

Analisi sito web progymsolutions.co.za

Generato il Maggio 13 2025 06:52 AM

Il punteggio e 55/100



SEO Content

	Title	Gym Equipment Online Fitness Store - Progym Solutions Lunghezza : 55 Perfetto, il tuo title contiene tra 10 e 70 caratteri.												
	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. Lunghezza : 259 Idealmente, la tua meta description dovrebbe contenere tra 70 e 160 caratteri (spazi inclusi). Usa questo strumento free per calcolare la lunghezza del testo.												
	Keywords	Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa questo generatore gratuito online di meta tags per creare keywords.												
	Og Meta Properties	Buono, questa pagina sfrutta i vantaggi Og Properties. <table><thead><tr><th>Proprieta</th><th>Contenuto</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>	Proprieta	Contenuto	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				
url	https://progymsolutions.co.za/																																				
image	https://progymsolutions.co.za/wp-content/uploads/2024/02/Progym-Solutions.jpg																																				
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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> • [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																		
		H1	H2	H3	H4	H5	H6																														
4	16	0	18	16	2																																

SEO Content

		• [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	Abbiamo trovato 51 immagini in questa pagina web. 50 attributi alt sono vuoti o mancanti. Aggiungi testo alternativo in modo tale che i motori di ricerca possano comprendere meglio il contenuto delle tue immagini.
	Text/HTML Ratio	Ratio : 5% Il rapporto testo/codice HTML di questa pagina e inferiore a 15 percento, questo significa che il tuo sito web necessita probabilmente di molto piu contenuto.
	Flash	Perfetto, non e stato rilevato contenuto Flash in questa pagina.
	Iframe	Grande, non sono stati rilevati Iframes in questa pagina.

SEO Links

	URL Rewrite	Buono. I tuoi links appaiono friendly!
	Underscores in the URLs	Abbiamo rilevato underscores nei tuoi URLs. Dovresti utilizzare trattini per ottimizzare le pagine per il tuo SEO.

SEO Links

	In-page links	Abbiamo trovato un totale di 59 links inclusi 0 link(s) a files
	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	Interno	Passing Juice
SPORT	Interno	Passing Juice
CARDIO	Interno	Passing Juice
STRENGTH	Interno	Passing Juice
FREE WEIGHTS	Interno	Passing Juice
FUNCTIONAL	Interno	Passing Juice
APPAREL	Interno	Passing Juice
ACCESSORIES	Interno	Passing Juice
Smart Scrum Machine Rugby Scrum Machines	Interno	Passing Juice
HIGH PERFORMANCE GYM EQUIPMENT	Interno	Passing Juice
ONE MORE FITNESS	Interno	Passing Juice
RUGBY EQUIPMENT	Interno	Passing Juice
SCRUM MACHINES	Interno	Passing Juice
Concept2 RowErg Tall Legs	Interno	Passing Juice
COMMERCIAL GYM EQUIPMENT	Interno	Passing Juice
CONCEPT2	Interno	Passing Juice
HOSPITALITY GYM EQUIPMENT	Interno	Passing Juice
HOTEL GYM EQUIPMENT	Interno	Passing Juice
ROWERS	Interno	Passing Juice
SHOP BY INDUSTRY	Interno	Passing Juice

