

Website review flexderek.com

Generated on May 26 2023 15:06 PM

The score is 45/100

SEO Content

	Title Description	Length: 64 Perfect, your title c FlexDerekSchool - 1	оастяжка, развитие гибкости тела Online уроки ontains between 10 and 70 characters. школа развития гибкости всего тела online. альные и групповые тренирвоки ONLINE. и тела
		Great, your meta d	escription contains between 70 and 160 characters.
8	Keywords		n't found meta keywords on your page. Use <u>this free</u> enerator to create keywords.
	Og Meta Properties	Good, your page ta	ke advantage of Og Properties.
		Property	Content
		locale	ru_RU
		locale:alternate	it_IT
		type	website
		title	Stretching online, растяжка, развитие гибкости тела Online уроки
		description	FlexDerekSchool - школа развития гибкости всего тела online. Stretching персональные и групповые тренирвоки ONLINE. Развитие гибкости тела
		url	https://flexderek.com/
		site_name	Stretching online workshops
		image	https://flexderek.com/wp- content/uploads/2022/07/zachem.jpg

SEO Content

	Headings	H1 2	H2 12	H3 6	H4 15	H5 0	H6 0
		• [H1] • [H2] • [H3] • [H3] • [H3] • [H3] • [H3] • [H4]	Все трени школа гиб ОNLINE В АВТОРСКА БЕЗОПАСЬ Наши Преимущо ЗАЧЕМ ЗАНИМАТІ СТРЕТЧИН ОТЗЫВЫ У Подписать Комфорт Удобство Зал Подход Цена Владимир Владимир Владимир Владимир Владимир Скидан Ал Ирина Пол Олеся Дил Олеся Дил Александ	бкости ГРУППЕ ПЕ АЯ МЕТОДИ НОГО СТРЕ ества ЬСЯ НГОМ /ЧЕНИКОВ ься на соцо мне: кация огорелый Козловский пла ликовская дковская р Рудковск	водит Кома РСОНАЛЬНО КА ГЧИНГА		В
8	Images		utes are en	npty or mis	page. sing. Add alt and the con		
8	Text/HTML Ratio				ode is belov more text c	•	t, this means
②	Flash	Perfect, no	Flash conte	nt has beer	detected o	n this page.	

SEO Content



Iframe

Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

②	URL Rewrite	Good. Your links looks friendly!
	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 25 links including 0 link(s) to files
0	Statistics	External Links : noFollow 0% External Links : Passing Juice 4% Internal Links 96%

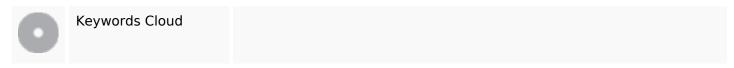
In-page links

Anchor	Туре	Juice
=	External	Passing Juice
<u>Тренинг</u>	Internal	Passing Juice
О нас	Internal	Passing Juice
<u>Методика</u>	Internal	Passing Juice
<u>Правила</u>	Internal	Passing Juice
Противопоказания	Internal	Passing Juice
Отзывы и фото учеников	Internal	Passing Juice
Скидки и статьи	Internal	Passing Juice
Видеотренировки	Internal	Passing Juice
Пакет из всех видеокурсов	Internal	Passing Juice
<u>Гибкость тела за 5 дней</u>	Internal	Passing Juice

In-page links

Универсальный курс гибкости	Internal	Passing Juice
Как сесть на шпагат	Internal	Passing Juice
Питание и развитие гибкости	Internal	Passing Juice
Махи ногами	Internal	Passing Juice
Занятия	Internal	Passing Juice
Групповые online тренировки stretching	Internal	Passing Juice
Индивидуальные тренировки	Internal	Passing Juice
Записаться	Internal	Passing Juice
<u>Расписание</u>	Internal	Passing Juice
<u>Цены</u>	Internal	Passing Juice
Контакты	Internal	Passing Juice
Комаха Вячеслав	Internal	Passing Juice
я был вот таким.	Internal	Passing Juice
Пользовательское соглашение	Internal	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Descripti	Headings
				on	

Usability

0	Url	Domain : flexderek.com Length : 13
	Favicon	Great, your website has a favicon.

Usability

Printability	We could not find a Print-Friendly CSS.
Language	Good. Your declared language is ru.
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 : 7 Warnings : 9
	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.
0	Speed Tips	 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). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.

Mobile

0	Mobile Optimization	✓ Apple Icon
		✓ Meta Viewport Tag
		✓ Flash content

Mobile

Optimization

XML Siteman	XML Sitemap	Great, your website has an XML sitemap.
		https://flexderek.com/sitemap_index.xml
	Robots.txt	http://flexderek.com/robots.txt Great, your website has a robots.txt file.
8	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.