







Website review poss-mma.com

Generated on March 03 2026 07:58 AM

The score is 51/100



SEO Content

	Title	<p>Apps to Boost Focus Beyond the Gym: Mindfulness and Recovery</p> <p>Length : 60</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>Length : 268</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 border="1" data-bbox="539 1413 1481 1816"> <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

description	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,...
url	https://poss-mma.com/
image	https://poss-mma.com/wp-content/uploads/2026/01/coin-id-scanner.webp
image:secure_url	https://poss-mma.com/wp-content/uploads/2024/09/triumph-zone.png
image:width	200
image:height	200
image:type	image/webp





Headings

H1	H2	H3	H4	H5	H6
1	27	0	0	0	0
<ul style="list-style-type: none">• [H1] Apps that Help You Keep Your Focus Out of the Gym• [H2] Ten Cents, 1984 — and a Market That Doesn't Always Agree• [H2] 100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar• [H2] Brain Training Games: Why Are They Needed and How Do They Work?• [H2] Exploring the World of Ancient Coin Collecting: A Historical Perspective• [H2] The Benefits of Group Fitness Classes for Motivation• [H2] Brain Training Games: Why Are They Needed and How Do They Work?• [H2] Coin ID Scanner: Attention Is Your Superpower• [H2] Number Tracker: Serenity Starts with Confidence• [H2] AI Plant Finder: Rebuilding through Living• [H2] Mind Elevate: Training the Mind In Short Sessions• [H2] AI Tattoo Art Studio: Visual Decisions Without Mental Strain• [H2] AI Chat Bot & Virtual Helper: Clearing Mental Clutter• [H2] Heart Pulse Monitor - Health Log: Reading the Body Between Rounds• [H2] VPN Security - Secure Shield: Focus Without Digital Disruptions• [H2] VPN Fast Proxy VON: Control Over Connection Performance• [H2] Silence Between Punches• [H2] Recent Posts• [H2] Archives• [H2] You May Have Missed• [H2] Exploring the Connection Between Martial Arts and Dance					

SEO Content

		<ul style="list-style-type: none">• [H2] The Role of Visualization Techniques in Achieving Fitness Goals• [H2] How Martial Arts Training Enhances Focus and Concentration• [H2] The Benefits of High-Intensity Interval Training (HIIT)• [H2] How to Teach Children the Value of Coin Collecting• [H2] Mind and Body Transformation: Integrating Fitness into Your Personal Growth Journey• [H2] The Influence of Martial Arts on Popular Culture• [H2] Brain Training Games: Why Are They Needed and How Do They Work?
	Images	We found 36 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 9% 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 29 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
Skip to content	Internal	Passing Juice
poss-mma.com	Internal	Passing Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
About us	Internal	Passing Juice
Featured	Internal	Passing Juice
Ten Cents, 1984 — and a Market That Doesn't Always Agree	Internal	Passing Juice
100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar	Internal	Passing Juice
Brain Training Games: Why Are They Needed and How Do They Work?	Internal	Passing Juice
Exploring the World of Ancient Coin Collecting: A Historical Perspective	Internal	Passing Juice
The Benefits of Group Fitness Classes for Motivation	Internal	Passing Juice
admin	Internal	Passing Juice
The Benefits of Mindfulness Practices in Enhancing Physical Performance	Internal	Passing Juice
March 2026	Internal	Passing Juice
October 2025	Internal	Passing Juice
September 2025	Internal	Passing Juice
March 2025	Internal	Passing Juice
February 2025	Internal	Passing Juice
January 2025	Internal	Passing Juice
December 2024	Internal	Passing Juice
October 2024	Internal	Passing Juice
August 2024	Internal	Passing Juice
Exploring the Connection Between Martial Arts and Dance	Internal	Passing Juice
The Role of Visualization Techniques in Achieving Fitness Goals	Internal	Passing Juice

In-page links

How Martial Arts Training Enhances Focus and Concentration	Internal	Passing Juice
The Benefits of High-Intensity Interval Training (HIIT)	Internal	Passing Juice
How to Teach Children the Value of Coin Collecting	Internal	Passing Juice
Mind and Body Transformation: Integrating Fitness into Your Personal Growth Journey	Internal	Passing Juice
The Influence of Martial Arts on Popular Culture	Internal	Passing Juice

SEO Keywords



Keywords Cloud

training work featured ago months
admin how brain needed games

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
ago	20	✘	✘	✘	✘
months	14	✘	✘	✘	✘
featured	12	✘	✘	✘	✘
admin	10	✘	✘	✘	✘
training	5	✘	✘	✘	✔










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.

Usability

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

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
--	-------------	---

Optimization



		<p>https://poss-mma.com/sitemap.xml</p> <p>https://poss-mma.com/sitemap.rss</p> <p>https://poss-mma.com/sitemap_index.xml</p>
	Robots.txt	<p>http://poss-mma.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	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>