



Analisi sito web poss-mma.com

Generato il Marzo 03 2026 07:58 AM

Il punteggio e 51/100



SEO Content

	Title	<p>Apps to Boost Focus Beyond the Gym: Mindfulness and Recovery</p> <p>Lunghezza : 60</p> <p>Perfetto, il tuo title contiene tra 10 e 70 caratteri.</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>Lunghezza : 268</p> <p>Idealmente, la tua meta description dovrebbe contenere tra 70 e 160 caratteri (spazi inclusi). Usa questo strumento free per calcolare la lunghezza del testo.</p>										
	Keywords	<p>Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa questo generatore gratuito online di meta tags per creare keywords.</p>										
	Og Meta Properties	<p>Buono, questa pagina sfrutta i vantaggi Og Properties.</p> <table><thead><tr><th>Proprieta</th><th>Contenuto</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>	Proprieta	Contenuto	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
Proprieta	Contenuto											
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	Abbiamo trovato 36 immagini in questa pagina web. Buono, molte o tutte le tue immagini hanno attribuito alt
	Text/HTML Ratio	Ratio : 9% Il rapporto testo/codice HTML di questa pagina e inferiore a 15 per cento, questo significa che il tuo sito web necessita probabilmente di molto piu contenuto.
	Flash	Perfetto, non e stato rilevato contenuto Flash in questa pagina.
	Iframe	Grande, non sono stati rilevati Iframes in questa pagina.

SEO Links

	URL Rewrite	Buono. I tuoi links appaiono friendly!
	Underscores in the URLs	Perfetto! Non sono stati rilevati underscores nei tuoi URLs.
	In-page links	Abbiamo trovato un totale di 29 links inclusi 0 link(s) a files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%


In-page links

Anchor	Type	Juice
Skip to content	Interno	Passing Juice
poss-mma.com	Interno	Passing Juice
Home	Interno	Passing Juice
Blog	Interno	Passing Juice
About us	Interno	Passing Juice
Featured	Interno	Passing Juice
Ten Cents, 1984 — and a Market That Doesn't Always Agree	Interno	Passing Juice
100+ Years of Beauty: Why Collectors Should Recognize the 1923 Silver Dollar	Interno	Passing Juice
Brain Training Games: Why Are They Needed and How Do They Work?	Interno	Passing Juice
Exploring the World of Ancient Coin Collecting: A Historical Perspective	Interno	Passing Juice
The Benefits of Group Fitness Classes for Motivation	Interno	Passing Juice
admin	Interno	Passing Juice
The Benefits of Mindfulness Practices in Enhancing Physical Performance	Interno	Passing Juice
March 2026	Interno	Passing Juice
October 2025	Interno	Passing Juice
September 2025	Interno	Passing Juice
March 2025	Interno	Passing Juice
February 2025	Interno	Passing Juice
January 2025	Interno	Passing Juice
December 2024	Interno	Passing Juice
October 2024	Interno	Passing Juice
August 2024	Interno	Passing Juice
Exploring the Connection Between Martial Arts and Dance	Interno	Passing Juice
The Role of Visualization Techniques in Achieving Fitness Goals	Interno	Passing Juice

In-page links

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





SEO Keywords

	Keywords Cloud	featured admin months needed brain how games ago training work
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Consistenza Keywords

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

Usabilità

	Url	Dominio : poss-mma.com Lunghezza : 12
	Favicon	Grande, il tuo sito usa una favicon.
	Stampabilità	Non abbiamo riscontrato codice CSS Print-Friendly.
	Lingua	Buono. La tua lingua dichiarata en.

Usabilita

	Dublin Core	Questa pagina non sfrutta i vantaggi di Dublin Core.
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Documento

	Doctype	HTML 5
	Encoding	Perfetto. Hai dichiarato che il tuo charset e UTF-8.
	Validita W3C	Errori : 0 Avvisi : 0
	Email Privacy	Grande. Nessun indirizzo mail e stato trovato in plain text!
	Deprecated HTML	Grande! Non abbiamo trovato tags HTML deprecati nel tuo codice.
	Suggerimenti per velocizzare	<ul style="list-style-type: none"> Eccellente, il tuo sito web non utilizza nested tables. Molto male, il tuo sito web utilizza stili CSS inline. Molto male, il tuo sito web ha troppi file CSS files (piu di 4). Molto male, il tuo sito web ha troppi file JS (piu di 6). Perfetto, il vostro sito si avvale di gzip.

Mobile

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

	XML Sitemap	Grande, il vostro sito ha una sitemap XML.
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Optimizzazione



		<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>Grande, il vostro sito ha un file robots.txt.</p>
	Analytics	<p>Non trovato</p> <p>Non abbiamo rilevato uno strumento di analisi installato su questo sito web.</p> <p>Web analytics consentono di misurare l'attività dei visitatori sul tuo sito web. Si dovrebbe avere installato almeno un strumento di analisi, ma può anche essere buona per installare una seconda, al fine di un controllo incrociato dei dati.</p>