



# Website review flexderek.com

Generated on May 26 2023 12:55 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 <a href="#">this free online meta tags generator</a> 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><tr><td>site_name</td><td>Stretching online workshops</td></tr><tr><td>image</td><td>https://flexderek.com/wp-content/uploads/2022/07/zachem.jpg</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/	site_name	Stretching online workshops	image	https://flexderek.com/wp-content/uploads/2022/07/zachem.jpg
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# SEO Content

	Headings	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr><tr><td>2</td><td>12</td><td>6</td><td>15</td><td>0</td><td>0</td></tr></table>	H1	H2	H3	H4	H5	H6	2	12	6	15	0	0
H1	H2	H3	H4	H5	H6									
2	12	6	15	0	0									
		<ul style="list-style-type: none"><li>• [H1] ОНЛАЙН ТРЕНИРОВКИ</li><li>• [H1] Все тренировки проводит Комаха Вячеслав</li><li>• [H2] школа гибкости</li><li>• [H2] ONLINE В ГРУППЕ ПЕРСОНАЛЬНО</li><li>• [H2] АВТОРСКАЯ МЕТОДИКА</li><li>• [H2] БЕЗОПАСНОГО СТРЕТЧИНГА</li><li>• [H2] Наши</li><li>• [H2] Преимущества</li><li>• [H2] ЗАЧЕМ</li><li>• [H2] ЗАНИМАТЬСЯ</li><li>• [H2] СТРЕТЧИНГОМ</li><li>• [H2] ОТЗЫВЫ УЧЕНИКОВ</li><li>• [H2] Подписаться на соцсети:</li><li>• [H2] Написать мне:</li><li>• [H3] Сертификация</li><li>• [H3] Комфорт</li><li>• [H3] Удобство</li><li>• [H3] Зал</li><li>• [H3] Подход</li><li>• [H3] Цена</li><li>• [H4] Владимир</li><li>• [H4] Влад</li><li>• [H4] Ася</li><li>• [H4] Дмитрий</li><li>• [H4] Максим Погорелый</li><li>• [H4] Виталий Козловский</li><li>• [H4] Скидан Алла</li><li>• [H4] Ирина Поликовская</li><li>• [H4] Рада Плесецкая</li><li>• [H4] Олеся Дидковская</li><li>• [H4] Александр Рудковский</li><li>• [H4] Татьяна Мешкова</li><li>• [H4] Катя и Ярослав Ярославские</li><li>• [H4] Вика</li><li>• [H4] Лена</li></ul>												
	Images	<p>We found 43 images on this web page.</p> <p>22 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 : 0%</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>												

## SEO Content

	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.
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## 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
<a href="#">Тренинг</a>	Internal	Passing Juice
<a href="#">О нас</a>	Internal	Passing Juice
<a href="#">Методика</a>	Internal	Passing Juice
<a href="#">Правила</a>	Internal	Passing Juice
<a href="#">Противопоказания</a>	Internal	Passing Juice
<a href="#">Отзывы и фото учеников</a>	Internal	Passing Juice
<a href="#">Скидки и статьи</a>	Internal	Passing Juice
<a href="#">Видеотренировки</a>	Internal	Passing Juice
<a href="#">Пакет из всех видеокурсов</a>	Internal	Passing Juice
<a href="#">Гибкость тела за 5 дней</a>	Internal	Passing Juice

## In-page links

<a href="#">Универсальный курс гибкости</a>	Internal	Passing Juice
<a href="#">Как сесть на шпагат</a>	Internal	Passing Juice
<a href="#">Питание и развитие гибкости</a>	Internal	Passing Juice
<a href="#">Махи ногами</a>	Internal	Passing Juice
<a href="#">Занятия</a>	Internal	Passing Juice
<a href="#">Групповые online тренировки stretching</a>	Internal	Passing Juice
<a href="#">Индивидуальные тренировки</a>	Internal	Passing Juice
<a href="#">Записаться</a>	Internal	Passing Juice
<a href="#">Расписание</a>	Internal	Passing Juice
<a href="#">Цены</a>	Internal	Passing Juice
<a href="#">Контакты</a>	Internal	Passing Juice
<a href="#">Комаха Вячеслав</a>	Internal	Passing Juice
<a href="#">я был вот таким.</a>	Internal	Passing Juice
<a href="#">Пользовательское соглашение</a>	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.
	Printability	We could not find a Print-Friendly CSS.





## Usability

		
	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	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Too bad, your website does not take advantage of gzip.</li></ul>

## Mobile

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

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre>http://flexderek.com/sitemap.xml</pre> <pre>https://flexderek.com/sitemap_index.xml</pre>
	Robots.txt	<pre>http://flexderek.com/robots.txt</pre> <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>