







Website review 4s-fitness.com

Generated on April 13 2026 23:12 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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| image:secure_url | https://otherfiles.b-cdn.net/wp-content/uploads/2015/11/4S-Logo.gif | | | | | | | | | | | | | | | | | | | |





SEO Content

| | | image:width | 478 | | | | | | | | | | | |
|--|-----------------|---|-----|----|----|----|----|----|---|---|---|----|---|---|
| | | image:height | 478 | | | | | | | | | | | |
|  | 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>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 | <p>We found 9 images on this web page.</p> <p>6 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 : 11%</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>Terrible, you have Flash content, this mean that for search engines hard to understand your content.</p> | | | | | | | | | | | | |

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 | equipments member call gym all good best fitness trainers very |
|---|--|

Keywords Consistency

| Keyword | Content | Title | Keywords | Descripti on | 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="552 607 1481 678"> Google Analytics</div> |