https://perkunaskf.github.io/muscle-gym/index.html

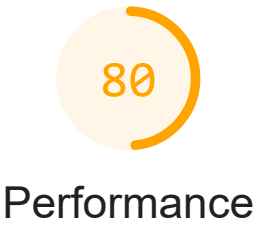| 80	92	93	92	PWA
Performance	Accessibility	Best Practices	SEO	Progressive Web App

▲ 0–49   50–89   90–100

There were issues affecting this run of Lighthouse:

- **Chrome extensions negatively affected this page's load performance. Try auditing the page in incognito mode or from a Chrome profile without extensions.**
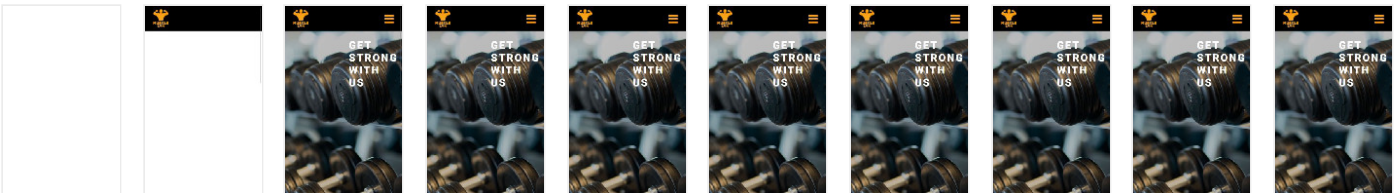
80

Performance

Metrics

First Contentful Paint	2.3 s	Time to Interactive	2.7 s
Speed Index	2.6 s	Total Blocking Time	10 ms
▲ Largest Contentful Paint	4.9 s	Cumulative Layout Shift	0.001

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

View Original Trace

Opportunities — These suggestions can help your page load faster. They don't directly affect the Performance score.

Opportunity	Estimated Savings
Remove unused CSS	0.18 s ⌄

Diagnostics — More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

▲ Serve static assets with an efficient cache policy — 5 resources found ⌄

Avoid chaining critical requests — 10 chains found ⌄

Keep request counts low and transfer sizes small — 20 requests • 1,487 KiB ⌄

Largest Contentful Paint element — 1 element found ⌄

Avoid large layout shifts — 5 elements found ⌄

Avoid long main-thread tasks — 3 long tasks found ⌄

Passed audits (30) ⌄

92

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

Names and labels — These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, like a screen reader.

▲ Buttons do not have an accessible name ⌄

▲ Links do not have a discernible name ⌄

Additional items to manually check (10) — These items address areas which an automated testing tool cannot cover. Learn ⌄ more in our guide on [conducting an accessibility review](#).

Passed audits (22) ⌄

Not applicable (20) ⌄

93

Best Practices

Trust and Safety

⚠ Links to cross-origin destinations are unsafe ⌄

Passed audits (16) ⌄

Not applicable (1) ⌄

92

SEO

These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. Learn more.

Content Best Practices — Format your HTML in a way that enables crawlers to better understand your app's content.

⚠ Document does not have a meta description ⌄

Additional items to manually check (1) — Run these additional validators on your site to check additional SEO best practices. ⌄

Passed audits (11) ⌄

Not applicable (2) ⌄

PWA

Progressive Web App

These checks validate the aspects of a Progressive Web App. Learn more.

Installable

⚠ Web app manifest or service worker do not meet the installability requirements — 1 reason ⌄

PWA Optimized

⚠ Does not register a service worker that controls page and `start_url`   ⌄

Redirects HTTP traffic to HTTPS   ⌄

⚠ Is not configured for a custom splash screen Failures: No manifest was fetched.   ⌄

⚠ Does not set a theme color for the address bar.
Failures: No manifest was fetched, No `<meta name="theme-color">` tag found.   ⌄

Content is sized correctly for the viewport   ⌄

Has a `<meta name="viewport">` tag with `width` or `initial-scale`   ⌄

⚠ Does not provide a valid `apple-touch-icon`   ⌄

⚠ Manifest doesn't have a maskable icon No manifest was fetched   ⌄

Additional items to manually check (3) — These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.   ⌄

Runtime Settings

URL	https://perkunaskf.github.io/muscle-gym/index.html
Fetch Time	Jun 1, 2021, 9:24 PM GMT+2
Device	Emulated Moto G4
Network throttling	150 ms TCP RTT, 1,638.4 Kbps throughput (Simulated)
CPU throttling	4x slowdown (Simulated)
Channel	devtools
User agent (host)	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/91.0.4472.77 Safari/537.36
User agent (network)	Mozilla/5.0 (Linux; Android 7.0; Moto G (4)) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/90.0.4420.0 Mobile Safari/537.36 Chrome-Lighthouse
CPU/Memory Power	2266
Axe version	4.1.2

Generated by **Lighthouse** 7.2.0 | [File an issue](#)