-6 OLYMPIA TITLES!"   Erin Banks Interview</a>	Internal	Passing Juice
<a href="#">FROM THE BRINK OF DEATH! Justin Shier's INSANE Journey to IFBB Pro   Justin Shier Intervie...</a>	Internal	Passing Juice
<a href="#">OVERCOMING ODDS To Bodybuilding GLORY! The Nathan Dandridge Story</a>	Internal	Passing Juice
<a href="#">Overcoming Drug Addiction &amp; Jail To IFBB Pro Card! Nate Spear Interview</a>	Internal	Passing Juice
<a href="#">BODYBUILDING'S NEXT MEGAFREAK? Carlos Thomas On Nationals W &amp; First Pro Show!</a>	Internal	Passing Juice
<a href="#">George Peterson Autopsy + Brandon Curry UNBEATABLE?   HMR (1/23/22)</a>	Internal	Passing Juice
<a href="#">AARON SINGERMAN REACTION! HMR (1/17/22)</a>	Internal	Passing Juice
<a href="#">Subscribe to the HMR RSS feed</a>	External	Passing Juice

## SEO Keywords








## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
dave	16	✘	✘	✘	✔
bodybuilding	15	✔	✔	✔	✘






## Keywords Consistency

palumbo	14	✘	✘	✘	✘
news	12	✘	✘	✔	✔
daily	9	✘	✘	✘	✘


## Usability

	Url	Domain : rxmuscle.com Length : 12
	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 : 111 Warnings : 30				
	Email Privacy	Great no email address has been found in plain text!				
	Deprecated HTML	<table border="1"> <thead> <tr> <th>Deprecated tags</th> <th>Occurrences</th> </tr> </thead> <tbody> <tr> <td>&lt;center&gt;</td> <td>2</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>	2
Deprecated tags	Occurrences					
<center>	2					
	Speed Tips					





## Document

		<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>
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## 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>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><a href="http://rxmuscle.com/robots.txt">http://rxmuscle.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> <div> Google Analytics</div>