







Website beoordeling naturalpilates.com

Gegeneerd op November 11 2024 21:56 PM



De score is 54/100






SEO Content

	<p>Title</p>	<p>Natural Pilates</p> <p>Lengte : 15</p> <p>Perfect, uw title tag bevat tussen de 10 en 70 karakters.</p>								
	<p>Description</p>	<p>Natural Pilates athletic approach to classical Pilates is designed to help you reach your max potential through strength, flexibility, and mindfulness. Our form-focused style workout will build awareness and get your muscles burning every time.</p> <p>Lengte : 246</p> <p>Let op, uw meta description zou tussen de 70 en 160 karakters (spaces included) moeten bevatten.</p>								
	<p>Keywords</p>	<p>Beverly Hills, Silverlake, Brentwood, Century City, Los Angeles, Westwood, Bel Air, Gyrotonic, Pilates, Spinning, Bootcamp, Golf, Prenatal, workout, Private, Classes, sports club LA, allure, fitness, weight training, stott pilates, certification, equinox,stretching, strength training, Outdoor fitness, Outdoor gym, Outside gym, Calisthenics, Outdoor workout, Outside workout, Home Workout, Video, personal trainer, Home Pilates Workouts, ondemand training, Pilates Workouts, Mat Pilates, Pilates Certification, Home Workouts, Beverly Hills, Silverlake, Brentwood, Century City, Los Angeles, Westwood, Bel Air, Gyrotonic, Pilates, Spinning, Bootcamp, Golf, Prenatal, workout, Private, Classes, sports club LA, allure, fitness, weight training, stott pilates, certification, equinox,stretching, strength training,</p> <p>Goed, uw bevat meta keywords.</p>								
	<p>Og Meta Properties</p>	<p>Goed, uw page maakt gebruik van Og Properties.</p> <table border="1" data-bbox="539 1742 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>Natural Pilates</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>locale</td> <td>en_US</td> </tr> </tbody> </table>	Property	Content	site_name	Natural Pilates	type	website	locale	en_US
Property	Content									
site_name	Natural Pilates									
type	website									
locale	en_US									




SEO Content

		<p>url https://naturalpilates.com</p> <p>title Pilates Studios in Los Angeles, NEW YORK CITY - Soho</p> <p>image https://naturalpilates.com/assets/images/naturalpilates.png</p> <p>image:width 250</p> <p>image:height 250</p>												
	Headings	<table border="1"> <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>6</td> <td>13</td> <td>7</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Be strong. Be flexible. Be mindful • [H1] Download Our App • [H2] the workout • [H2] We Offer • [H2] NaturalPilatesTV • [H2] Anytime, Anywhere. • [H2] Train with us from any location! Stream our workouts from your computer, mobile device, and TV. • [H2] Make a CHANGE Today! • [H3] Choose Studio • [H3] Choose City • [H3] Feel strong and look your best! • [H3] Private Pilates sessions • [H3] Semi-private, trios and quads pilates sessions • [H3] Group Training classes • [H3] Start 7 DAYS FREE Trial ! • [H3] "I loves Pilates because it's a challenging workout that pushes people out of their comfort zone. Our mission is to help our clients increase their body awareness, understand their physical abilities and reach their maximum potential." • [H3] Company • [H3] Studios • [H3] Menu • [H3] Education • [H3] Contact • [H4] Laura Wilson - BIO • [H4] Athletic Style • [H4] Form-Focused • [H4] Simple and effective • [H4] Move with intention • [H4] Feel the burn • [H4] Full-Body Workout 	H1	H2	H3	H4	H5	H6	2	6	13	7	0	0
H1	H2	H3	H4	H5	H6									
2	6	13	7	0	0									
	Afbeeldingen	<p>We vonden 13 afbeeldingen in de pagina.</p> <p>5 alt attributen ontbreken. Voeg alternatieve text toe zodat zoekmachines beter kunnen beoordelen wat het onderwerp van de afbeeldingen is.</p>												
	Text/HTML Ratio	Ratio : 8%												

SEO Content

		De ratio van text tot HTML code is below 15 procent, dit betekent dat uw pagina waarschijnlijk meer tekst nodig heeft.
	Flash	Perfect, geen Flash content gevonden in uw website.
	Iframe	Jammer, u heeft Iframes in uw website, dit betekent dat deze content niet kan worden geïndexeerd.

