





# Website review poss-mma.com

Generated on February 13 2026 01:30 AM

The score is 51/100




## SEO Content





	Title	<p>Apps to Boost Focus Beyond the Gym: Mindfulness and Recovery</p> <p><b>Length : 60</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>										
	Description	<p>Discover apps that enhance focus and mindfulness outside the gym. From Coin ID Scanner's coin collection to Number Tracker's peace of mind and Heart Pulse Monitor health parameters, these tools support discipline, clarity, and inner balance in everyday life.</p> <p><b>Length : 268</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>										
	Keywords	<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>										
	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>locale</td><td>en_US</td></tr><tr><td>site_name</td><td>poss-mma.com</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Apps that Help You Keep Your Focus Out of the Gym - poss-mma.com</td></tr></tbody></table>	Property	Content	locale	en_US	site_name	poss-mma.com	type	website	title	Apps that Help You Keep Your Focus Out of the Gym - poss-mma.com
Property	Content											
locale	en_US											
site_name	poss-mma.com											
type	website											
title	Apps that Help You Keep Your Focus Out of the Gym - poss-mma.com											

SEO Content





		<div><div>description</div><div>Resilience, endurance, and discipline are not born in the gym alone. Outside of training, the real work on oneself begins, where attention to detail, the ability to keep focus, and inner balance are important. It is outside the tatami or ring that the habits that build a fighter’s character are revealed: care for loved ones,...</div></div>
		<div><div>url</div><div>https://poss-mma.com/</div></div>
		<div><div>image</div><div>https://poss-mma.com/wp-content/uploads/2026/01/coin-id-scanner.webp</div></div>
		<div><div>image:secure_url</div><div>https://poss-mma.com/wp-content/uploads/2024/09/triumph-zone.png</div></div>
		<div><div>image:width</div><div>200</div></div>
		<div><div>image:height</div><div>200</div></div>
		<div><div>image:type</div><div>image/webp</div></div>

	Headings	<div><div>H1</div><div>1</div></div>	<div><div>H2</div><div>27</div></div>	<div><div>H3</div><div>0</div></div>	<div><div>H4</div><div>0</div></div>	<div><div>H5</div><div>0</div></div>	<div><div>H6</div><div>0</div></div>
		<div><div><div></div></div><div><ul style="list-style-type: none"><li>• [H1] Apps that Help You Keep Your Focus Out of the Gym</li><li>• [H2] 100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar</li><li>• [H2] Brain Training Games: Why Are They Needed and How Do They Work?</li><li>• [H2] Exploring the World of Ancient Coin Collecting: A Historical Perspective</li><li>• [H2] The Benefits of Mindfulness Practices in Enhancing Physical Performance</li><li>• [H2] Exploring the Symbolism in Coin Designs</li><li>• [H2] The Role of Strength Training in Martial Arts Performance</li><li>• [H2] Coin ID Scanner: Attention Is Your Superpower</li><li>• [H2] Number Tracker: Serenity Starts with Confidence</li><li>• [H2] AI Plant Finder: Rebuilding through Living</li><li>• [H2] Mind Elevate: Training the Mind In Short Sessions</li><li>• [H2] AI Tattoo Art Studio: Visual Decisions Without Mental Strain</li><li>• [H2] AI Chat Bot &amp; Virtual Helper: Clearing Mental Clutter</li><li>• [H2] Heart Pulse Monitor – Health Log: Reading the Body Between Rounds</li><li>• [H2] VPN Security – Secure Shield: Focus Without Digital Disruptions</li><li>• [H2] VPN Fast Proxy VON: Control Over Connection Performance</li><li>• [H2] Silence Between Punches</li><li>• [H2] Recent Posts</li><li>• [H2] Archives</li><li>• [H2] You May Have Missed</li><li>• [H2] Exploring the Martial Arts Styles of Famous Fighters</li><li>• [H2] Coin Collecting: Your Stress Relief Solution</li></ul></div></div>					

