

Evaluation du site clickablefitness.com

Généré le 30 Mars 2025 16:13

Le score est de 50/100



Optimisation du contenu

	Titre	Clickable Fitness Home - Clickable Fitness Longueur : 42 Parfait, votre titre contient entre 10 et 70 caractères.																
	Description	Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple. Longueur : 137 Génial, votre balise META description contient entre 70 et 160 caractères.																
	Mots-clefs	Très mauvais. Nous n'avons pas trouvé de balise META keywords sur votre page. Utilisez ce générateur gratuit de balises META en ligne pour créer des mots-clés.																
	Propriétés Open Graph	Bien, cette page profite des balises META Open Graph. <table><thead><tr><th>Propriété</th><th>Contenu</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>Clickable Fitness Home - Clickable Fitness</td></tr><tr><td>description</td><td>Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple.</td></tr><tr><td>url</td><td>https://www.clickablefitness.com/</td></tr><tr><td>site_name</td><td>Clickable Fitness</td></tr><tr><td>updated_time</td><td>2023-05-13T11:12:19+00:00</td></tr></tbody></table>	Propriété	Contenu	locale	en_US	type	website	title	Clickable Fitness Home - Clickable Fitness	description	Clickable Fitness Home - The ultimate destination for accurate and evidence-based health and fitness information. We make fitness simple.	url	https://www.clickablefitness.com/	site_name	Clickable Fitness	updated_time	2023-05-13T11:12:19+00:00
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Optimisation du contenu

		<table><tr><td>image</td><td>https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png</td></tr><tr><td>image:secure_url</td><td>https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png</td></tr><tr><td>image:width</td><td>1080</td></tr><tr><td>image:height</td><td>1080</td></tr><tr><td>image:alt</td><td>Clickable Fitness Home</td></tr><tr><td>image:type</td><td>image/png</td></tr></table>	image	https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png	image:secure_url	https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png	image:width	1080	image:height	1080	image:alt	Clickable Fitness Home	image:type	image/png
image	https://www.clickablefitness.com/wp-content/uploads/2022/12/Clickable-Fitness-1-8.png													
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	Niveaux de titre	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>66</td><td>4</td><td>6</td><td>4</td><td>3</td><td>1</td></tr></table> • [H1] HOME • [H1] A Comprehensive Review of XXL Nutrition Supplements: Finding the Right Supplements for Your Fitness Goals • [H1] When Pleasure Becomes Destructive: Dopamine and the Descent into Addiction • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Synergy For Succes • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 5: Relationships • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 4: Light Exposure • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 3: Exercise • [H1] The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life – Part 2: Nutrition • [H1] The Five Foundational Pillars: Creating a Solid Base for a Thriving, Healthy Life – Part 1: Sleep • [H1] The Dopamine Advantage: Master Your Motivation and Unlock Your Potential • [H1] Mastering Supplementation: Optimise Your Health, Sleep, and Focus with Science-Backed Strategies • [H1] Introducing FitTrack: Unleashing the Power of Health Data • [H1] Introducing XXL Nutrition: Unleash Your Fitness Potential with the Ultimate Supplement Powerhouse • [H1] Introducing Alphalete: Elevating Fitness with Innovation and Community • [H1] Introducing Eight Sleep: Revolutionizing Sleep Quality with Innovative Products • [H1] Introducing Check My Body Health: Take Charge of Your Health with Confidence • [H1] 10 Essential Supplements for Fitness: Benefits and Recommendations for Optimal Health and Wellness • [H1] The Ultimate Guide to Supplements for Joint Health • [H1] The Top 5 Supplements for Quick Muscle Recovery: A Comprehensive Guide • [H1] Introducing What’s Supplements – High Quality and Affordable Supplements • [H1] Introducing TITAN – Elevate Your Home-Gym Experience • [H1] Introducing Momentous – The Science-Backed	H1	H2	H3	H4	H5	H6	66	4	6	4	3	1
H1	H2	H3	H4	H5	H6									
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Optimisation du contenu

Performance and Health Solution for High-Achievers.

