Website Analysis: flexderek.com

The score is 44/100

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 тренирвоки 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.

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/2024/02/gr1-1.png

SEO Content

	Headings	H1	H2	H3	H4	H5	H6
		0	9	10	0	0	0

- [H2] АВТОРСКАЯ МЕТОДИКА
- [H2] БЕЗОПАСНОГО СТРЕТЧИНГА
- [H2] Мои
- [H2] Преимущества
- [H2] ЗАЧЕМ
- [H2] ЗАНИМАТЬСЯ
- [H2] СТРЕТЧИНГОМ
- [H2] Подписаться на соцсети:
- [H2] Написать мне:
- [H3] Сертификация
- [H3] Комфорт
- [H3] Удобство
- [H3] Зал
- [H3] Подход
- [H3] Цена
- [H3] Записаться в Telegram
- [H3] Записаться в Viber
- [H3] Записаться в WhatsApp
- [H3] Записаться по Email

	Images	We found 30 images on this web page. 9 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 : 2% 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	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 27 links including 0 link(s) to files

SEO Links

	Statistics	External Links : noFollow 0%
		External Links : Passing Juice 14.81%
		Internal Links 85.19%

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
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

In-page links

я был вот таким.	Internal	Passing Juice
Записаться в Telegram	External	Passing Juice
Записаться в Viber	External	Passing Juice
Записаться в WhatsApp	External	Passing Juice
Пользовательское соглашение	Internal	Passing Juice

SEO Keywords

Keywords Cloud	противопоказания telegram whatsapp тренировки правила записаться online тренировку фото instagram

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
записаться	6	✖	✖	✖	✔
тренировки	3	✖	✖	✖	✖
telegram	2	✖	✖	✖	✔
фото	2	✖	✖	✖	✖
тренировку	2	✖	✖	✖	✖

Usability

	Url	Domain : flexderek.com Length : 13
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is ru.

Usability

❌	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 : 8
❌	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
✅	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
⚪	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). ✖ Too bad, your website does not take advantage of gzip.

Mobile

⚪	Mobile Optimization	✅ Apple Icon ✅ Meta Viewport Tag ✅ Flash content

Optimization

✅	XML Sitemap	Great, your website has an XML sitemap.

Optimization

		http://flexderek.com/sitemap.xml
		https://flexderek.com/sitemap_index.xml
✅	Robots.txt	http://flexderek.com/robots.txt 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.