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Rare Coins Featuring Historical Figures: A Collector's Guide</li><li>• [H2] How to Balance Martial Arts Training with Daily Life Commitments</li><li>• [H2] The Benefits of Mindfulness Practices in Enhancing Physical Performance</li><li>• [H2] How to Integrate Meditation into Your Fitness Routine</li><li>• [H2] How to Overcome Plateaus in Your Fitness Journey</li><li>• [H2] How Martial Arts Training Enhances Focus and Concentration</li></ul>
	Images	We found 35 images on this web page.  Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>9%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	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 28 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 0%  Internal Links 100%

## In-page links

Anchor	Type	Juice
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## In-page links

<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">poss-mma.com</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">About us</a>	Internal	Passing Juice
<a href="#">Featured</a>	Internal	Passing Juice
<a href="#">100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar</a>	Internal	Passing Juice
<a href="#">Brain Training Games: Why Are They Needed and How Do They Work?</a>	Internal	Passing Juice
<a href="#">Exploring the World of Ancient Coin Collecting: A Historical Perspective</a>	Internal	Passing Juice
<a href="#">The Benefits of Mindfulness Practices in Enhancing Physical Performance</a>	Internal	Passing Juice
<a href="#">Exploring the Symbolism in Coin Designs</a>	Internal	Passing Juice
<a href="#">admin</a>	Internal	Passing Juice
<a href="#">The Role of Strength Training in Martial Arts Performance</a>	Internal	Passing Juice
<a href="#">How to Balance Martial Arts Training with Daily Life Commitments</a>	Internal	Passing Juice
<a href="#">October 2025</a>	Internal	Passing Juice
<a href="#">September 2025</a>	Internal	Passing Juice
<a href="#">March 2025</a>	Internal	Passing Juice
<a href="#">February 2025</a>	Internal	Passing Juice
<a href="#">January 2025</a>	Internal	Passing Juice
<a href="#">December 2024</a>	Internal	Passing Juice
<a href="#">October 2024</a>	Internal	Passing Juice
<a href="#">August 2024</a>	Internal	Passing Juice
<a href="#">Exploring the Martial Arts Styles of Famous Fighters</a>	Internal	Passing Juice
<a href="#">Coin Collecting: Your Stress Relief Solution</a>	Internal	Passing Juice
<a href="#">Rare Coins Featuring Historical Figures: A Collector's Guide</a>	Internal	Passing Juice
<a href="#">-</a>	Internal	Passing Juice

## In-page links

[How to Overcome Plateaus in Your Fitness Journey](#)

Internal

Passing Juice

[How Martial Arts Training Enhances Focus and Concentration](#)

Internal

Passing Juice

## SEO Keywords



Keywords Cloud

featured arts how ago months training year  
admin martial exploring












## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
ago	19	✖	✖	✖	✖
featured	12	✖	✖	✖	✖
admin	10	✖	✖	✖	✖
months	8	✖	✖	✖	✖
year	7	✖	✖	✖	✔





## Usability

	Url	Domain : poss-mma.com Length : 12
	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	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	<div><div></div> Excellent, your website doesn't use nested tables.</div> <div><div></div> Too bad, your website is using inline styles.</div> <div><div></div> Too bad, your website has too many CSS files (more than 4).</div> <div><div></div> Too bad, your website has too many JS files (more than 6).</div> <div><div></div> Perfect, your website takes advantage of gzip.</div>


## Mobile

	Mobile Optimization	<div><div></div> Apple Icon</div> <div><div></div> Meta Viewport Tag</div> <div><div></div> Flash content</div>
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## Optimization

	XML Sitemap	<div>Great, your website has an XML sitemap.</div> <div><div><a href="https://poss-mma.com/sitemap.xml">https://poss-mma.com/sitemap.xml</a></div><div><a href="https://poss-mma.com/sitemap.rss">https://poss-mma.com/sitemap.rss</a></div><div><a href="https://poss-mma.com/sitemap_index.xml">https://poss-mma.com/sitemap_index.xml</a></div></div>
	Robots.txt	<a href="http://poss-mma.com/robots.txt">http://poss-mma.com/robots.txt</a>

## Optimization

		Great, your website has a robots.txt file.
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>