







Website review trainerpro.ca

Generated on August 26 2023 12:51 PM

The score is 57/100






SEO Content

	Title	Personal Trainer - Trainer Pro - GTA Length : 36 Perfect, your title contains between 10 and 70 characters.																
	Description	Personal Trainer expertise at your fingertips! With Top-Rated professionals, unlock a healthier lifestyle and achieve your fitness goals. Start your journey now! Length : 161 Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.																
	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><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>Personal Trainer - Trainer Pro - GTA</td></tr><tr><td>description</td><td>Personal Trainer expertise at your fingertips! With Top-Rated professionals, unlock a healthier lifestyle and achieve your fitness goals. Start your journey now!</td></tr><tr><td>url</td><td>https://trainerpro.ca/</td></tr><tr><td>site_name</td><td>Personal Trainer</td></tr><tr><td>image</td><td>https://trainerpro.ca/wp-content/uploads/2023/05/fitness-goals.webp</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Personal Trainer - Trainer Pro - GTA	description	Personal Trainer expertise at your fingertips! With Top-Rated professionals, unlock a healthier lifestyle and achieve your fitness goals. Start your journey now!	url	https://trainerpro.ca/	site_name	Personal Trainer	image	https://trainerpro.ca/wp-content/uploads/2023/05/fitness-goals.webp
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SEO Content

	Headings	<div> <div>H11</div> <div>H211</div> <div>H318</div> <div>H412</div> <div>H50</div> <div>H60</div> </div> <ul style="list-style-type: none"> • [H1] PERSONAL TRAINERON DEMAND • [H2] LIMITED TIME OFFER • [H2] TRANSFORMATIONS &FITNESS GOALS REACHED • [H2] HOW TRAINER PRO HELPS YOU CRUSH YOUR FITNESS GOALS • [H2] PERSONAL TRAININGTO FIT INTO YOUR SCHEDULE • [H2] WORKOUT PLANS BUILT AROUND YOUR FITNESS GOALS • [H2] WE CREATE A SUPPORT SYSTEM DURING AND AFTER YOUR WORKOUTS • [H2] 100% MONEY BACK GUARANTEE • [H2] AREAS WE SERVE • [H2] PERSONAL TRAINING FOR YOU OR BRING A FRIEND • [H2] WE HAVE HELPED HUNDREDS OF PEOPLE REACH THEIR FITNESS GOALS • [H2] DON'T WAIT TO START FIRST SESSION IS ON US! • [H3] GET YOUR FREE ASSESSMENT • [H3] START YOUR CUSTOM WORKOUT PLAN • [H3] SEE RESULTS • [H3] STAY ON TRACK • [H3] LOSE WEIGHT • [H3] BUILD MUSCLE • [H3] IMPROVE MOBILITY • [H3] KNOWLEDGE AND MATERIALS • [H3] NUTRITIONAL ASSESMENT • [H3] CONTINOUS SUPPORT • [H3] LEARN MORE • [H3] LEARN MORE • [H3] LEARN MORE • [H3] LEARN MORE • [H3] FOLLOW US • [H3] FOLLOW US • [H3] FOLLOW US • [H3] FOLLOW US • [H4] 94% • [H4] 15,000+ • [H4] 50+ • [H4] TrainerPro really is the pro! • [H4] Very happy with my choice • [H4] Such amazing trainers • [H4] My trainer is the best • [H4] FOLLOW OUR IG • [H4] QUICK LINKS • [H4] AREAS WE SERVE • [H4] CONTACTS • [H4] NEWSLETTER
	Images	<p>We found 15 images on this web page.</p> <p>4 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	Ratio : 7%

SEO Content

		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 10 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
TERMS AND CONDITIONS	Internal	Passing Juice
PRIVACY POLICY	Internal	Passing Juice
HOME	Internal	Passing Juice
TRAINING	Internal	Passing Juice
ABOUT US	Internal	Passing Juice
PRICES	Internal	Passing Juice
CONTACT US	Internal	Passing Juice

In-page links

CAREER	Internal	Passing Juice
ETOBICOKE	Internal	Passing Juice
SCARBOROUGH	Internal	Passing Juice






SEO Keywords

	Keywords Cloud	workout personal fitness training trainers also trainer goals get reach
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Keywords Consistency








Keyword	Content	Title	Keywords	Description	Headings
personal	49	✓	✗	✓	✓
trainer	46	✓	✗	✓	✓
fitness	25	✗	✗	✓	✓
goals	21	✗	✗	✓	✓
training	13	✗	✗	✗	✓

Usability





	Url	Domain : trainerpro.ca Length : 13
	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.

Usability


Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 34 Warnings : 19
	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	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Perfect, your website takes advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div>https://trainerpro.ca/sitemap_index.xml</div>
	Robots.txt	http://trainerpro.ca/robots.txt

Optimization



Great, your website has a robots.txt file.



Analytics

Great, your website has an analytics tool.



Google Analytics