







Website review mossa.net

Generated on September 20 2024 22:45 PM





The score is **57/100**



SEO Content

	Title	<p>Mossa – Group Fitness Programs That are Inspiring Millions to Move</p> <p>Length : 66</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	Description	<p>MOSSA is the developer of professional, high quality group fitness exercises and workout plans. Check out out group fitness programs here.</p> <p>Length : 138</p> <p>Great, your meta description contains between 70 and 160 characters.</p>																		
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																		
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 2080"> <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

		image:height 664												
		image:type image/jpeg												
	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>1</td><td>13</td><td>9</td><td>1</td><td>6</td><td>1</td></tr></tbody></table> <ul style="list-style-type: none">• [H1] Let's Move!®• [H2] MOVE YOUNGER, LONGER• [H2] MOSSA WORKOUTS• [H2] “• [H2] Sometimes I wish we never invented the word exercise• [H2] Cathy Spencer-Browning• [H2] WHAT MOVES YOU• [H2] With Movement Health, Move Younger, Longer.• [H2] MOVEMENT HEALTH• [H2] Mossa On Demand• [H2] Mossa At Your Club• [H2] “• [H2] Testimonials• [H2] Leading Partners• [H3] Inspiring Millions to Move• [H3] HISTORY• [H3] Movement• [H3] Music• [H3] Motivation• [H3] Metrics• [H3] Improve Your Fitness and Your Movement Health• [H3] THE LIVE EXPERIENCE• [H3] Interested in MOSSA?• [H4] Quick Contact Form• [H5] Bending• [H5] Squatting• [H5] Lunging• [H5] Walking• [H5] Ground to Standing• [H5] Rotating• [H6] Rich Boggs, Founder	H1	H2	H3	H4	H5	H6	1	13	9	1	6	1
H1	H2	H3	H4	H5	H6									
1	13	9	1	6	1									
	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 : 8%</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
Find Workout	Internal	Passing Juice
Contact	Internal	Passing Juice
Mossa	Internal	Passing Juice
About	Internal	Passing Juice
History	Internal	Passing Juice
Careers	Internal	Passing Juice
Blog	Internal	Passing Juice
Workouts	Internal	Passing Juice
3D30	Internal	Passing Juice
Athlete30	Internal	Passing Juice
Group Active	Internal	Passing Juice

In-page links

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

In-page links

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

SEO Keywords








Keywords Cloud

members health **mossa** body
movement move demand fitness
programs workout





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 free antispam protector to hide email from spammers.




Document

	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none">✓ 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).✓ Perfect, your website takes advantage of gzip.

Mobile

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

	XML Sitemap	Great, your website has an XML sitemap. <code>https://mossa.net/sitemap_index.xml</code>
	Robots.txt	<code>http://mossa.net/robots.txt</code> Great, your website has a robots.txt file.
	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.