



# Website review 4s-fitness.com

Generated on April 13 2026 22:48 PM

The score is 48/100



## SEO Content

|    | Title                                                                                                                            | 4S Fitness   A Leading Fitness Center in HBR Layout, Bangalore<br><br><b>Length : 62</b><br><br>Perfect, your title contains between 10 and 70 characters.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |          |         |        |       |      |         |       |                                                                |             |                                                                                                                                  |     |                             |           |                                                               |       |                                                                     |                  |                                                                     |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|--------|-------|------|---------|-------|----------------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------|-----|-----------------------------|-----------|---------------------------------------------------------------|-------|---------------------------------------------------------------------|------------------|---------------------------------------------------------------------|
|    | Description                                                                                                                      | Welcome to the official website of 4S Fitness, a Unisex Fitness Hub. We aim to partner with you in achieving your fitness goals.<br><br><b>Length : 128</b><br><br>Great, your meta description contains between 70 and 160 characters.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |         |        |       |      |         |       |                                                                |             |                                                                                                                                  |     |                             |           |                                                               |       |                                                                     |                  |                                                                     |
|  | Keywords                                                                                                                         | Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |          |         |        |       |      |         |       |                                                                |             |                                                                                                                                  |     |                             |           |                                                               |       |                                                                     |                  |                                                                     |
|  | Og Meta Properties                                                                                                               | Good, your page take advantage of Og Properties. <table><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 |
| 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                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |        |       |      |         |       |                                                                |             |                                                                                                                                  |     |                             |           |                                                               |       |                                                                     |                  |                                                                     |

## SEO Content

|                                                                                    |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                 | <div>image:width478</div> <div>image:height478</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|    | Headings        | <div> <div>H12H23H39H416H50H61</div> <ul style="list-style-type: none"> <li>• [H1]</li> <li>• [H1] A Unisex Fitness Hub</li> <li>• [H2] What our clients say</li> <li>• [H2] Quick facts about 4S Fitness</li> <li>• [H2] Recent Posts</li> <li>• [H3] Who we are?</li> <li>• [H3] What we aim for?</li> <li>• [H3] Why 4S Fitness?</li> <li>• [H3] What We Offer?</li> <li>• [H3] WORK HARD, STAY HARD, GOOD FITNESS IS GOOD LIFE</li> <li>• [H3] Feeling Fit or Looking Fit</li> <li>• [H3] How to Make a Diagnosis of Your Shoulder Pain</li> <li>• [H3] Simple Indian Breakfast Ideas for Busy Professionals</li> <li>• [H3] Exercise To Stay Happy and Positive</li> <li>• [H4] Fitness Calculators</li> <li>• [H4] What do we do?</li> <li>• [H4] Why are we doing this?</li> <li>• [H4] Who do we cater to?</li> <li>• [H4] How do you achieve this?</li> <li>• [H4] Where are we located?</li> <li>• [H4] When are we available?</li> <li>• [H4] Opening Hours</li> <li>• [H4] Share the joy</li> <li>• [H4] Contact Us</li> <li>• [H4] Recent Posts</li> <li>• [H4] Get Social</li> <li>• [H4] Click to Call us</li> <li>• [H4] Audio devices</li> <li>• [H4] Audio device access is blocked Please allow!</li> <li>• [H4] Have a look at your left hand side of your address bar to provide access to the microphone.</li> <li>• [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.</li> </ul> </div> |
|  | 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 : <b>11%</b></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%<br>External Links : Passing Juice 7.69%<br>Internal Links 53.85% |

## In-page links

| Anchor                                     | Type     | Juice         |
|--------------------------------------------|----------|---------------|
| <a href="#">Home</a>                       | Internal | Passing Juice |
| <a href="#">Blog</a>                       | Internal | Passing Juice |
| <a href="#">Upper Back</a>                 | Internal | Passing Juice |
| <a href="#">Treadmill</a>                  | Internal | Passing Juice |
| <a href="#">Blog</a>                       | Internal | Passing Juice |
| <a href="#">[email&amp;#160;protected]</a> | Internal | Passing Juice |
| <a href="#">Facebook</a>                   | External | noFollow      |
| <a href="#">Twitter</a>                    | External | noFollow      |
| <a href="#">LinkedIn</a>                   | External | noFollow      |

## In-page links

|                                    |          |               |
|------------------------------------|----------|---------------|
| <a href="#">Google Plus</a>        | External | noFollow      |
| <a href="#">Youtube</a>            | External | noFollow      |
| <a href="#">About</a>              | Internal | Passing Juice |
| <a href="#">EV SSL Certificate</a> | External | Passing Juice |

## SEO Keywords

|                                                                                  |                |                                                                       |
|----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------|
|  | Keywords Cloud | best very gym member equipments <b>fitness</b> all call trainers good |
|----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------|

## Keywords Consistency

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

## Usability

|                                                                                    |              |                                                   |
|------------------------------------------------------------------------------------|--------------|---------------------------------------------------|
|  | Url          | Domain : 4s-fitness.com<br>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><a href="http://4s-fitness.com/robots.txt">http://4s-fitness.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>                                                                                                                                                                                          |
|  | Analytics  | <p>Great, your website has an analytics tool.</p> <div> Google Analytics</div>                                                                                                                                                                   |