- [H1] Sleep 101: A Guide For Optimizing Your Sleep
- [H1] 10 Must-Have Pieces of Equipment for Building a Comprehensive Home Gym.
- [H1] AG1: The Comprehensive Nutritional Solution for Whole-Body Health
- [H1] Introducing Clickable Fitness: The Number 1 Tool for Cutting Through the Noise and Unleashing Your Potential
- [H1] XXL Nutrition Creatine + HMB Stack
- [H1] XXL Nutrition Creatine Caps 1250mg
- [H1] XXL Nutrition Muscle Grow 2000grams
- [H1] XXL Nutrition Creatine Monohydrate
- [H1] Fitness & Nutrition Plan
- [H1] Personalised Nutrition Plan
- [H1] Personalised Fitness Plan
- [H1] XXL Nutrition Blast! Pre-Workout
- [H1] XXL Nutrition Venom Pre-Workout Drink
- [H1] XXL Nutrition Black Label Pre-Workout
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- [H1] XXL Nutrition Women's Fatburner Pack
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- [H1] XXL Nutrition Fat Metabolic Support Black Edition
- [H1] XXL Nutrition Women's Fat Metabolic Support
- [H1] XXL Nutrition Light Sauce
- [H1] XXL Nutrition Diet Shake
- [H1] T-2 SERIES ROLLER J-HOOKS
- [H1] T-2 SERIES SANDWICH J-HOOKS
- [H1] T-2 SERIES LAT TOWER POWER RACK ATTACHMENT
- [H1] TITAN SERIES 24-IN EXTENSION KIT
- [H1] X-3 SERIES BOLT DOWN EXTENSION KIT
- [H1] X-3 SERIES FLAT FOOT EXTENSION KIT
- [H1] T-3 SERIES FOLDING POWER RACK
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- [H1] X-3 SERIES BOLT-DOWN POWER RACK
- [H1] T-3 SERIES EXTENSION KIT
- [H1] T-2 SERIES 10-IN EXTENSION KIT
- [H1] SEATED STATIONARY BENCH
- [H1] POWER STRIKE PUNCHING BAG
- [H1] POWER RACK MOUNTED ADJUSTABLE SPEED BAG PLATFORM
- [H1] MUAY THAI HEAVY BAG
- [H1] DUAL STATION BOXING STAND FOR SPEED AND HEAVY BAG
- [H1] MUAY THAI SHIELD
- [H1] PIVOTING REFLEX TRAINER
- [H2] Companies that we trust
- [H2] Join Thousands Of Success Stories Worldwide
- [H2] Providing A Healthy, Happy And Confident Lifestyle For All
- [H2] What To Expect From Clickable Fitness
- [H3] official Partners
- [H3] Reviews

Optimisation du contenu

		• [H3] About Us • [H3] WHAT YOU GET • [H3] Sign Up • [H3] Take control of your health and fitness journey with Clickable Fitness • [H4] Recent Articles • [H4] Newsletter • [H4] Your Personalized Path to Peak Performance! • [H4] Recent Products • [H5] Take a stroll through Clickable Fitness blogs and enjoy the rich content we offer you. Read articles on a variety of topics. Keep up with current events and information. • [H5] Join the Clickable Fitness revolution! Get expert advice, tailored workouts, and special offers. Elevate your fitness journey and be your best self. Subscribe now – don't miss out! • [H5] Our filter system ensures that all information, products, and partnerships recommended on our platform align with our mission and provide accurate and evidence-based information. Here are some of the newest additions. • [H6] we make fitness simple.
	Images	Nous avons trouvé 72 image(s) sur cette page Web. Bien, la plupart ou la totalité de vos images possèdent un attribut alt
	Ratio texte/HTML	Ratio : 0% le ratio de cette page texte/HTML est au-dessous de 15 pour cent, ce qui signifie que votre site manque de contenu textuel.
	Flash	Parfait, aucun contenu FLASH n'a été détecté sur cette page.
	Iframe	Génial, il n'y a pas d'Iframes détectés sur cette page.

