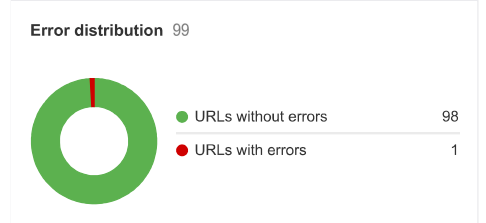
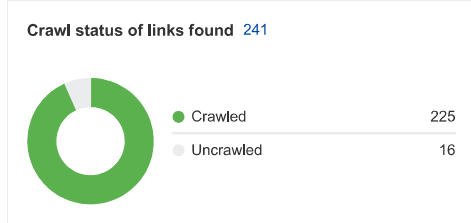
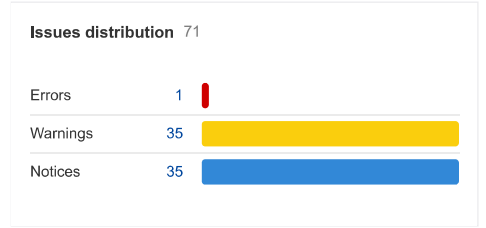
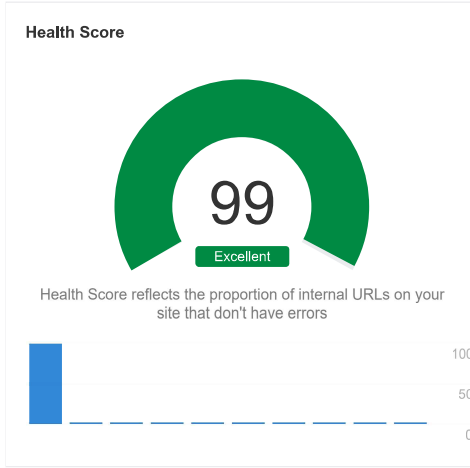
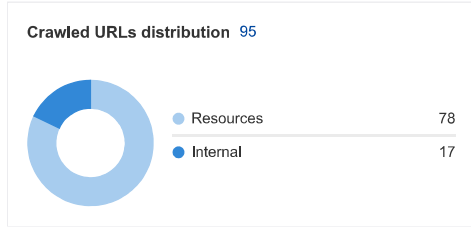


27 Feb 2024 Jdstrengthandconditioning (www.jdstrengthandconditioning.com/)

Overview [How to use](#)

