



Website Analysis: buildyourmuscle.info

Generated on April 28 2024 14:25 PM





The score is 63/100







SEO Content

	Title	<p>Aiming to Build Muscle Mass?</p> <p>Length : 28</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	Description	<p>You Want To Build Muscle? Tips For Building Muscle. Learn About The &quot;Critical Bench&quot; System</p> <p>Length : 101</p> <p>Great, your meta description contains between 70 and 160 characters.</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>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 1839"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Do You Want To Build Muscle?</td> </tr> <tr> <td>url</td> <td>https://buildyourmuscle.info/</td> </tr> <tr> <td>site_name</td> <td>Aiming to Build Muscle Mass?</td> </tr> <tr> <td>description</td> <td>You Want To Build Muscle? Tips For Building Muscle. Learn About The &quot;Critical Bench&quot; System</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Do You Want To Build Muscle?	url	https://buildyourmuscle.info/	site_name	Aiming to Build Muscle Mass?	description	You Want To Build Muscle? Tips For Building Muscle. Learn About The "Critical Bench" System
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	Headings	<table border="1" data-bbox="539 1865 1481 1939"> <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>10</td> <td>3</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1973 1449 2069" style="list-style-type: none"> • [H1] Aiming to Build Muscle Mass? • [H2] Want to Gain Muscle Mass and Improve Your Workout? • [H2] Learn About “The Muscle Maximizer” 	H1	H2	H3	H4	H5	H6	1	10	3	0	0	0		
H1	H2	H3	H4	H5	H6											
1	10	3	0	0	0											

SEO Content

		<ul style="list-style-type: none">• [H2] Bodybuilding• [H2] How To Start Bodybuilding• [H2] Types of Bodybuilding• [H2] Bodybuilding - A Brief History• [H2] Power-lifting• [H2] Bodybuilding Versus Power-lifting• [H2] Some Useful Links• [H2] Primary Sidebar• [H3] To Get The Muscle Maximizer Just Click Right Here!• [H3] To get the system Just Click Right Here!• [H3] What is The Muscle Maximizer?
	Images	We found 8 images on this web page. Good, most or all of your images have alt attributes
	Text/HTML Ratio	Ratio : 35% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	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	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 21 links including 0 link(s) to files
	Statistics	External Links : noFollow 57.14% External Links : Passing Juice 9.52% Internal Links 33.33%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Skip to primary sidebar	Internal	Passing Juice
Aiming to Build Muscle Mass?	Internal	Passing Juice
Want to Gain Muscle Mass and Improve Your Workout?	Internal	Passing Juice
Leave a Comment	Internal	Passing Juice
Just Click Right Here!	External	noFollow
https://www.bodybuilding.com/	External	noFollow
https://en.wikipedia.org/wiki/Bodybuilding	External	noFollow
https://www.menshealth.com/fitness/a19548591/new-bodybuilding-rules/	External	noFollow
https://www.merriam-webster.com/dictionary/bodybuilding	External	noFollow
https://www.groupon.com	External	noFollow
https://www.webmd.com	External	noFollow
https://www.muscleandfitness.com/workouts/workout-tips/getting-started-bodybuilding	External	noFollow
https://bayesianbodybuilding.com/articles/	External	noFollow
https://www.t-nation.com/all-articles/tags/bodybuilding	External	noFollow
https://rippedbody.com/novice-bodybuilding-program/	External	noFollow
https://www.lifehack.org/articles/lifestyle/15-bodybuilding-tips-for-beginners.html	External	noFollow
Uncategorized	Internal	Passing Juice
Genesis Framework	External	Passing Juice
WordPress	External	Passing Juice
Log in	Internal	noFollow

SEO Keywords



Keywords Cloud

more power-lifting **muscle** physique learn
training strength sport **bodybuilding**






SEO Keywords

workout




Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
bodybuilding	40	✘	✘	✘	✔
muscle	38	✔	✘	✔	✔
physique	17	✘	✘	✘	✘
learn	16	✘	✘	✔	✔
workout	14	✘	✘	✘	✔









Usability

	Url	Domain : buildyourmuscle.info Length : 20
	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 : 17 Warnings : 18




Document

	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. Too bad, your website is using inline styles. Great, your website has few CSS files. Too bad, your website has too many JS files (more than 6). Too bad, your website does not take advantage of gzip.

Mobile

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

	XML Sitemap	Great, your website has an XML sitemap. <pre>http://buildyourmuscle.info/sitemap.xml</pre> <pre>https://buildyourmuscle.info/sitemap.xml</pre>
	Robots.txt	<pre>http://buildyourmuscle.info/robots.txt</pre> Great, your website has a robots.txt file.
	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.