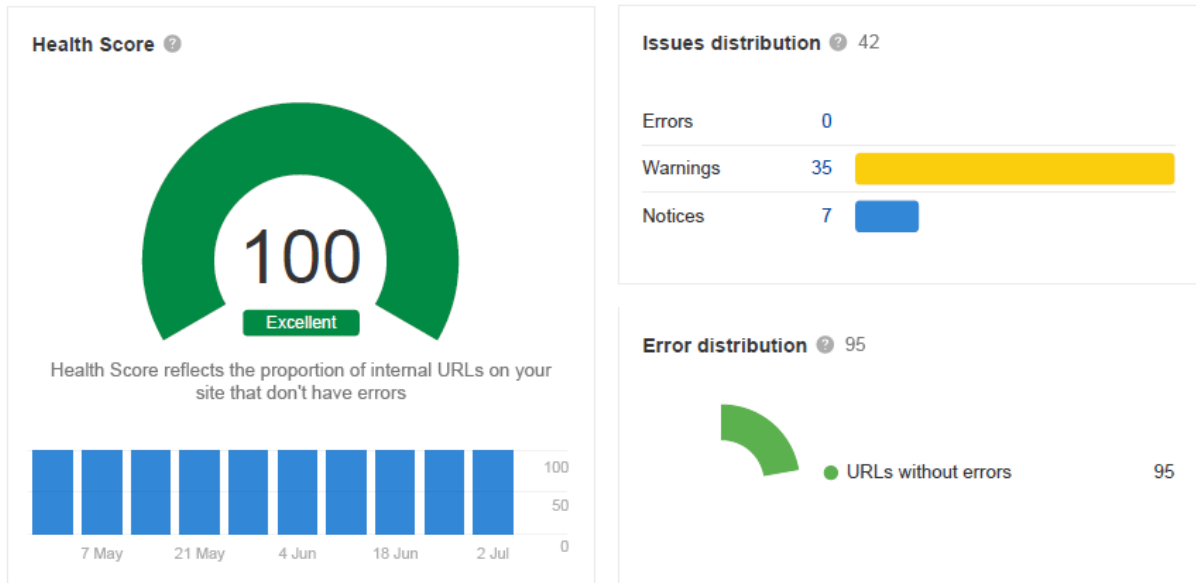


SEO Assessment

Website Health:



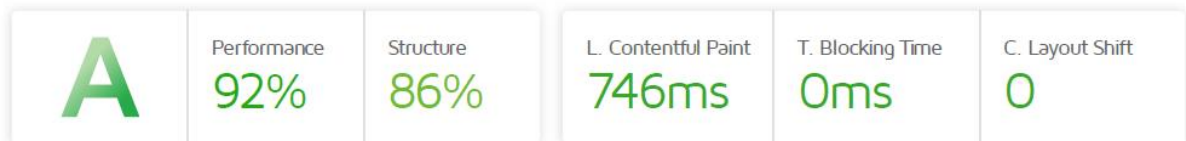
Overall is excellent and no errors were detected.

Website Speed:



Performance Report for: <https://www.jdstrengthandconditioning.com/>

Report generated: Mon, Jul 8, 2024 1:37 PM +0100
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0



Website speed performance is absolutely perfect, however, not 100% because of the popup. It does not affect website browsing speed.

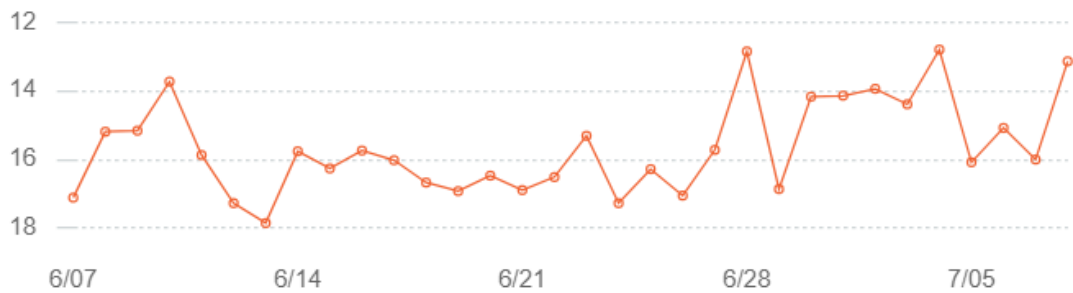
SEO:

Website continuously growing up in search results. The average keyword position is nearly 4 higher compared to the last month. Sometimes still jumps but the backlinks we added in the last months will make it stable in July. (see below)

SEO Assessment

AVERAGE POSITION ?

