

SEO Content

	Title	Home - CrossToner®					
		Length :	18				
		Perfect, yo	our title o	contains betw	veen 10 and	70 characte	ers.
\bigotimes	Description	Length :	0				
				en't found me ags generator			bage. Use <u>this</u>
\bigotimes	Keywords	-		en't found me generator to c	-		ge. Use <u>this free</u>
	Og Meta Properties	Good, your page take advantage of Og Properties.					
		Proper	ty	Content			
		locale		en_US			
		type		website			
		title		Home			
		url		https://cro	sstoner.com	,	
		site_nam	e	CrossTone	r®		
	Headings	H1 8	H2 0	H3 3	H4 7	H5 0	H6 0
		• [H • [H • [H • [H • [H • [H	1] The w 1] EXER(1] What 1] MULT 1] ULTR/	makes it Spe I-DIRECTIONA ALIGHTWEIGH PLETELYSELF-	your hands. cial? NL IT		

SEO Content

		 [H3] CrossToner provides an almost unlimited variety of exercise routines. Here are just a few of the routines. [H3] Login [H3] Register [H4] UPPER BODY [H4] LOWER BODY [H4] VARIABLE RESISTANCE [H4] CHEST [H4] SHOULDER [H4] ARMS [H4] LEGS AND GLUTES
\bigcirc	Images	We found 12 images on this web page. Good, most or all of your images have alt attributes.
8	Text/HTML Ratio	Ratio : 6% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
\bigcirc	Flash	Perfect, no Flash content has been detected on this page.
\bigcirc	Iframe	Great, there are no lframes detected on this page.

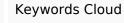
SEO Links

0	URL Rewrite	Good. Your links looks friendly!
0	Underscores in the URLs	Perfect! No underscores detected in your URLs.
0	In-page links	We found a total of 22 links including 0 link(s) to files
0	Statistics	External Links : noFollow 0% External Links : Passing Juice 9.09%
		Internal Links 90.91%

In-page links

Anchor	Туре	Juice
Skip to content	Internal	Passing Juice
<u>Features</u>	Internal	Passing Juice
Main Exercises	Internal	Passing Juice
Bicep Curl	Internal	Passing Juice
Tricep Extension	Internal	Passing Juice
<u>Chest Fly</u>	Internal	Passing Juice
Lat Pulldown	Internal	Passing Juice
Shoulder Press	Internal	Passing Juice
<u>Glute Blaster</u>	Internal	Passing Juice
Inner Thigh Press	Internal	Passing Juice
Full Exercise List (Beta)	Internal	Passing Juice
Product Usage Terms and Legal Disclaimers	Internal	Passing Juice
Return to shop	Internal	Passing Juice
universal gym	Internal	Passing Juice
=	External	Passing Juice
Support	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Terms of Use	Internal	Passing Juice
Contact Us	Internal	Passing Juice
Manage options	Internal	Passing Juice
Read more about these purposes	External	Passing Juice
Lost your password?	Internal	Passing Juice

SEO Keywords



manage resistance more lbs crosstoner required exercise products title preferences

SEO Keywords

Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
more	5	×	×	×	×
crosstoner	5	×	×	×	×
manage	5	×	×	×	×
exercise	4	×	×	×	×
resistance	4	×	×	×	¥

Usability

0	Url	Domain : crosstoner.com Length : 14
0	Favicon	Great, your website has a favicon.
8	Printability	We could not find a Print-Friendly CSS.
0	Language	Good. Your declared language is en.
\bigotimes	Dublin Core	This page does not take advantage of Dublin Core.

Document

\bigcirc	Doctype	HTML 5
\bigcirc	Encoding	Perfect. Your declared charset is UTF-8.
8	W3C Validity	Errors : 0 Warnings : 0

Document

8	Email Privacy	Warning! At least one email address has been found in the plain text. Use <u>free antispam protector</u> to hide email from spammers.
0	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
0	Speed Tips	 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). Too bad, your website does not take advantage of gzip.

Mobile

\bigcirc	Mobile Optimization	 Apple Icon
		 Meta Viewport Tag
		 Flash content

Optimization

0	XML Sitemap	Great, your website has an XML sitemap.
		https://crosstoner.com/sitemap_index.xml
\bigcirc	Robots.txt	http://crosstoner.com/robots.txt Great, your website has a robots.txt file.
8	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.