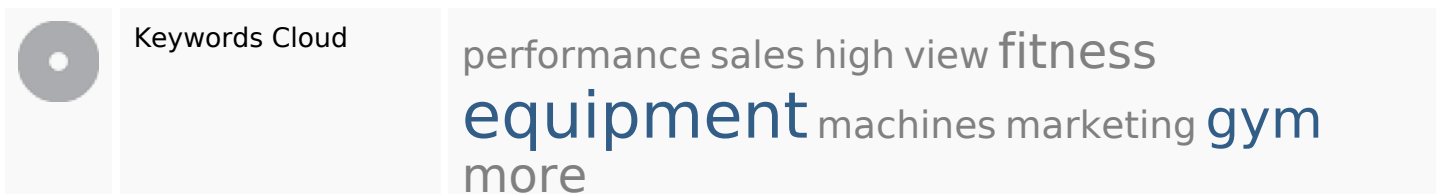
In-page links

Power Rack / Cage &#8211; One More Fitness Systems	Interno	Passing Juice
CAGES & RIGS	Interno	Passing Juice
Springbok Counter Scrum Machine Rugby Scrum Machines	Interno	Passing Juice
Professional Counter Scrum Machine Rugby Scrum Machines	Interno	Passing Juice
South Africa	Externo	Passing Juice
SOUTH AFRICA	Interno	Passing Juice
NAMIBIA	Interno	Passing Juice
BOTSWANA	Interno	Passing Juice
ZIMBABWE	Interno	Passing Juice
MAURITIUS	Interno	Passing Juice
SEYCHELLES	Interno	Passing Juice
MOZAMBIQUE	Interno	Passing Juice
MALAWI	Interno	Passing Juice
ZAMBIA	Interno	Passing Juice
ANGOLA	Interno	Passing Juice
Fitness Industry	Interno	Passing Juice
Gym Equipment	Interno	Passing Juice
Scrum Machines	Interno	Passing Juice
Scrum Machines	Interno	Passing Juice
Why Choose Concept2 RowErgs?	Interno	Passing Juice
High Performance Gym and Sport Equipment	Interno	Passing Juice
Terms and conditions	Interno	Passing Juice
Return Policy	Interno	Passing Juice
Privacy policy	Interno	Passing Juice
© All rights reserved, developed by MEUCON	Externo	Passing Juice
Gym	Externo	Passing Juice
Equipment	Externo	Passing Juice
Fitness Equipment	Externo	Passing Juice

In-page links

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

SEO Keywords



Consistenza Keywords

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

Usabilit 

	Url	Dominio : progym solutions.co.za Lunghezza : 21
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Usabilita

	Favicon	Grande, il tuo sito usa una favicon.
	Stampabilita	Non abbiamo riscontrato codice CSS Print-Friendly.
	Lingua	Buono. La tua lingua dichiarata en.
	Dublin Core	Questa pagina non sfrutta i vantaggi di Dublin Core.

Documento

	Doctype	HTML 5
	Encoding	Perfetto. Hai dichiarato che il tuo charset e UTF-8.
	Validita W3C	Errori : 0 Avvisi : 0
	Email Privacy	Attenzione! E stato trovato almeno un indirizzo mail in plain text. Usa antispam protector gratuito per nascondere gli indirizzi mail agli spammers.
	Deprecated HTML	Grande! Non abbiamo trovato tags HTML deprecati nel tuo codice.
	Suggerimenti per velocizzare	 Eccellente, il tuo sito web non utilizza nested tables.  Molto male, il tuo sito web utilizza stili CSS inline.  Grande, il tuo sito web ha pochi file CSS.  Molto male, il tuo sito web ha troppi file JS (piu di 6).  Peccato, il vostro sito non approfitta di gzip.

Mobile

	Mobile Optimization	 Apple Icon
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Mobile

- ✓ Meta Viewport Tag
- ✓ Flash content

Ottimizzazione

✓	XML Sitemap	Grande, il vostro sito ha una sitemap XML. http://progym solutions.co.za/sitemap.xml https://progym solutions.co.za/sitemap.xml https://progym solutions.co.za/sitemap.rss
✓	Robots.txt	http://progym solutions.co.za/robots.txt Grande, il vostro sito ha un file robots.txt.
✗	Analytics	Non trovato Non abbiamo rilevato uno strumento di analisi installato su questo sito web. Web analytics consentono di misurare l'attività dei visitatori sul tuo sito web. Si dovrebbe avere installato almeno un strumento di analisi, ma può anche essere buona per installare una seconda, al fine di un controllo incrociato dei dati.