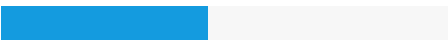








Website review flexderek.com

Generated on May 26 2023 13:12 PM




The score is 43/100





SEO Content

	Title	Stretching online, растяжка, развитие гибкости тела Online уроки Length : 64 Perfect, your title contains between 10 and 70 characters.														
	Description	FlexDerekSchool - школа развития гибкости всего тела online. Stretching персональные и групповые тренировки ONLINE. Развитие гибкости тела Length : 138 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	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>ru_RU</td></tr><tr><td>locale:alternate</td><td>it_IT</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Stretching online, растяжка, развитие гибкости тела Online уроки</td></tr><tr><td>description</td><td>FlexDerekSchool - школа развития гибкости всего тела online. Stretching персональные и групповые тренировки ONLINE. Развитие гибкости тела</td></tr><tr><td>url</td><td>https://flexderek.com/</td></tr></tbody></table>	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 тренировки ONLINE. Развитие гибкости тела	url	https://flexderek.com/
Property	Content															
locale	ru_RU															
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url	https://flexderek.com/															





SEO Content

		<div>site_name</div> <div>Stretching online workshops</div> <div>image</div> <div>https://flexderek.com/wp-content/uploads/2022/07/zachem.jpg</div>
	Headings	<div> <div>H12</div> <div>H212</div> <div>H36</div> <div>H415</div> <div>H50</div> <div>H60</div> </div> <div> <ul style="list-style-type: none"> • [H1] ОНЛАЙН ТРЕНИРОВКИ • [H1] Все тренировки проводит Комаха Вячеслав • [H2] школа гибкости • [H2] ONLINE В ГРУППЕ ПЕРСОНАЛЬНО • [H2] АВТОРСКАЯ МЕТОДИКА • [H2] БЕЗОПАСНОГО СТРЕТЧИНГА • [H2] Наши • [H2] Преимущества • [H2] ЗАЧЕМ • [H2] ЗАНИМАТЬСЯ • [H2] СТРЕТЧИНГОМ • [H2] ОТЗЫВЫ УЧЕНИКОВ • [H2] Подписаться на соцсети: • [H2] Написать мне: • [H3] Сертификация • [H3] Комфорт • [H3] Удобство • [H3] Зал • [H3] Подход • [H3] Цена • [H4] Владимир • [H4] Влад • [H4] Ася • [H4] Дмитрий • [H4] Максим Погорелый • [H4] Виталий Козловский • [H4] Скидан Алла • [H4] Ирина Поликовская • [H4] Рада Плесецкая • [H4] Олеся Дидковская • [H4] Александр Рудковский • [H4] Татьяна Мешкова • [H4] Катя и Ярослав Ярославские • [H4] Вика • [H4] Лена </div>
	Images	<div>We found 43 images on this web page.</div> <div>22 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</div>
	Text/HTML Ratio	<div>Ratio : 0%</div> <div>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</div>
	Flash	Perfect, no Flash content has been detected on 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

	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
	Statistics	External Links : noFollow 0% External Links : Passing Juice 4% Internal Links 96%


In-page links

Anchor	Type	Juice
=	External	Passing Juice
Тренинг	Internal	Passing Juice
О нас	Internal	Passing Juice
Методика	Internal	Passing Juice
Правила	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

In-page links

Гибкость тела за 5 дней	Internal	Passing Juice
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
Расписание	Internal	Passing Juice
Цены	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 Cloud	
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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Usability

	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.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Too bad, your website does not take advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div>https://flexderek.com/sitemap_index.xml</div>
	Robots.txt	<p>http://flexderek.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>