







Website review roguecanada.ca

Generated on September 20 2024 23:08 PM





The score is 56/100



SEO Content

	Title	<p>Rogue Fitness Canada - Strength & Conditioning Equipment</p> <p>Length : 60</p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	Description	<p>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.</p> <p>Length : 307</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</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><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 & 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.</td></tr><tr><td>image</td><td>https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg</td></tr><tr><td>url</td><td>https://www.roguecanada.ca</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	https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg	url	https://www.roguecanada.ca
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	https://assets.roguefitness.com/image/upload/v1610106897/media/rogue-og.jpg											
url	https://www.roguecanada.ca											

SEO Content

		<div>title</div> <div>Rogue Fitness Canada - Strength & Conditioning Equipment</div> <div>locale</div> <div>en-CA</div>
	Headings	<div> <div> H1 2 </div> <div> H2 3 </div> <div> H3 1 </div> <div> H4 16 </div> <div> H5 9 </div> <div> H6 0 </div> </div> <div> <ul style="list-style-type: none"> • [H1] RogueFunctionalTrainers • [H1] RogueFunctionalTrainers • [H2] • [H2] Featured Products • [H2] Popular Categories • [H3] • [H4] Weightlifting Bars & Plates • [H4] Strength Equipment • [H4] Rogue Rigs & Racks • [H4] Conditioning • [H4] Bodyweight & Gymnastics • [H4] Apparel • [H4] Rogue Gear & Accessories • [H4] Straps, Wraps & Support • [H4] Strongman • [H4] CrossFit® Equipment • [H4] Equipment Packages • [H4] Shoes • [H4] Mobility • [H4] Facility Outfitting • [H4] Iron Game Programming • [H4] Rogue Supply • [H5] About Us • [H5] Shopping • [H5] Customer Service • [H5] Policies & Notices • [H5] Other Websites • [H5] Contact Us • [H5] Connect • [H5] App • [H5] NEWSLETTER SIGNUP </div>
	Images	<div>We found 135 images on this web page.</div> <div>Good, most or all of your images have alt attributes.</div>
	Text/HTML Ratio	<div>Ratio : 2%</div> <div>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</div>
	Flash	<div>Perfect, no Flash content has been detected on this page.</div>

SEO Content



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 56 links including 0 link(s) to files



Statistics

External Links : noFollow 0%

External Links : Passing Juice 7.14%

Internal Links 92.86%

In-page links

Anchor	Type	Juice
Gift Cards	Internal	Passing Juice
Contact Us	Internal	Passing Juice
Order Status	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Multipurpose	Internal	Passing Juice
Olympic	Internal	Passing Juice
Powerlifting	Internal	Passing Juice
=	Internal	Passing Juice


In-page links

Bumper	Internal	Passing Juice
Competition	Internal	Passing Juice
Steel	Internal	Passing Juice
=	Internal	Passing Juice
Flat	Internal	Passing Juice
Adjustable	Internal	Passing Juice
=	Internal	Passing Juice
PRVN Fitness	Internal	Passing Juice
Mayhem Athlete	Internal	Passing Juice
Westside Barbell	Internal	Passing Juice
=	Internal	Passing Juice
Men's	Internal	Passing Juice
Women's	Internal	Passing Juice
=	Internal	Passing Juice
Straps	Internal	Passing Juice
Knee Sleeves	Internal	Passing Juice
Belts	Internal	Passing Juice
=	Internal	Passing Juice
Tools	Internal	Passing Juice
Accessories	Internal	Passing Juice
=	External	Passing Juice
=	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
Checkout FAQ	Internal	Passing Juice
The Rogue Way	Internal	Passing Juice
#ryourogue	Internal	Passing Juice
Brands	Internal	Passing Juice

In-page links

Gear Registry	Internal	Passing Juice
Custom Quotes	Internal	Passing Juice
Returns & Cancellations	Internal	Passing Juice
Order Process	Internal	Passing Juice
Product Policies	Internal	Passing Juice
Warranty Information	Internal	Passing Juice
Suggestion Box	Internal	Passing Juice
Report Website Issue	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Terms of Use	Internal	Passing Juice
Rogue Invitational	Internal	Passing Juice
Rogue Athletes	Internal	Passing Juice
The Rogue Blog	External	Passing Juice
The Rogue Gym	Internal	Passing Juice
Rogue Equipped Events	Internal	Passing Juice
Garage Gyms	Internal	Passing Juice
The Index	Internal	Passing Juice

SEO Keywords

	Keywords Cloud	gear training rogue shop order accessories series functional plates monster
--	----------------	---





Keywords Consistency

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










Keywords Consistency

order	8	✖	✖	✖	✖
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 free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<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>

Document



Too bad, your website has too many JS files (more than 6).



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



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