











## SEO Content

	Images	We found 2 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>7%</b> 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	Great, there are no Iframes detected on this page.

## 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 7 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 28.57% Internal Links 71.43%

## In-page links

Anchor	Type	Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Newport MMA</a>	Internal	Passing Juice
<a href="#">Shop</a>	Internal	Passing Juice
<a href="#">Shipping + Returns</a>	Internal	Passing Juice

## In-page links

[Poglia](#)

External

Passing Juice

[Squarespace](#)

External

Passing Juice

## SEO Keywords



Keywords Cloud

newport fist shop ground back mma  
apparel blow pound hammer












## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
fist	3	✘	✘	✘	✘
shop	2	✘	✘	✘	✘
newport	2	✘	✘	✘	✘
mma	2	✘	✘	✘	✘
hammer	2	✘	✘	✘	✘





## Usability

	Url	Domain : hammerfists.com Length : 15
	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 : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="https://www.hammerfists.com/sitemap.xml">https://www.hammerfists.com/sitemap.xml</a>
	Robots.txt	<a href="http://hammerfists.com/robots.txt">http://hammerfists.com/robots.txt</a> 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.