



# Website review roguecanada.ca

Generated on September 20 2024 01:15 AM





The score is **56/100**




## SEO Content

	<b>Title</b>	<p>Rogue Fitness Canada - Strength &amp; Conditioning Equipment</p> <p><b>Length : 60</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	<b>Description</b>	<p>Rogue Fitness is the leading manufacturer in strength and conditioning equipment &amp; an official sponsor of the CrossFit® Games, Arnold Classic, and USA Weightlifting. From power racks, rigs, and barbells to shoes, apparel &amp; accessories, our online store equips garage gyms, military, pros &amp; more.</p> <p><b>Length : 307</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>										
	<b>Keywords</b>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>										
	<b>Og Meta Properties</b>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1413 1481 2018"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>product</td> </tr> <tr> <td>description</td> <td>Rogue Fitness is the leading manufacturer in strength and conditioning equipment &amp; an official sponsor of the CrossFit® Games, Arnold Classic, and USA Weightlifting. From power racks, rigs, and barbells to shoes, apparel &amp; accessories, our online store equips garage gyms, military, pros &amp; more.</td> </tr> <tr> <td>image</td> <td><a href="https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg">https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg</a></td> </tr> <tr> <td>url</td> <td><a href="https://www.roguecanada.ca">https://www.roguecanada.ca</a></td> </tr> </tbody> </table>	Property	Content	type	product	description	Rogue Fitness is the leading manufacturer in strength and conditioning equipment & an official sponsor of the CrossFit® Games, Arnold Classic, and USA Weightlifting. From power racks, rigs, and barbells to shoes, apparel & accessories, our online store equips garage gyms, military, pros & more.	image	<a href="https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg">https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg</a>	url	<a href="https://www.roguecanada.ca">https://www.roguecanada.ca</a>
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# SEO Content

		<p>title Rogue Fitness Canada - Strength &amp; Conditioning Equipment</p> <p>locale en-CA</p>												
	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>2</td><td>3</td><td>1</td><td>16</td><td>9</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>• [H1] World's MostDurable Barbells</li><li>• [H1] World's MostDurable Barbells</li><li>• [H2]</li><li>• [H2] Featured Products</li><li>• [H2] Popular Categories</li><li>• [H3]</li><li>• [H4] Weightlifting Bars &amp; Plates</li><li>• [H4] Strength Equipment</li><li>• [H4] Rogue Rigs &amp; Racks</li><li>• [H4] Conditioning</li><li>• [H4] Bodyweight &amp; Gymnastics</li><li>• [H4] Apparel</li><li>• [H4] Rogue Gear &amp; Accessories</li><li>• [H4] Straps, Wraps &amp; Support</li><li>• [H4] Strongman</li><li>• [H4] CrossFit® Equipment</li><li>• [H4] Equipment Packages</li><li>• [H4] Shoes</li><li>• [H4] Mobility</li><li>• [H4] Facility Outfitting</li><li>• [H4] Iron Game Programming</li><li>• [H4] Rogue Supply</li><li>• [H5] About Us</li><li>• [H5] Shopping</li><li>• [H5] Customer Service</li><li>• [H5] Policies &amp; Notices</li><li>• [H5] Other Websites</li><li>• [H5] Contact Us</li><li>• [H5] Connect</li><li>• [H5] App</li><li>• [H5] NEWSLETTER SIGNUP</li></ul>	H1	H2	H3	H4	H5	H6	2	3	1	16	9	0
H1	H2	H3	H4	H5	H6									
2	3	1	16	9	0									
	Images	<p>We found 135 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>												
	Text/HTML Ratio	<p>Ratio : <b>2%</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	Great, there are no Iframes detected on this page.
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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 55 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 7.27% Internal Links 92.73%