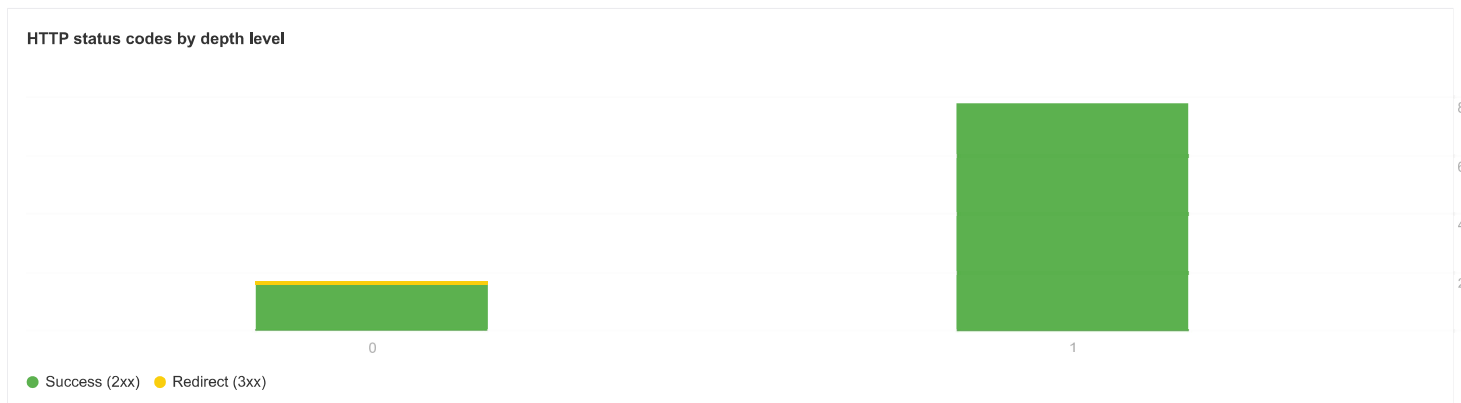
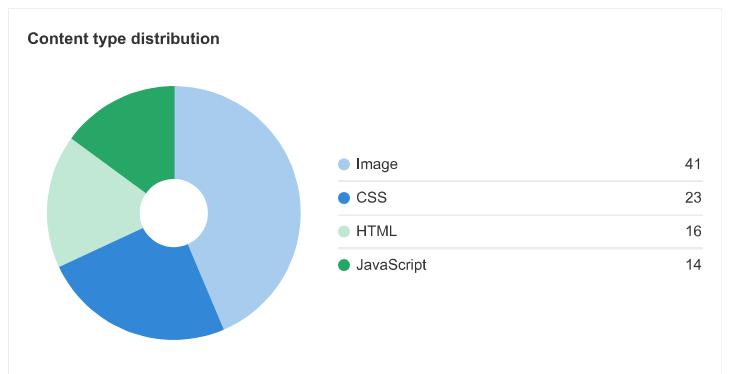
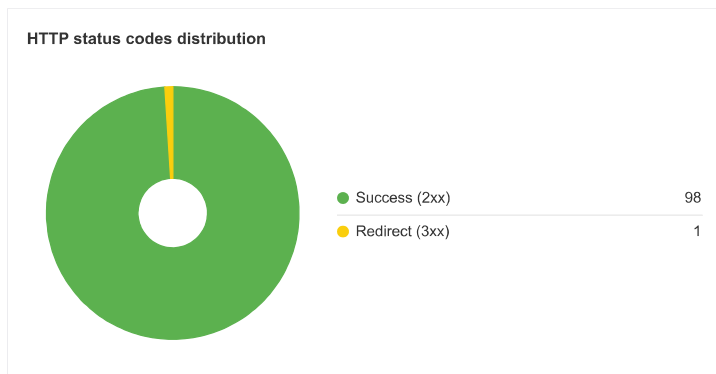


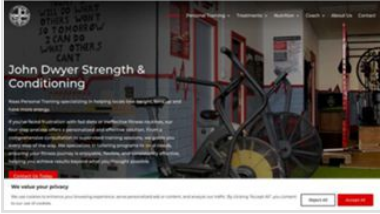
Top Issues

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing	
⚠ Orphan page (has no incoming internal links)	1	—	—	—	—	—	?
ⓘ Meta description tag missing or empty	16	—	—	—	—	—	?
ⓘ Missing alt text	16	—	—	—	—	—	?
ⓘ CSS file size too large	1	—	—	—	—	—	?
ⓘ Title too short	1	—	—	—	—	—	?
ⓘ 3XX redirect	1	—	—	—	—	—	?
ⓘ Open Graph tags missing	16	—	—	—	—	—	?
ⓘ Twitter card missing	16	—	—	—	—	—	?
ⓘ Page and SERP titles do not match	2	—	—	—	—	—	?
ⓘ HTTP to HTTPS redirect	1	—	—	—	—	—	?

