



Website review balancedbrawn.com

Generated on March 30 2025 15:12 PM

The score is 49/100



SEO Content

	Title	Home - Balanced Brawn Length : 21 Perfect, your title contains between 10 and 70 characters.																				
	Description	Ready to shatter your limits and transform into the strongest, most balanced version of yourself? At BalancedBrawn, we don't just train bodies - we forge Length : 158 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.																				
		<table border="1"> <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>Home - Balanced Brawn</td> </tr> <tr> <td>description</td> <td>Ready to shatter your limits and transform into the strongest, most balanced version of yourself? At BalancedBrawn, we don't just train bodies - we forge</td> </tr> <tr> <td>url</td> <td>https://balancedbrawn.com/</td> </tr> <tr> <td>site_name</td> <td>Balanced Brawn</td> </tr> <tr> <td>updated_time</td> <td>2024-04-20T08:50:15+00:00</td> </tr> </tbody> </table>					Property	Content	locale	en_US	type	website	title	Home - Balanced Brawn	description	Ready to shatter your limits and transform into the strongest, most balanced version of yourself? At BalancedBrawn, we don't just train bodies - we forge	url	https://balancedbrawn.com/	site_name	Balanced Brawn	updated_time	2024-04-20T08:50:15+00:00
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	Headings	H1 1	H2 8	H3 4	H4 0	H5 10	H6 8															

SEO Content

		<ul style="list-style-type: none">• [H1] Strength. Balance. Beyond Limits.• [H2] About Me• [H2] My Training Sessions• [H2] Featured Categories• [H2] Our Blog• [H2] Featured Gear• [H2] What People Say About Me• [H2] CONTACT ME• [H2] SEND ME A MESSAGE• [H3] Resistance Bands• [H3] Wrist Wraps• [H3] Yoga Mats• [H3] Britteny Simmons• [H5] Discovering the Power Within!• [H5] Cardio• [H5] Strength• [H5] Weights• [H5] Zumba• [H5] Yoga• [H5] Meditation• [H5] Flexibility• [H5] Aerobics• [H5] Toning• [H6] Top Reviews• [H6] Top Reviews• [H6] Top Reviews• [H6] Resistance Bands• [H6] Punching Bags• [H6] Yoga Mats• [H6] Wrist Wraps• [H6] Rowing
	Images	<p>We found 15 images on this web page.</p> <p>2 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>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

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 19 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Resistance Bands	Internal	Passing Juice
Yoga Mats	Internal	Passing Juice
Wrist Wraps	Internal	Passing Juice
Foot Massagers	Internal	Passing Juice
Massage Guns	Internal	Passing Juice
Blog	Internal	Passing Juice
About US	Internal	Passing Juice
Contact	Internal	Passing Juice
Top Reviews	Internal	Passing Juice
Top Reviews	Internal	Passing Juice
Top Reviews	Internal	Passing Juice
Our Blog	Internal	Passing Juice
Punching Bags	Internal	Passing Juice
Rowing	Internal	Passing Juice
Affiliate Disclosure	Internal	Passing Juice

In-page links

Privacy Policy	Internal	Passing Juice
Terms of Service	Internal	Passing Juice
Cookies	Internal	Passing Juice

SEO Keywords



Keywords Cloud

content website submit skip

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
skip	1	✘	✘	✘	✘
content	1	✘	✘	✘	✘
website	1	✘	✘	✘	✘
submit	1	✘	✘	✘	✘

Usability

	Url	Domain : balancedbrawn.com Length : 17
	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 : 5 Warnings : 7
	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	<ul style="list-style-type: none"> 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). Perfect, your website takes 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. <code>https://balancedbrawn.com/sitemap_index.xml</code>
	Robots.txt	<code>http://balancedbrawn.com/robots.txt</code> Great, your website has a robots.txt file.
	Analytics	Missing

Optimization



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.