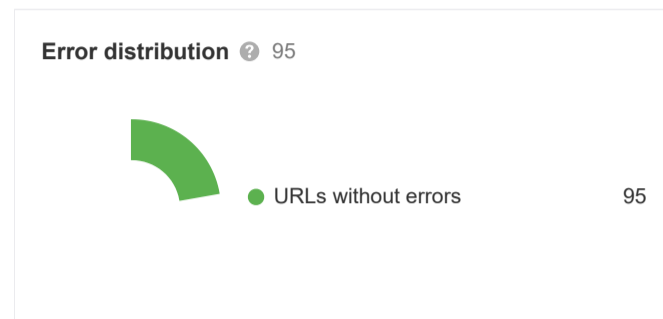
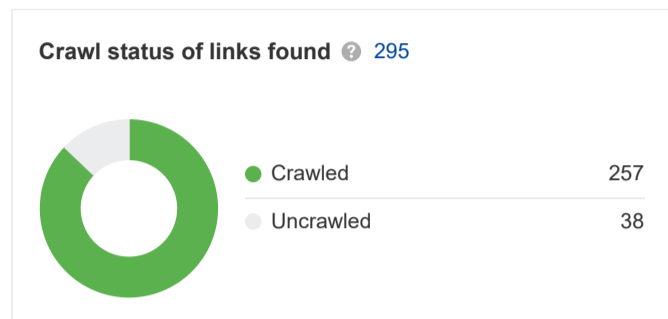
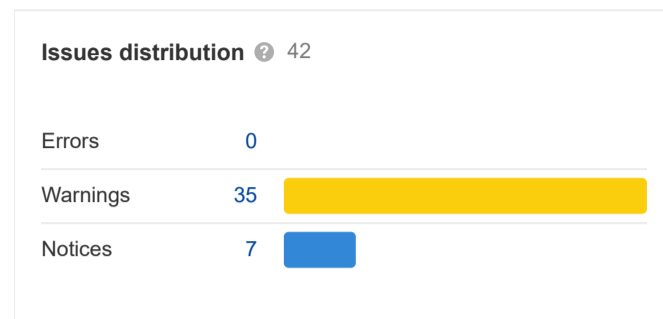
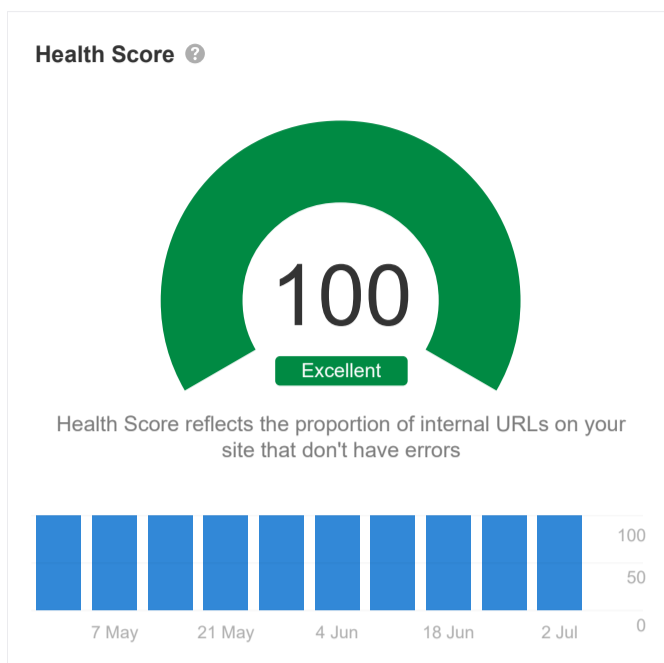
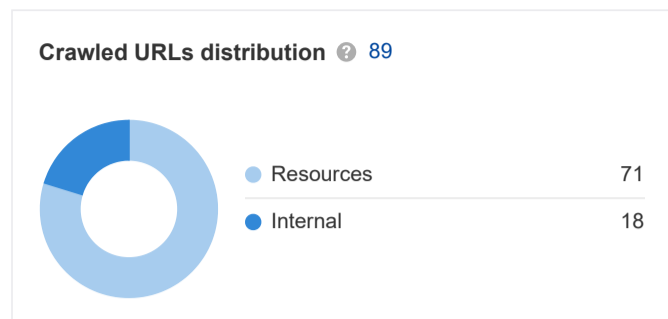