[View all issues](#)





# Performance Report for:

<https://www.jdstrengthandconditioning.com/>

Report generated: Mon, Mar 4, 2024 2:58 AM -0800  
 Test Server Location: Vancouver, Canada  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	74%	86%	2.1s	63ms	0.01

## Top Issues

High	<b>Reduce initial server response time</b> <small>FCP LCP</small>	Root document took 1.3s
Med-High	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 4.49MB
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 432KB
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	30 resources found
Med-Low	<b>Eliminate render-blocking resources</b> <small>FCP LCP</small>	Potential savings of 267ms

## Page Details



Total Page Size - 4.48MB



Total Page Requests - 40



HTML JS CSS IMG Video Font Other

### How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

### About GTmetrix

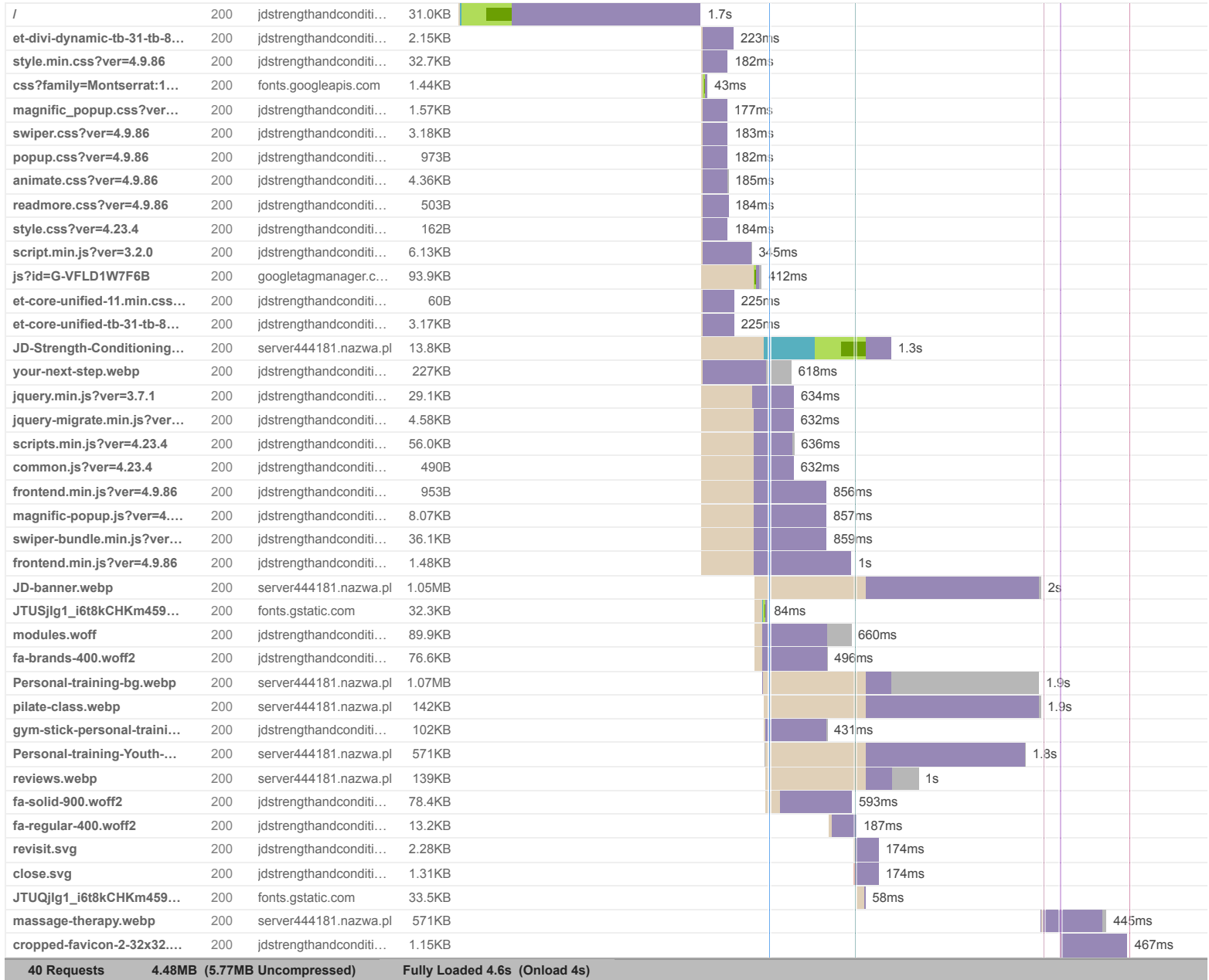
**CARBON60**  
THE MANAGED CLOUD COMPANY

