







# Website review mossa.net

Generated on September 20 2024 22:41 PM





The score is 57/100




## SEO Content

	Title	Mossa – Group Fitness Programs That are Inspiring Millions to Move <b>Length : 66</b> Perfect, your title contains between 10 and 70 characters.																		
	Description	MOSSA is the developer of professional, high quality group fitness exercises and workout plans. Check out out group fitness programs here. <b>Length : 138</b> Great, your meta description contains between 70 and 160 characters.																		
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> 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>Home</td></tr><tr><td>description</td><td>MOSSA is the developer of professional, high quality group fitness exercises and workout plans. Check out out group fitness programs here.</td></tr><tr><td>url</td><td>https://mossa.net/</td></tr><tr><td>site_name</td><td>MOSSA</td></tr><tr><td>image</td><td>https://mossa.net/wp-content/uploads/2020/12/bg-header-grouppower-new.jpg</td></tr><tr><td>image:width</td><td>1200</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Home	description	MOSSA is the developer of professional, high quality group fitness exercises and workout plans. Check out out group fitness programs here.	url	https://mossa.net/	site_name	MOSSA	image	https://mossa.net/wp-content/uploads/2020/12/bg-header-grouppower-new.jpg	image:width	1200
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## SEO Content

		<div>image:height664</div> <div>image:typeimage/jpeg</div>
	Headings	<div> <div> <div>H11</div> <div>H213</div> <div>H39</div> <div>H41</div> <div>H56</div> <div>H61</div> </div> <ul style="list-style-type: none"> <li>• [H1] Let's Move!®</li> <li>• [H2] MOVE YOUNGER, LONGER</li> <li>• [H2] MOSSA WORKOUTS</li> <li>• [H2] “</li> <li>• [H2] Sometimes I wish we never invented the word exercise</li> <li>• [H2] Cathy Spencer-Browning</li> <li>• [H2] WHAT MOVES YOU</li> <li>• [H2] With Movement Health, Move Younger, Longer.</li> <li>• [H2] MOVEMENT HEALTH</li> <li>• [H2] Mossa On Demand</li> <li>• [H2] Mossa At Your Club</li> <li>• [H2] “</li> <li>• [H2] Testimonials</li> <li>• [H2] Leading Partners</li> <li>• [H3] Inspiring Millions to Move</li> <li>• [H3] HISTORY</li> <li>• [H3] Movement</li> <li>• [H3] Music</li> <li>• [H3] Motivation</li> <li>• [H3] Metrics</li> <li>• [H3] Improve Your Fitness and Your Movement Health</li> <li>• [H3] THE LIVE EXPERIENCE</li> <li>• [H3] Interested in MOSSA?</li> <li>• [H4] Quick Contact Form</li> <li>• [H5] Bending</li> <li>• [H5] Squatting</li> <li>• [H5] Lunging</li> <li>• [H5] Walking</li> <li>• [H5] Ground to Standing</li> <li>• [H5] Rotating</li> <li>• [H6] Rich Boggs, Founder</li> </ul> </div>
	Images	<p>We found 43 images on this web page.</p> <p>24 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	<p>Ratio : <b>8%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>

## SEO Content

	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.
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## 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 60 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 10% Internal Links 90%

## In-page links

Anchor	Type	Juice
<a href="#">Find Workout</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Mossa</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">History</a>	Internal	Passing Juice
<a href="#">Careers</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Workouts</a>	Internal	Passing Juice
<a href="#">3D30</a>	Internal	Passing Juice
<a href="#">Athlete30</a>	Internal	Passing Juice
<a href="#">Group Active</a>	Internal	Passing Juice


## In-page links

<a href="#">Group Blast</a>	Internal	Passing Juice
<a href="#">Group Centergy</a>	Internal	Passing Juice
<a href="#">Group Core</a>	Internal	Passing Juice
<a href="#">Group Fight</a>	Internal	Passing Juice
<a href="#">Group Groove</a>	Internal	Passing Juice
<a href="#">Group Power</a>	Internal	Passing Juice
<a href="#">Group Ride</a>	Internal	Passing Juice
<a href="#">Move30</a>	Internal	Passing Juice
<a href="#">R30</a>	Internal	Passing Juice
<a href="#">Work-Ins</a>	Internal	Passing Juice
<a href="#">NIMBL Percussion</a>	Internal	Passing Juice
<a href="#">On Demand</a>	Internal	Passing Juice
<a href="#">Start 14 Day Trial</a>	External	Passing Juice
<a href="#">Pick Your Plan</a>	Internal	Passing Juice
<a href="#">Affiliate Program</a>	Internal	Passing Juice
<a href="#">Clubs &amp; #038; Facilities</a>	Internal	Passing Juice
<a href="#">White Papers</a>	Internal	Passing Juice
<a href="#">Webcasts</a>	Internal	Passing Juice
<a href="#">Management eSource</a>	Internal	Passing Juice
<a href="#">Affiliate Program</a>	Internal	Passing Juice
<a href="#">Host a Training</a>	Internal	Passing Juice
<a href="#">Instructors</a>	Internal	Passing Juice
<a href="#">Live Trainings</a>	Internal	Passing Juice
<a href="#">Online Training</a>	Internal	Passing Juice
<a href="#">Training Calendar</a>	Internal	Passing Juice
<a href="#">Join the Movement</a>	Internal	Passing Juice
<a href="#">Rejoin the Movement</a>	Internal	Passing Juice
<a href="#">Film Fest</a>	Internal	Passing Juice

## In-page links

<a href="#">Instructor Resources</a>	Internal	Passing Juice
<a href="#">Account Update</a>	Internal	Passing Juice
<a href="#">Assessment</a>	Internal	Passing Juice
<a href="#">Store</a>	Internal	Passing Juice
<a href="#">Meet Mossa</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice
<a href="#">Learn More</a>	Internal	Passing Juice
<a href="#">Shop Mossa</a>	Internal	Passing Juice
<a href="#">LEARN MORE</a>	Internal	Passing Juice
<a href="#">2130 Newmarket Pkwy, Marietta, GA 30067</a>	External	Passing Juice
<a href="#">Sitemap</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Country</a>	Internal	Passing Juice
<a href="#">United States</a>	Internal	Passing Juice
<a href="#">Australia</a>	External	Passing Juice
<a href="#">Japan</a>	External	Passing Juice
<a href="#">United Kingdom</a>	External	Passing Juice
<a href="#">Cyprus</a>	External	Passing Juice
<a href="#">Terms of Use</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice






## SEO Keywords

	Keywords Cloud	members demand programs move <b>mossa</b> <b>movement</b> health body fitness workout
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
movement	33	✖	✖	✖	✔
mossa	26	✔	✖	✔	✔
move	17	✔	✖	✖	✔
health	17	✖	✖	✖	✔
fitness	14	✔	✖	✔	✔








## Usability

	Url	Domain : mossa.net Length : 9
	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	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.




## Document

	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div><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></div>

## Mobile

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

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div><a href="https://mossa.net/sitemap_index.xml">https://mossa.net/sitemap_index.xml</a></div>
	Robots.txt	<p><a href="http://mossa.net/robots.txt">http://mossa.net/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>