







Website review 4s-fitness.com

Generated on April 13 2026 22:33 PM




The score is 48/100





SEO Content

	<p>Title</p>	<p>4S Fitness A Leading Fitness Center in HBR Layout, Bangalore</p> <p>Length : 62</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	<p>Description</p>	<p>Welcome to the official website of 4S Fitness, a Unisex Fitness Hub. We aim to partner with you in achieving your fitness goals.</p> <p>Length : 128</p> <p>Great, your meta description contains between 70 and 160 characters.</p>																		
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																		
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 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>4S Fitness A Leading Fitness Center in HBR Layout, Bangalore</td> </tr> <tr> <td>description</td> <td>Welcome to the official website of 4S Fitness, a Unisex Fitness Hub. We aim to partner with you in achieving your fitness goals.</td> </tr> <tr> <td>url</td> <td>https://www.4s-fitness.com/</td> </tr> <tr> <td>site_name</td> <td>4S Fitness, A Leading Fitness Center in HBR Layout, Bangalore</td> </tr> <tr> <td>image</td> <td>https://otherfiles.b-cdn.net/wp-content/uploads/2015/11/4S-Logo.gif</td> </tr> <tr> <td>image:secure_url</td> <td>https://otherfiles.b-cdn.net/wp-content/uploads/2015/11/4S-Logo.gif</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	4S Fitness A Leading Fitness Center in HBR Layout, Bangalore	description	Welcome to the official website of 4S Fitness, a Unisex Fitness Hub. We aim to partner with you in achieving your fitness goals.	url	https://www.4s-fitness.com/	site_name	4S Fitness, A Leading Fitness Center in HBR Layout, Bangalore	image	https://otherfiles.b-cdn.net/wp-content/uploads/2015/11/4S-Logo.gif	image:secure_url	https://otherfiles.b-cdn.net/wp-content/uploads/2015/11/4S-Logo.gif
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SEO Content

		image:width	478											
		image:height	478											
	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>9</td><td>16</td><td>0</td><td>1</td></tr></tbody></table> <ul style="list-style-type: none">• [H1]• [H1] A Unisex Fitness Hub• [H2] What our clients say• [H2] Quick facts about 4S Fitness• [H2] Recent Posts• [H3] Who we are?• [H3] What we aim for?• [H3] Why 4S Fitness?• [H3] What We Offer?• [H3] WORK HARD, STAY HARD, GOOD FITNESS IS GOOD LIFE• [H3] Feeling Fit or Looking Fit• [H3] How to Make a Diagnosis of Your Shoulder Pain• [H3] Simple Indian Breakfast Ideas for Busy Professionals• [H3] Exercise To Stay Happy and Positive• [H4] Fitness Calculators• [H4] What do we do?• [H4] Why are we doing this?• [H4] Who do we cater to?• [H4] How do you achieve this?• [H4] Where are we located?• [H4] When are we available?• [H4] Opening Hours• [H4] Share the joy• [H4] Contact Us• [H4] Recent Posts• [H4] Get Social• [H4] Click to Call us• [H4] Audio devices• [H4] Audio device access is blocked Please allow!• [H4] Have a look at your left hand side of your address bar to provide access to the microphone.• [H6] Now, call us directly from the browser. You could setup the audio device for the call using "Audio Devices" button (available only in Chrome browser). Once you are ready, click on "Call us" button to initiate the call.	H1	H2	H3	H4	H5	H6	2	3	9	16	0	1
H1	H2	H3	H4	H5	H6									
2	3	9	16	0	1									
	Images	We found 9 images on this web page. 6 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.												
	Text/HTML Ratio	Ratio : 11% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.												
	Flash	Terrible, you have Flash content, this mean that for search engines hard to understand your content.												

SEO Content

		
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

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 13 links including 1 link(s) to files
	Statistics	External Links : noFollow 38.46% External Links : Passing Juice 7.69% Internal Links 53.85%


In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
Upper Back	Internal	Passing Juice
Treadmill	Internal	Passing Juice
Blog	Internal	Passing Juice
[email&#160;:protected]	Internal	Passing Juice
Facebook	External	noFollow
Twitter	External	noFollow
LinkedIn	External	noFollow

In-page links

Google Plus	External	noFollow
Youtube	External	noFollow
About	Internal	Passing Juice
EV SSL Certificate	External	Passing Juice





SEO Keywords

 Keywords Cloud	fitness call best gym very member all trainers equipments good
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
fitness	50	✓	✗	✓	✓
good	21	✗	✗	✗	✓
member	18	✗	✗	✗	✗
gym	14	✗	✗	✗	✗
call	14	✗	✗	✗	✓

Usability

 Url	Domain : 4s-fitness.com 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.

Usability



Document



Doctype

HTML 5



Encoding

Perfect. Your declared charset is UTF-8.



W3C Validity

Errors : 0
Warnings : 0



Email Privacy

Great no email address has been found in plain text!



Deprecated HTML

Great! We haven't found deprecated HTML tags in your HTML.



Speed Tips

- 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

- Apple Icon
- Meta Viewport Tag
- Flash content




Optimization



XML Sitemap

Missing

Optimization

		<p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://4s-fitness.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div data-bbox="555 607 1481 678"> Google Analytics</div>