2 Jul 2024 Jdstrengthandconditioning (www.jdstrengthandconditioning.com/)

Overview [How to use](#)

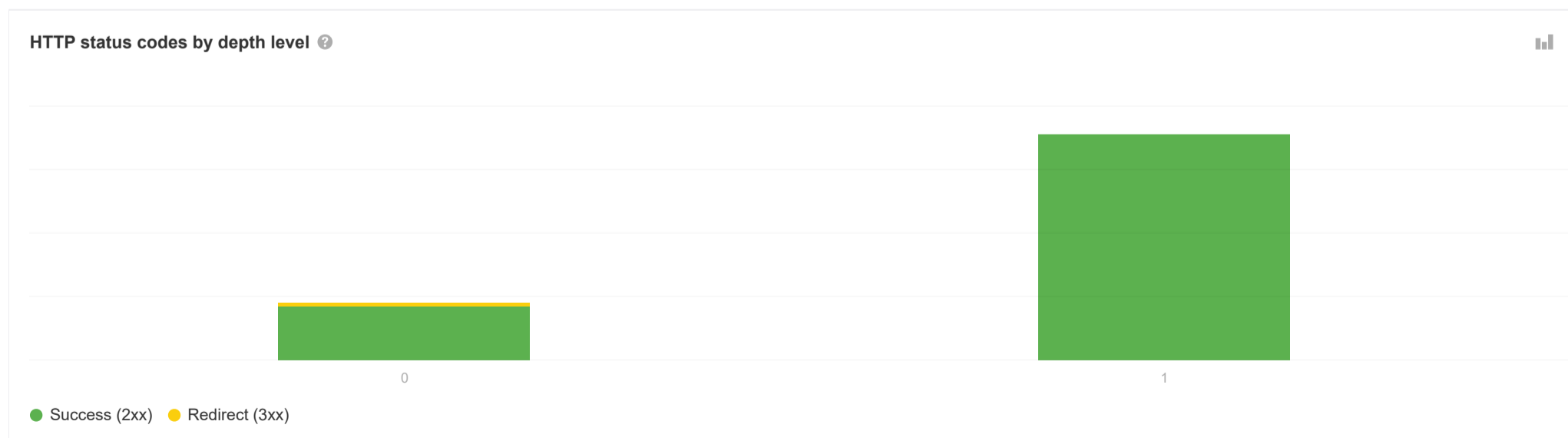
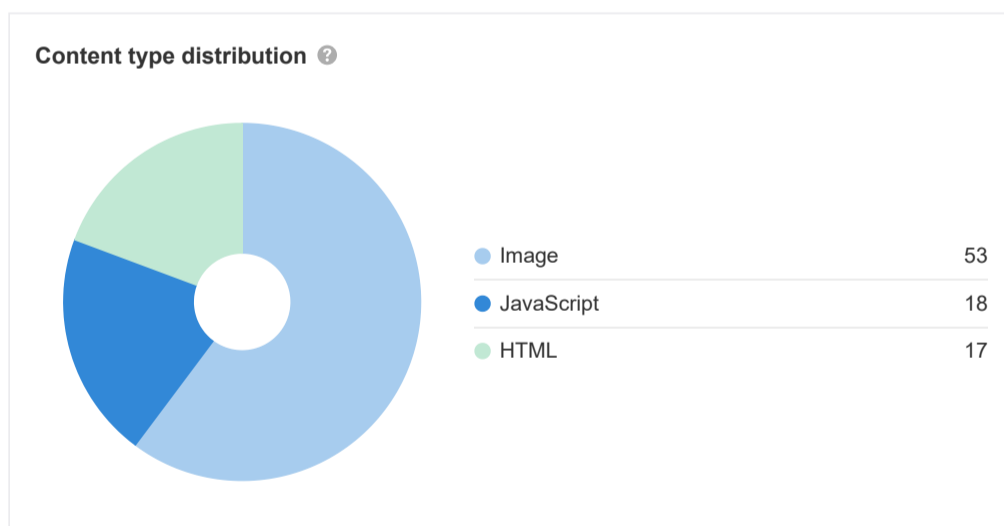
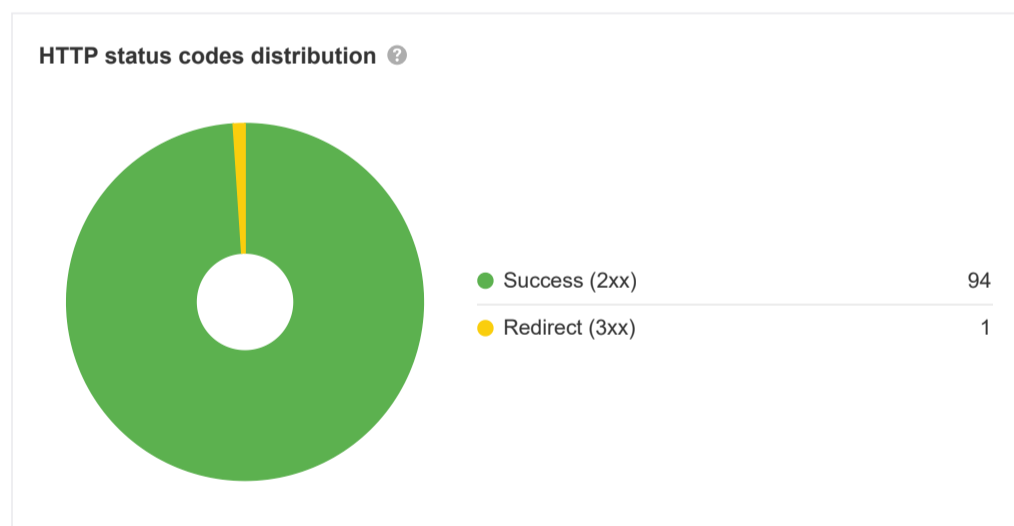


