








Seo Analyzer yashathoughts.com

Generated on March 19 2022 11:01 AM





The score is 63/100







SEO Content

|  | Title | <p>Yasha Thoughts Yasha Thoughts</p> <p>Length : 31</p> <p>Perfect, your title contains between 10 and 70 characters.</p> | | | | | | | | | | | | |
|--|--------------------|---|----|----|----|----|----|----|---|----|---|---|---|---|
|  | Description | <p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p> | | | | | | | | | | | | |
|  | Keywords | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create 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 this free og properties generator to create them.</p> | | | | | | | | | | | | |
|  | Headings | <table border="1" data-bbox="542 1377 1481 1451"> <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>20</td> <td>1</td> <td>3</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="614 1478 1316 2072" style="list-style-type: none"> • [H2] Herniated Disc • [H2] Soviet Muscle Snatch • [H2] Developing pre-weightlifters • [H2] Just remember to have fun • [H2] Adidas vs Position USA • [H2] Bathhouse 101 • [H2] Women in Weightlifting Part 1: Programming • [H2] The Doping Fairytale • [H2] The Foundation • [H2] Roadmap for Training Part 2 • [H2] Check Your Balance • [H2] Cleans with straps • [H2] Don't Good-Morning the Back Squat • [H2] Technique Critique - Call for your videos! • [H2] Tatiana Kashirina Doesn't Miss. • [H2] Rigidity • [H2] DIY Video Replay System • [H2] Roadmap for Training | H1 | H2 | H3 | H4 | H5 | H6 | 0 | 20 | 1 | 3 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 0 | 20 | 1 | 3 | 0 | 0 | | | | | | | | | |

SEO Content

| | | |
|--|-----------------|--|
| | | <ul style="list-style-type: none">• [H2] Snatch Setup• [H2] Pull Longer• [H3] Pin It on Pinterest• [H4] Recent Posts• [H4] Recent Comments• [H4] Archives |
|  | Images | We found 1 images on this web page. Good, most or all of your images have alt attributes. |
|  | Text/HTML Ratio | Ratio : 7% 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 54 links including 0 link(s) to files |
|  | Statistics | External Links : noFollow 0% External Links : Passing Juice 3.7% Internal Links 96.3% |

In-page links

| Anchor | Type | Juice |
|------------------------------|----------|---------------|
| Blog | Internal | Passing Juice |
| What I Offer | Internal | Passing Juice |

In-page links

| | | |
|--|----------|---------------|
| Private coaching | Internal | Passing Juice |
| Seminars | Internal | Passing Juice |
| Team Yasha | Internal | Passing Juice |
| T-Shirt | Internal | Passing Juice |
| Who's Yasha? | Internal | Passing Juice |
| Resources | Internal | Passing Juice |
| Contact | Internal | Passing Juice |
| Herniated Disc | Internal | Passing Juice |
| weightlifting | Internal | Passing Juice |
| Soviet Muscle Snatch | Internal | Passing Juice |
| Uncategorized | Internal | Passing Juice |
| Developing pre-weightlifters | Internal | Passing Juice |
| Just remember to have fun | Internal | Passing Juice |
| Adidas vs Position USA | Internal | Passing Juice |
| Bathhouse 101 | Internal | Passing Juice |
| Women in Weightlifting Part 1: Programming | Internal | Passing Juice |
| The Doping Fairytale | Internal | Passing Juice |
| The Foundation | Internal | Passing Juice |
| Roadmap for Training Part 2 | Internal | Passing Juice |
| Check Your Balance | Internal | Passing Juice |
| Cleans with straps | Internal | Passing Juice |
| Don't Good-Morning the Back Squat | Internal | Passing Juice |
| Technique Critique & Call for your videos! | Internal | Passing Juice |
| Tatiana Kashirina Doesn't Miss. | Internal | Passing Juice |
| Rigidity | Internal | Passing Juice |
| DIY Video Replay System | Internal | Passing Juice |
| Roadmap for Training | Internal | Passing Juice |
| Snatch Setup | Internal | Passing Juice |

In-page links

| | | |
|---|----------|---------------|
| Pull Longer | Internal | Passing Juice |
| &laquo; Older Entries | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| Team Yasha Shirt | Internal | Passing Juice |
| April 2017 | Internal | Passing Juice |
| March 2017 | Internal | Passing Juice |
| January 2017 | Internal | Passing Juice |
| October 2016 | Internal | Passing Juice |
| August 2016 | Internal | Passing Juice |
| June 2016 | Internal | Passing Juice |
| April 2016 | Internal | Passing Juice |
| March 2016 | Internal | Passing Juice |
| February 2016 | Internal | Passing Juice |
| January 2016 | Internal | Passing Juice |
| December 2015 | Internal | Passing Juice |
| November 2015 | Internal | Passing Juice |
| October 2015 | Internal | Passing Juice |
| September 2015 | Internal | Passing Juice |
| August 2015 | Internal | Passing Juice |
| Elegant Themes | External | Passing Juice |
| WordPress | External | Passing Juice |

SEO Keywords



Keywords Cloud

read **weightlifting** part snatch training






SEO Keywords

more yasha team pull comments



Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|---------------|---------|-------|----------|-------------|----------|
| weightlifting | 14 | ✘ | ✘ | ✘ | ✔ |
| more | 11 | ✘ | ✘ | ✘ | ✘ |
| comments | 11 | ✘ | ✘ | ✘ | ✔ |
| read | 10 | ✘ | ✘ | ✘ | ✘ |
| snatch | 7 | ✘ | ✘ | ✘ | ✔ |





Usability

| | | |
|--|--------------|---|
|  | Url | Domain : yashathoughts.com Length : 17 |
|  | 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. |





Document

| | | |
|--|-----------------|--|
|  | W3C Validity | Errors : 0 Warnings : 36 |
|  | 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 |
|--|---------------------|--|

Optimization

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