SEO Links

	Herschreven URL	Perfect. Uw links zien er vriendelijk uit!
	Underscores in de URLs	Perfect! Geen underscores gevonden in uw URLs.
	In-page links	We vonden een totaal van 41 links inclusie 0 link(s) naar bestanden
	Statistics	Externe Links : noFollow 2.44% Externe Links : doFollow 12.2% Interne Links 85.37%

In-page links

Ankertekst	Type	samenstelling
Beverly Hills	Intern	doFollow
LOS ANGELES	Intern	doFollow
NEW YORK	Intern	doFollow
NP Method	Intern	doFollow
Classes Offered	Intern	doFollow
FAQ	Intern	doFollow
About Laura Wilson	Intern	doFollow

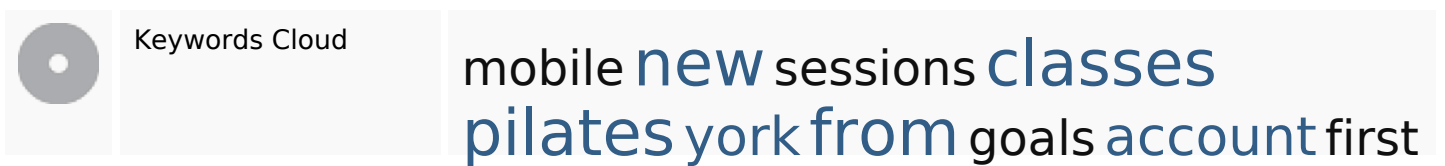
In-page links

Beverly Hills	Intern	doFollow
West Hollywood	Intern	doFollow
Brentwood	Intern	doFollow
Sherman Oaks	Intern	doFollow
New York	Intern	doFollow
Beverly Hills	Intern	doFollow
West Hollywood	Intern	doFollow
Brentwood	Intern	doFollow
Sherman Oaks	Intern	doFollow
New York	Intern	doFollow
Store	Intern	doFollow
On Demand	Extern	doFollow
Teacher Training	Intern	doFollow
Workshops on Demand	Extern	doFollow
Blog	Intern	doFollow
BOOK class	Intern	doFollow
Athletic Style	Intern	doFollow
Form-Focused	Intern	doFollow
Simple and effective	Intern	doFollow
Move with intention	Intern	doFollow
Feel the burn	Intern	doFollow
Full-Body Workout	Intern	doFollow
Facebook page	Extern	doFollow
Laura Wilson	Intern	noFollow
Privacy Policy	Intern	doFollow
Beverly Hills	Intern	doFollow
West Hollywood	Intern	doFollow
Brentwood	Intern	doFollow

In-page links

Sherman Oaks	Intern	doFollow
Soho - NY	Intern	doFollow
NaturalPilatesTV	Extern	doFollow
Studios	Intern	doFollow
Chat with us	Extern	noFollow
LiveChat	Extern	doFollow

SEO Keywords



Keywords Consistentie

Keyword	Content	Title	Keywords	Descripti on	Headings
classes	6	✘	✔	✘	✔
pilates	6	✔	✔	✔	✔
new	5	✘	✘	✘	✘
from	5	✘	✘	✘	✔
york	4	✘	✘	✘	✘












Bruikbaarheid

	Url	Domein : naturalpilates.com Lengte : 18
	Favicon	Goed, uw website heeft een favicon.
	Printbaarheid	Jammer. We vonden geen Print-Vriendelijke CSS.
	Taal	Goed. Uw ingestelde taal is en.





Bruikbaarheid

		
	Dublin Core	Deze pagina maakt geen gebruik van Dublin Core.




Document

	Doctype	HTML 5
	Encoding	Perfect. Uw ingestelde Charset is UTF-8.
	W3C Validiteit	Fouten : 0 Waarschuwingen : 0
	E-mail Privacy	Waarschuwing! Er is op zijn minst 1 e-mailadres gevonden als platte tekst. (voorkom spam!). Gebruik deze gratis antispam protector om e-mailadressen te verbergen voor spammers.
	Niet ondersteunde HTML	Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.
	Speed Tips	<ul style="list-style-type: none"> Geweldig, uw website heeft geen tabellen in een tabel. Jammer, uw website maakt gebruik van inline styles. Jammer, uw website heeft teveel CSS bestanden (meer dan 4). Jammer, uw website heeft teveel JS bestanden (meer dan 6). Perfect, uw website haalt voordeel uit gzip.

Mobile

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

	XML Sitemap	Geweldig, uw website heeft een XML sitemap. https://naturalpilates.com/sitemap.xml
	Robots.txt	http://naturalpilates.com/robots.txt Geweldig uw website heeft een robots.txt bestand.
	Analytics	Perfect, uw website heeft een analytics tool.  Google Analytics