



Website review nordicmilitarytraining.se

Generated on March 24 2025 19:06 PM

The score is 42/100



SEO Content

	Title	NMT – nordic military training Length : 36 Perfect, your title contains between 10 and 70 characters.												
	Description	Length : 0 Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.												
	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	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>6</td><td>1</td><td>0</td><td>1</td><td>3</td><td>0</td></tr></table> • [H1] TRÄNA UTOMHUS • [H1] FUNKTIONELL UTOMHUSTRÄNING • [H1] STARK, FRISK OCH GLAD • [H1] MED NMT TRÄNING • [H1] SAGT OM NMT • [H1] FÖLJ OSS! • [H2] TRÄNING SOM GÖR DIG • [H4] Missa inte vår nya tävling Outrox 4 maj i Stockholm! Outrox är en tävling som kombinerar styrka med kondition. Du kommer inte till Outrox för en söndagspromenad. • [H5] ÄVENTYRSRESA ELBA • [H5] MÖHIPPA/SVENSEXA • [H5] FÖRETAGSTRÄNING	H1	H2	H3	H4	H5	H6	6	1	0	1	3	0
H1	H2	H3	H4	H5	H6									
6	1	0	1	3	0									
	Images	We found 17 images on this web page. 2 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.												

SEO Content

	Text/HTML Ratio	Ratio : 0% 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	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 30 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 3.33% Internal Links 96.67%

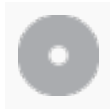
In-page links

Anchor	Type	Juice
Startsida	Internal	Passing Juice
Om NMT	Internal	Passing Juice
Bli medlem	Internal	Passing Juice
Jönköping	Internal	Passing Juice
Lund	Internal	Passing Juice
Stockholm - Östermalms IP	Internal	Passing Juice
Stockholm - Täby	Internal	Passing Juice

In-page links

Stockholm - Tantolunden	Internal	Passing Juice
Stockholm - Ursvik	Internal	Passing Juice
Uppsala	Internal	Passing Juice
Västerås	Internal	Passing Juice
NMT Personlig träning	Internal	Passing Juice
Företagsträning	Internal	Passing Juice
Möhippor och svensexor	Internal	Passing Juice
Instruktörer	Internal	Passing Juice
Köpvillkor	Internal	Passing Juice
Mitt konto	Internal	Passing Juice
Förmånssida	Internal	Passing Juice
Kontakt	Internal	Passing Juice
Bootcamp april 2025	Internal	Passing Juice
Närvarotävling för dig som medlem!	Internal	Passing Juice
Outrox 4 maj	External	Passing Juice
NMT Äventyrsresa Bosnien & Hercegovina 14-18 okt 2025	Internal	Passing Juice
=	Internal	Passing Juice
CHECKOUT	Internal	Passing Juice
NMT Väst till medlemmar	Internal	Passing Juice
Presentkort Bootcamp	Internal	Passing Juice
NMT Buff	Internal	Passing Juice
T-shirt Burpees are calling T-shirt	Internal	Passing Juice
NMT mössa	Internal	Passing Juice

SEO Keywords



Keywords Cloud

SEO Keywords

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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Usability

	Url	Domain : nordicmilitarytraining.se Length : 25
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found a Print-Friendly CSS.
	Language	Good. Your declared language is sv.
	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 : 48 Warnings : 68
	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.

Document

- ❌ 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

- ✅ Apple Icon
- ✅ Meta Viewport Tag
- ✅ Flash content

Optimization



XML Sitemap

Great, your website has an XML sitemap.

<https://nordicmilitarytraining.se/wp-sitemap.xml>



Robots.txt

<http://nordicmilitarytraining.se/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.