Liens

	Réécriture d'URLs	Bien. Vos liens sont optimisés!
	Tiret bas dans les URLs	Parfait! Aucuns soulignements détectés dans vos URLs.
	Liens dans la page	Nous avons trouvé un total de 73 lien(s) dont 0 lien(s) vers des fichiers
	Statistics	Liens externes : noFollow 0%

Liens

Liens externes : Passing Juice 0%

Liens internes 100%

Liens dans la page

Texte d'ancre	Type	Juice
Skip to content	Interne	Passing Juice
Home	Interne	Passing Juice
Blog	Interne	Passing Juice
Affiliates	Interne	Passing Juice
Personalised Plans	Interne	Passing Juice
About	Interne	Passing Juice
Contact	Interne	Passing Juice
A Comprehensive Review of XXL Nutrition Supplements: Finding the Right Supplements for Your Fitness Goals	Interne	Passing Juice
When Pleasure Becomes Destructive: Dopamine and the Descent into Addiction	Interne	Passing Juice
The Five Foundational Pillars: Creating A Solid Base For A Thriving, Healthy Life - Synergy For Succes	Interne	Passing Juice
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The Dopamine Advantage: Master Your Motivation and Unlock Your Potential	Interne	Passing Juice
Mastering Supplementation: Optimise Your Health, Sleep, and Focus with Science-Backed Strategies	Interne	Passing Juice
Introducing FitTrack: Unleashing the Power of Health Data	Interne	Passing Juice

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Personalised Nutrition Plan	Interne	Passing Juice
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Liens dans la page

MUAY THAI HEAVY BAG	Interne	Passing Juice
DUAL STATION BOXING STAND FOR SPEED AND HEAVY BAG	Interne	Passing Juice
MUAY THAI SHIELD	Interne	Passing Juice
PIVOTING REFLEX TRAINER	Interne	Passing Juice
Policy	Interne	Passing Juice

Mots-clefs

	Nuage de mots-clefs	
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Cohérence des mots-clefs

Mot-clef	Contenu	Titre	Mots-clefs	Description	Niveaux de titre
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Ergonomie

	Url	Domaine : clickablefitness.com Longueur : 20
	Favicon	Génial, votre site web dispose d'un favicon.
	Imprimabilité	Aucun style CSS pour optimiser l'impression n'a pu être trouvé.
	Langue	Bien. Votre langue est : en.
	Dublin Core	Cette page ne profite pas des métadonnées Dublin Core.

Document

	Doctype	HTML 5
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Document

	Encodage	Parfait. Votre charset est UTF-8.
	Validité W3C	Erreurs : 105 Avertissements : 10
	E-mail confidentialité	Attention! Au moins une adresse e-mail a été trouvée en texte clair. Utilisez une protection anti-spam gratuite pour cacher vos e-mails aux spammeurs.
	HTML obsolètes	Génial! Nous n'avons pas trouvé de balises HTML obsolètes dans votre code.
	Astuces vitesse	 Excellent, votre site n'utilise pas de tableaux imbriqués.  Mauvais, votre site web utilise des styles css inline.  Mauvais, votre site web contient trop de fichiers CSS (plus de 4).  Mauvais, votre site web contient trop de fichiers javascript (plus de 6).  Parfait : votre site tire parti de gzip.

Mobile

	Optimisation mobile	 Icône Apple  Méta tags viewport  Contenu FLASH
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Optimisation

	Sitemap XML	Manquant Votre site web ne dispose pas d'une sitemap XML, ce qui peut poser problème. La sitemap recense les URLs que les moteurs de recherche peuvent indexer, tout en proposant d'éventuelles informations supplémentaires (comme la date de dernière mise à jour, la fréquence des changements, ainsi que leur niveau d'importance). Ceci permet aux moteurs de recherche de parcourir le site de façon plus efficace.
	Robots.txt	http://clickablefitness.com/robots.txt

Optimisation



Votre site dispose d'un fichier robots.txt, ce qui est optimal.



Mesures d'audience

Votre site web dispose d'une outil d'analytics, ce qui est optimal.



Google Analytics