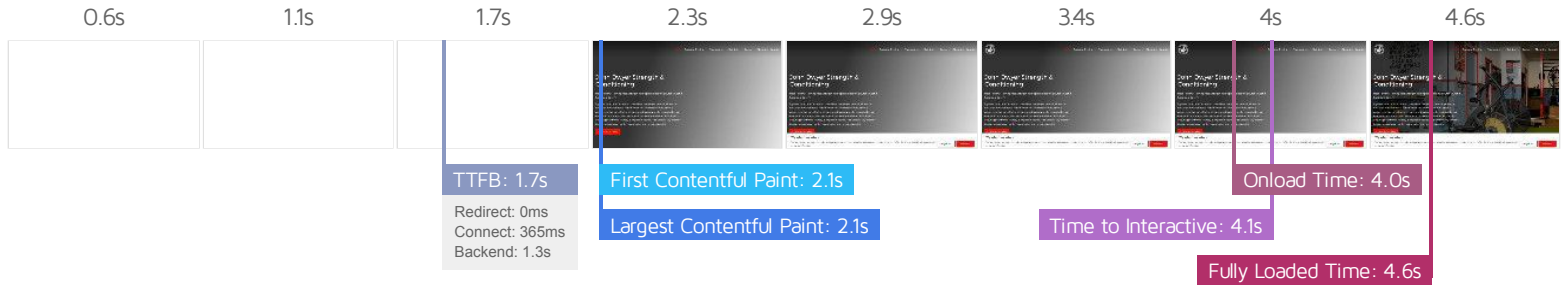
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

JD Gym |





### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Much longer than recommended</p> <p><b>2.1s</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Longer than recommended</p> <p><b>4.1s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p><b>3.1s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>63ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Longer than recommended</p> <p><b>2.1s</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.01</b></p>

### Browser Timings

Redirect	0ms	Connect	365ms	Backend	1.3s
TTFB	1.7s	First Paint	2.1s	DOM Int.	2.7s
DOM Loaded	2.7s	Onload	4.0s	Fully Loaded	4.6s

IMPACT	AUDIT	
Low	<b>Avoid chaining critical requests</b> <span>FCP</span> <span>LCP</span>	23 chains found
Low	<b>Avoid long main-thread tasks</b> <span>TBT</span>	3 long tasks found
Low	<b>Avoid an excessive DOM size</b> <span>TBT</span>	582 elements
Low	<b>Properly size images</b>	Potential savings of 179KB
Low	<b>Reduce JavaScript execution time</b> <span>TBT</span>	179ms spent executing JavaScript
Low	<b>Reduce unused CSS</b> <span>FCP</span> <span>LCP</span>	Potential savings of 32.7KB
Low	<b>Defer offscreen images</b>	Potential savings of 142KB
Low	<b>Avoid non-composited animations</b> <span>CLS</span>	26 animated elements found
Low	<b>Reduce unused JavaScript</b> <span>LCP</span>	Potential savings of 79.6KB
N/A	<b>Largest Contentful Paint element</b> <span>LCP</span>	2,120 ms
N/A	<b>Avoid large layout shifts</b> <span>CLS</span>	5 elements found
N/A	<b>Minimize main-thread work</b> <span>TBT</span>	Main-thread busy for 869ms
N/A	<b>Reduce the impact of third-party code</b> <span>TBT</span>	Total size was 3.69MB
N/A	<b>Avoid serving legacy JavaScript to modern browsers</b> <span>TBT</span>	
N/A	<b>User Timing marks and measures</b>	