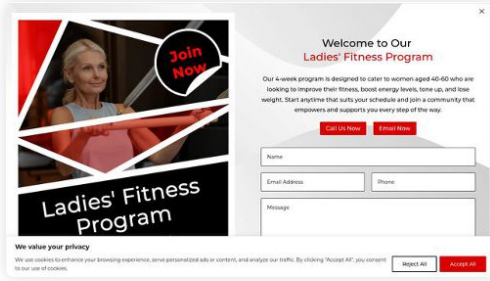
Top Issues

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
i Missing alt text	17			<input type="radio"/>		? ⋮
i Open Graph tags incomplete	16			<input type="radio"/>		? ⋮
i Meta description too short	1			<input type="radio"/>		? ⋮
i 3XX redirect	1			<input type="radio"/>		? ⋮
i Page and SERP titles do not match	4			<input type="radio"/>		? ⋮
i Pages to submit to IndexNow	1			<input type="radio"/>		? ⋮
i Page has only one dofollow incoming internal link	1			<input type="radio"/>		? ⋮
i HTTP to HTTPS redirect	1			<input type="radio"/>		? ⋮

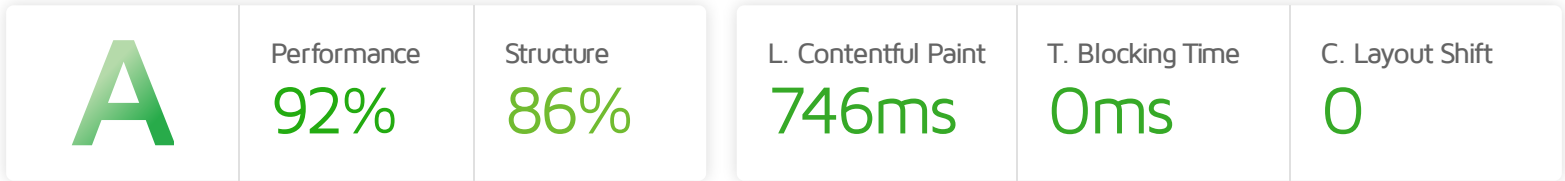
[View all issues](#)





