





Website Analysis: progymsolutions.co.za

Generated on May 13 2025 06:52 AM


The score is 55/100







SEO Content

	Title	<p>Gym Equipment Online Fitness Store - Progym Solutions</p> <p>Length : 55</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Discover South Africa's premier destination for high-quality gym equipment! Explore our extensive range of top-notch gear, unbeatable prices, and exceptional service. Transform your fitness journey today with the best gym equipment store in South Africa.</p> <p>Length : 259</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</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><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>site_name</td><td>Gym Equipment Online Fitness Store - Progym Solutions - Gym Equipment South Africa</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Gym Equipment Online Fitness Store - Progym Solutions</td></tr><tr><td>description</td><td>Discover South Africa's premier destination for high-quality gym equipment! Explore our extensive range of top-notch gear, unbeatable prices, and exceptional service. Transform your fitness journey today with the best gym equipment store in South Africa.</td></tr></tbody></table>	Property	Content	locale	en_US	site_name	Gym Equipment Online Fitness Store - Progym Solutions - Gym Equipment South Africa	type	website	title	Gym Equipment Online Fitness Store - Progym Solutions	description	Discover South Africa's premier destination for high-quality gym equipment! Explore our extensive range of top-notch gear, unbeatable prices, and exceptional service. Transform your fitness journey today with the best gym equipment store in South Africa.
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SEO Content

		<table><tr><td>url</td><td colspan="5">https://progymsolutions.co.za/</td></tr><tr><td>image</td><td colspan="5">https://progymsolutions.co.za/wp-content/uploads/2024/02/Progym-Solutions.jpg</td></tr><tr><td>image:secure_url</td><td colspan="5">https://progymsolutions.co.za/wp-content/uploads/2024/02/Progym-Solutions.jpg</td></tr><tr><td>image:width</td><td colspan="5">1000</td></tr><tr><td>image:height</td><td colspan="5">606</td></tr></table>						url	https://progymsolutions.co.za/					image	https://progymsolutions.co.za/wp-content/uploads/2024/02/Progym-Solutions.jpg					image:secure_url	https://progymsolutions.co.za/wp-content/uploads/2024/02/Progym-Solutions.jpg					image:width	1000					image:height	606				
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	Headings	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr><tr><td>4</td><td>16</td><td>0</td><td>18</td><td>16</td><td>2</td></tr></table> <ul style="list-style-type: none">• [H1] Elevate your gym with bespoke, high-quality gym equipment.• [H1] Professional gym design and layouts from our dedicated experts.• [H1] Transform your home gym with innovative, functional gym equipment.• [H1] Grow your gym facility through specialized sales and marketing training.• [H2] GYM EQUIPMENT SOLUTIONS• [H2] HIGH PERFORMANCE PRODUCT BROCHURE• [H2] Featured Products• [H2] GYM EQUIPMENT• [H2] INSTALLATIONS• [H2] FACILITY DESIGN• [H2] AFTER-SALES• [H2] SALES & MARKETING• [H2] GYM EQUIPMENT• [H2] INSTALLATIONS• [H2] FACILITY DESIGN• [H2] AFTER-SALES• [H2] SALES & MARKETING• [H2] About Progym Solutions• [H2] Latest news• [H2] Get in touch or visit us• [H4] View our gym equipment range of products.• [H4] PLANNING A NEW FACILITY?• [H4] Customized Equipment Solutions• [H4] Installation and Setup• [H4] Fitness Facility Design and Layout Planning• [H4] After-Sales Support and Consultation• [H4] Sales and Marketing Training and Support Consultation• [H4] Customized Equipment Solutions• [H4] Installation and Setup• [H4] Fitness Facility Design and Layout Planning• [H4] After-Sales Support and Consultation• [H4] Sales and Marketing Training and Support Consultation• [H4] SADC Distribution• [H4] Global Reach• [H4] Scrum Machines• [H4] Why Choose Concept2 RowErgs?						H1	H2	H3	H4	H5	H6	4	16	0	18	16	2																		
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4	16	0	18	16	2																																

SEO Content

		<ul style="list-style-type: none">• [H4] High Performance Gym and Sport Equipment• [H4] Elevate your gym with bespoke, high-quality fitness equipment offerings.• [H5] SPORT• [H5] CARDIO• [H5] STRENGTH• [H5] FREE WEIGHTS• [H5] FUNCTIONAL• [H5] APPAREL• [H5] ACCESSORIES• [H5] Smart Scrum Machine Rugby Scrum Machines• [H5] Concept2 RowErg Tall Legs• [H5] Power Rack / Cage - One More Fitness Systems• [H5] Springbok Counter Scrum Machine Rugby Scrum Machines• [H5] Professional Counter Scrum Machine Rugby Scrum Machines• [H5] Contact us:• [H5] Our address:• [H5] Our Social• [H5] Language• [H6] +27 (0) 84 485 9811• [H6] elmien@progymnsolutions.co.za
	Images	<p>We found 51 images on this web page.</p> <p>50 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 5%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>
	In-page links	<p>We found a total of 59 links including 0 link(s) to files</p>

