








Seo Analyzer workoutinfo guru.com

Generated on April 01 2022 01:21 AM





The score is 62/100







SEO Content

|  | <p>Title</p> | <p>WorkoutInfoGuru</p> <p>Length : 15</p> <p>Perfect, your title contains between 10 and 70 characters.</p> | | | | | | | | | | | | |
|--|---------------------------|---|----|----|----|----|----|----|---|----|---|---|---|---|
|  | <p>Description</p> | <p>Are you a fitness freak? If yes WorkoutInfoGuru.com is the perfect place for you where you can find great workout routines and workout tips. So Enter the world</p> <p>Length : 159</p> <p>Great, your meta description contains between 70 and 160 characters.</p> | | | | | | | | | | | | |
|  | <p>Keywords</p> | <p>workout routines,celebrity workout routines,bodybuilders workout routines,athletes workout routines,bodybuilding,how to build biceps,how to gain biceps,how to build muscles,how to get muscles,how to grow muscles,how to gain muscles,how to put on muscles,how to put on muscles fast,how to get muscles fast,how to gain muscles fast,how to grow muscles fast,how to build muscles fast</p> <p>Good, your page contains meta keywords.</p> | | | | | | | | | | | | |
|  | <p>Og Meta Properties</p> | <p>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.</p> | | | | | | | | | | | | |
|  | <p>Headings</p> | <table border="1" data-bbox="539 1608 1481 1682"> <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>1</td> <td>17</td> <td>3</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1720 1433 2078" style="list-style-type: none"> • [H1] • [H2] How to Build Biceps • [H2] How To Build Muscles • [H2] Evan Centopani Workout Routine and Diet Plan • [H2] Big Ramy Workout Routine and Diet Plan • [H2] Flex Wheeler Workout Routine and Diet Plan • [H2] Johnny Sins Workout Routine • [H2] Lean Belly 3X Review: Must Read This Before Buying! • [H2] Anushka Sharma Workout Routine & Diet Plan • [H2] Kim Kardashian Workout Routine & Diet Plan • [H2] Serena Williams Workout Routine & Diet Plan | H1 | H2 | H3 | H4 | H5 | H6 | 1 | 17 | 3 | 0 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 1 | 17 | 3 | 0 | 0 | 0 | | | | | | | | | |

SEO Content

| | | |
|---|-----------------|--|
| | | <ul style="list-style-type: none">• [H2] Flex Wheeler Workout Routine and Diet Plan• [H2] Dwight Howard Workout Routine & Diet Plan• [H2] 7 Workout & Fitness Tips For Summer• [H2] Kellan Lutz Workout Routine & Diet Plan• [H2] Imran Khan Workout Routine & Diet Plan• [H2] What is Gluten?, Gluten Free Diet, Foods, Cupcakes, Pizza• [H2] Jaimie Alexander Workout Routine & Diet Plan• [H3] Recent Posts• [H3] Pages• [H3] Socialize Us |
|  | Images | We found 43 images on this web page. 1 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 : 8% 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 | 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 36 links including 0 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 11.11% Internal Links 88.89% |

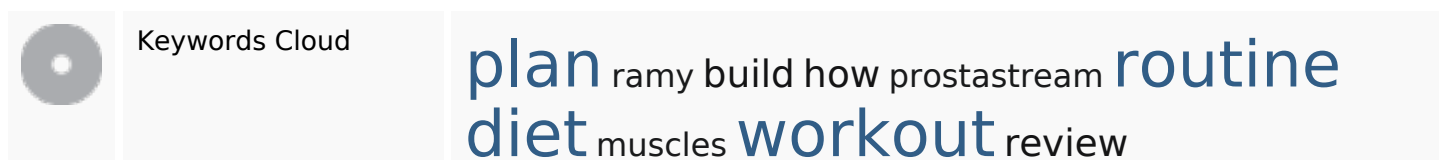
In-page links

| Anchor | Type | Juice |
|---|----------|---------------|
| Menu | Internal | Passing Juice |
| Celebrity Workout | Internal | Passing Juice |
| Athletes Workout | Internal | Passing Juice |
| WWE Workout | Internal | Passing Juice |
| Bodybuilders Workout | Internal | Passing Juice |
| How to Build Biceps | Internal | Passing Juice |
| How To Build Muscles | Internal | Passing Juice |
| Evan Centopani Workout Routine and Diet Plan | Internal | Passing Juice |
| Big Ramy Workout Routine and Diet Plan | Internal | Passing Juice |
| Flex Wheeler Workout Routine and Diet Plan | Internal | Passing Juice |
| Johnny Sins Workout Routine | Internal | Passing Juice |
| Lean Belly 3X Review: Must Read This Before Buying! | Internal | Passing Juice |
| 2 | Internal | Passing Juice |
| 3 | Internal | Passing Juice |
| 4 | Internal | Passing Juice |
| Last &raquo; | Internal | Passing Juice |
| Anushka Sharma Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| Kim Kardashian Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| Serena Williams Workout Routine & Diet Plan | Internal | Passing Juice |
| Dwight Howard Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| 7 Workout & Fitness Tips For Summer | Internal | Passing Juice |
| Kellan Lutz Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| Imran Khan Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| What is Gluten?, Gluten Free Diet, Foods, Cupcakes, Pizza | Internal | Passing Juice |
| Jaimie Alexander Workout Routine &#038; Diet Plan | Internal | Passing Juice |
| Popular Posts | Internal | Passing Juice |
| Recent Posts | Internal | Passing Juice |

In-page links

| | | |
|---------------------------------|----------|---------------|
| About Us | Internal | Passing Juice |
| Contact Us | Internal | Passing Juice |
| Google | Internal | Passing Juice |
| Privacy Policy | Internal | Passing Juice |
| Facebook | External | Passing Juice |
| Google+ | External | Passing Juice |
| Pinterest | External | Passing Juice |
| Twitter | External | Passing Juice |
| WorkoutInfoGuru | Internal | Passing Juice |

SEO Keywords



Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|---------|---------|-------|----------|-------------|----------|
| workout | 15 | ✓ | ✓ | ✓ | ✓ |
| routine | 14 | ✗ | ✓ | ✓ | ✓ |
| diet | 13 | ✗ | ✗ | ✗ | ✓ |
| plan | 12 | ✗ | ✗ | ✗ | ✓ |
| how | 3 | ✗ | ✓ | ✗ | ✓ |

Usability

| | | |
|--|---------|---|
| | Url | Domain : workoutinfoguru.com Length : 19 |
| | Favicon | Great, your website has a favicon. |

Usability

| | | |
|---|--------------|---|
|  | 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 : 28 Warnings : 33 |
|  | 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"> Excellent, your website doesn't use nested tables. Perfect. No inline css has been found in HTML tags! Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip. |

Mobile

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

Mobile

Optimization

| | | |
|--|-------------|---|
|  | XML Sitemap | <p>Great, your website has an XML sitemap.</p> <pre>http://workoutinfoguru.com/sitemap.xml</pre> <pre>https://workoutinfoguru.com/sitemap.xml</pre> |
|  | Robots.txt | <pre>http://workoutinfoguru.com/robots.txt</pre> <p>Great, your website has a robots.txt file.</p> |
|  | Analytics | <p>Great, your website has an analytics tool.</p> <pre> Google Analytics</pre> |