## In-page links

Anchor	Type	Juice
<a href="#">Gift Cards</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">Order Status</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Multipurpose</a>	Internal	Passing Juice
<a href="#">Olympic</a>	Internal	Passing Juice
<a href="#">Powerlifting</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Bumper</a>	Internal	Passing Juice

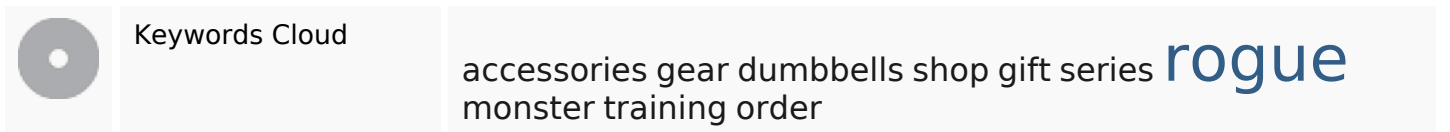
## In-page links

<a href="#">Competition</a>	Internal	Passing Juice
<a href="#">Steel</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Flat</a>	Internal	Passing Juice
<a href="#">Adjustable</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">PRVN Fitness</a>	Internal	Passing Juice
<a href="#">Mayhem Athlete</a>	Internal	Passing Juice
<a href="#">Westside Barbell</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Men's</a>	Internal	Passing Juice
<a href="#">Women's</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Straps</a>	Internal	Passing Juice
<a href="#">Knee Sleeves</a>	Internal	Passing Juice
<a href="#">Belts</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Tools</a>	Internal	Passing Juice
<a href="#">Accessories</a>	Internal	Passing Juice
=	External	Passing Juice
=	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
<a href="#">Checkout FAQ</a>	Internal	Passing Juice
<a href="#">The Rogue Way</a>	Internal	Passing Juice
<a href="#">#ryourogue</a>	Internal	Passing Juice
<a href="#">Brands</a>	Internal	Passing Juice
<a href="#">Gear Registry</a>	Internal	Passing Juice

## In-page links

<a href="#">Custom Quotes</a>	Internal	Passing Juice
<a href="#">Returns &amp; Cancellations</a>	Internal	Passing Juice
<a href="#">Order Process</a>	Internal	Passing Juice
<a href="#">Product Policies</a>	Internal	Passing Juice
<a href="#">Warranty Information</a>	Internal	Passing Juice
<a href="#">Suggestion Box</a>	Internal	Passing Juice
<a href="#">Report Website Issue</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">Terms of Use</a>	Internal	Passing Juice
<a href="#">Rogue Invitational</a>	Internal	Passing Juice
<a href="#">Rogue Athletes</a>	Internal	Passing Juice
<a href="#">The Rogue Blog</a>	External	Passing Juice
<a href="#">The Rogue Gym</a>	Internal	Passing Juice
<a href="#">Rogue Equipped Events</a>	Internal	Passing Juice
<a href="#">Garage Gyms</a>	Internal	Passing Juice
<a href="#">The Index</a>	Internal	Passing Juice

## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
rogue	50	✓	✗	✓	✓
series	9	✗	✗	✗	✗
accessories	8	✗	✗	✓	✓
order	8	✗	✗	✗	✗

# Keywords Consistency

shop

7



## Usability

	Url	Domain : roguecanada.ca Length : 14
	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.
	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> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li></ul>

## Document

✔ Perfect, your website takes advantage of gzip.

## Mobile



### Mobile Optimization

- ✔ Apple Icon
- ✔ Meta Viewport Tag
- ✔ Flash content

## Optimization



### XML Sitemap

Great, your website has an XML sitemap.

[https://www.roguecanada.ca/svc\\_route/sitemap\\_v2/sitemap-ca.xml](https://www.roguecanada.ca/svc_route/sitemap_v2/sitemap-ca.xml)



### Robots.txt

<http://roguecanada.ca/robots.txt>

Great, your website has a robots.txt file.



### Analytics

Great, your website has an analytics tool.



Google Analytics