SEO Links



Statistics

External Links : noFollow 0%

External Links : Passing Juice 27.12%

Internal Links 72.88%

In-page links

Anchor	Type	Juice
Skip to the content	Internal	Passing Juice
SPORT	Internal	Passing Juice
CARDIO	Internal	Passing Juice
STRENGTH	Internal	Passing Juice
FREE WEIGHTS	Internal	Passing Juice
FUNCTIONAL	Internal	Passing Juice
APPAREL	Internal	Passing Juice
ACCESSORIES	Internal	Passing Juice
Smart Scrum Machine Rugby Scrum Machines	Internal	Passing Juice
HIGH PERFORMANCE GYM EQUIPMENT	Internal	Passing Juice
ONE MORE FITNESS	Internal	Passing Juice
RUGBY EQUIPMENT	Internal	Passing Juice
SCRUM MACHINES	Internal	Passing Juice
Concept2 RowErg Tall Legs	Internal	Passing Juice
COMMERCIAL GYM EQUIPMENT	Internal	Passing Juice
CONCEPT2	Internal	Passing Juice
HOSPITALITY GYM EQUIPMENT	Internal	Passing Juice
HOTEL GYM EQUIPMENT	Internal	Passing Juice
ROWERS	Internal	Passing Juice
SHOP BY INDUSTRY	Internal	Passing Juice
Power Rack / Cage &#8211; One More Fitness Systems	Internal	Passing Juice


In-page links

CAGES & RIGS	Internal	Passing Juice
Springbok Counter Scrum Machine Rugby Scrum Machines	Internal	Passing Juice
Professional Counter Scrum Machine Rugby Scrum Machines	Internal	Passing Juice
South Africa	External	Passing Juice
SOUTH AFRICA	Internal	Passing Juice
NAMIBIA	Internal	Passing Juice
BOTSWANA	Internal	Passing Juice
ZIMBABWE	Internal	Passing Juice
MAURITIUS	Internal	Passing Juice
SEYCHELLES	Internal	Passing Juice
MOZAMBIQUE	Internal	Passing Juice
MALAWI	Internal	Passing Juice
ZAMBIA	Internal	Passing Juice
ANGOLA	Internal	Passing Juice
Fitness Industry	Internal	Passing Juice
Gym Equipment	Internal	Passing Juice
Scrum Machines	Internal	Passing Juice
Scrum Machines	Internal	Passing Juice
Why Choose Concept2 RowErgs?	Internal	Passing Juice
High Performance Gym and Sport Equipment	Internal	Passing Juice
Terms and conditions	Internal	Passing Juice
Return Policy	Internal	Passing Juice
Privacy policy	Internal	Passing Juice
© All rights reserved, developed by MEUCON	External	Passing Juice
Gym	External	Passing Juice
Equipment	External	Passing Juice
Fitness Equipment	External	Passing Juice
Treadmills	External	Passing Juice

In-page links

Dumbbells	External	Passing Juice
Home Gyms	External	Passing Juice
Commercial Gyms	External	Passing Juice
RUGBY	External	Passing Juice
EQUIPMENT:	External	Passing Juice
SCRUM MACHINES	External	Passing Juice
Stories	External	Passing Juice
Ons Stories	External	Passing Juice
Social Tikking Trends	External	Passing Juice
Cats & Babies Video	External	Passing Juice


SEO Keywords

	Keywords Cloud	marketing more high sales performance machines gym equipment fitness view
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
equipment	51	✓	✗	✓	✓
gym	34	✓	✗	✓	✓
fitness	29	✓	✗	✓	✓
more	28	✗	✗	✗	✓
view	16	✗	✗	✗	✓












Usability

	Url	Domain : progymnsolutions.co.za Length : 21
	Favicon	Great, your website has a favicon.




Usability

		
	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 : 0 Warnings : 0
	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	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Great, your website has few CSS files.</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>
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Mobile

✓ Flash content

Optimization

✓	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div>http://progymsolutions.co.za/sitemap.xml https://progymsolutions.co.za/sitemap.xml https://progymsolutions.co.za/sitemap.rss</div>
✓	Robots.txt	<p>http://progymsolutions.co.za/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>