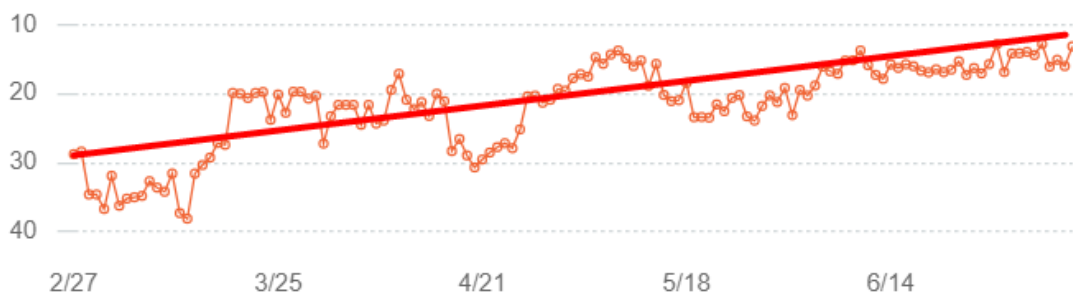
17.11 → **13.14** ▲ +3.97



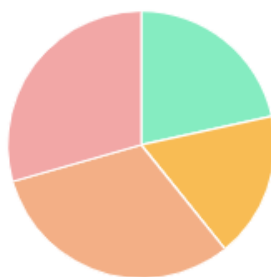
Since we started website has grown by over 15 positions on average. And this is only 4 months.

AVERAGE POSITION ?

28.75 → **13.14** ▲ +15.61



CURRENT SEARCH RESULT RANKINGS ?



Top 3	10 → 11
Top 10	10 → 9
Top 100	18 → 16
Not ranking	13 → 15

More keywords in the top 3. We are expecting a boost grow in this month because the backlinks we added in the last months should start working.

SEO Assessment

Backlinks

We keep building backlink profiles sustainably. Red line is showing when we started.

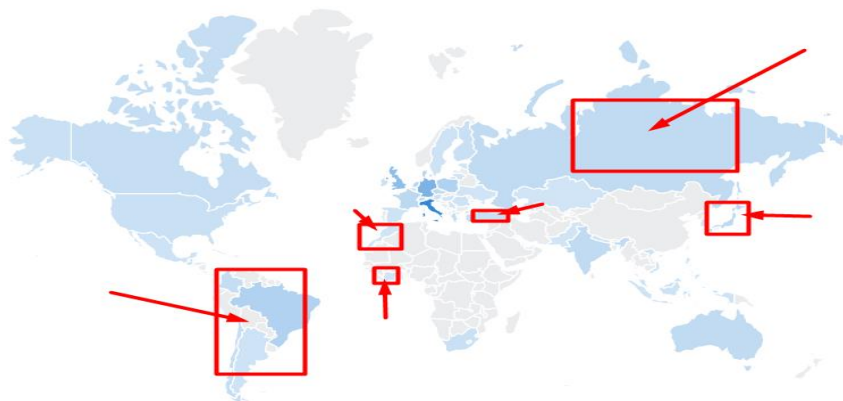


There are thousands of backlinks that we will verify and remove because some of them may have a negative impact. We never touch backlinks at an early stage because it may have a bad impact. For example, there are some backlinks from Japan or Guatemala.

bai.ne.jp	71	5,343	124,446	5,306	7,673
ine.gob.gt	67	6,363	2,387	6,983	9,646

We will check them and disavow them in the Google search console if necessary.

Top-level domains



SEO Assessment

Social Media

We publish posts on Facebook and Instagram on a weekly basis. We will need to visit you again to get more clips and maybe some demonstration videos.