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



Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 4.93MB
Med-Low	Use a Content Delivery Network (CDN)	25 resources found
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size <small>TBT</small>	741 elements
Low	Properly size images	Potential savings of 77.8KB

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

Page Details



Total Page Size - 4.92MB



Total Page Requests - 37



How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About GTmetrix

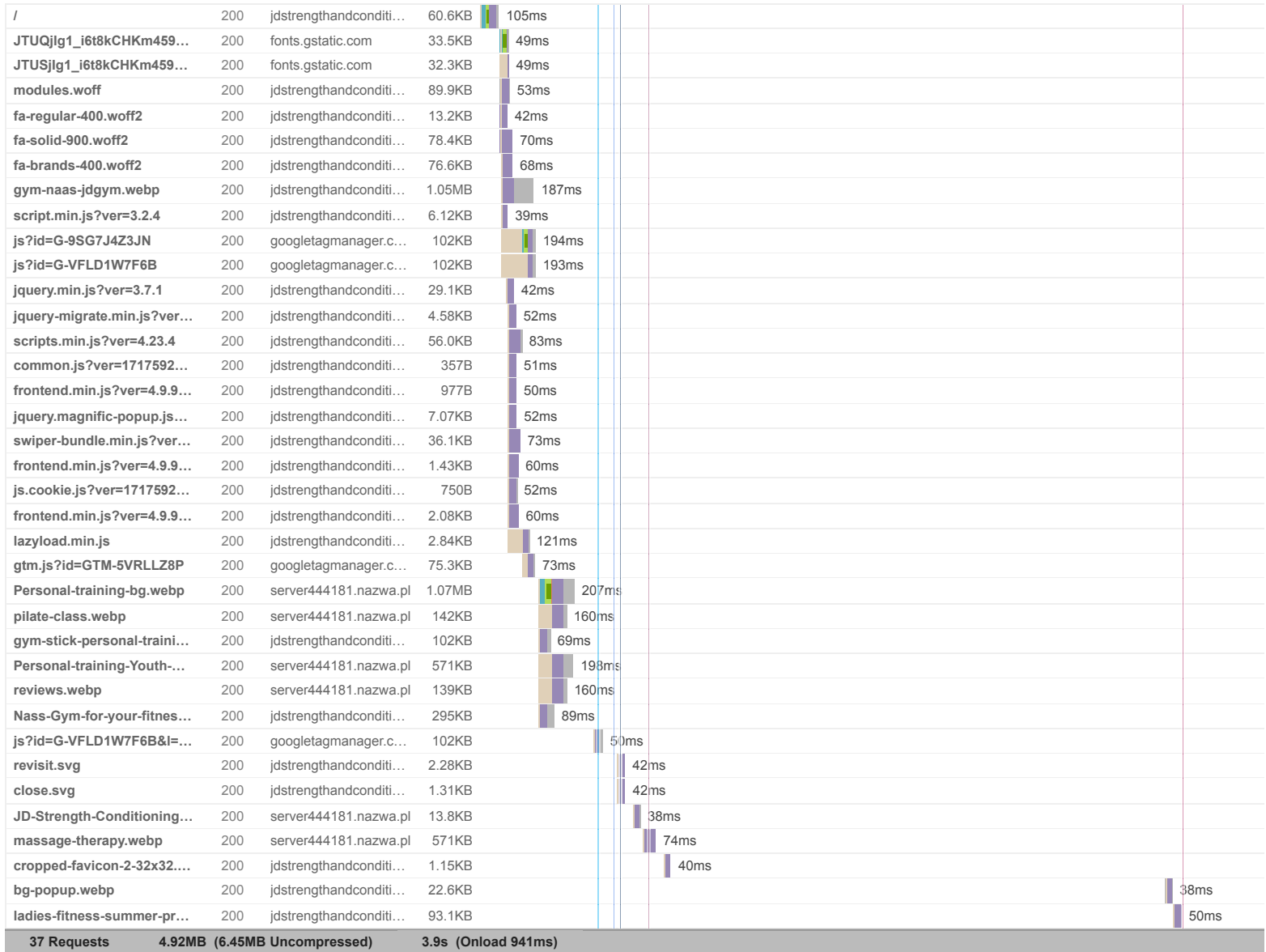


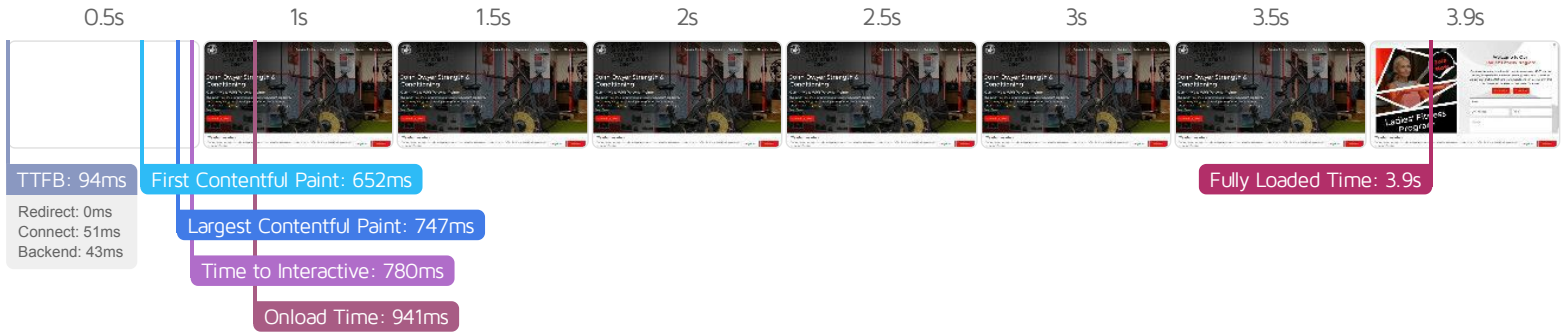
GTmetrix was developed as a tool for customers to easily test the performance of their webpages.

[Learn more about us.](#)

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.

Gym in Naas - Top-Rated Personal Trainers in Co.Kildare





Performance Metrics

<p>First Contentful Paint</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>Good - Nothing to do here</p> <p>651ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>779ms</p>
<p>Speed Index</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>2.8s</p>	<p>Total Blocking Time</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>0ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>746ms</p>	<p>Cumulative Layout Shift</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>0</p>

Browser Timings

Redirect	0ms	Connect	51ms	Backend	43ms
TTFB	94ms	First Paint	652ms	DOM Int.	762ms
DOM Loaded	780ms	Onload	941ms	Fully Loaded	3.9s

IMPACT	AUDIT	
High	Avoid enormous network payloads <small>LCP</small>	Total size was 4.93MB
Med-Low	Use a Content Delivery Network (CDN)	25 resources found
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size <small>TBT</small>	741 elements
Low	Properly size images	Potential savings of 77.8KB
Low	Avoid long main-thread tasks <small>TBT</small>	2 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	367ms spent executing JavaScript
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 36.4KB
Low	Defer offscreen images	Potential savings of 139KB
Low	Avoid non-composited animations <small>CLS</small>	1 animated element found
Low	Avoid chaining critical requests <small>FCP LCP</small>	11 chains found
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 270KB
N/A	Largest Contentful Paint element <small>LCP</small>	750 ms
N/A	Reduce initial server response time <small>FCP LCP</small>	Root document took 42ms
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 42B
N/A	Avoid large layout shifts <small>CLS</small>	2 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 1.1s
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 2.92MB
N/A	Eliminate render-blocking resources <small>FCP LCP</small>	
N/A	User Timing marks and measures	