

There were issues affecting this run of Lighthouse:

- Lighthouse was unable to reliably load the page you requested. Make sure you are testing the correct URL and that the server is properly responding to all requests. (Status code: 500)



Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

▲ 0–49

50–89

90–100

METRICS

[Expand view](#)

First Contentful Paint

0.8 s

▲ Largest Contentful Paint

14.8 s

▲ Total Blocking Time

800 ms

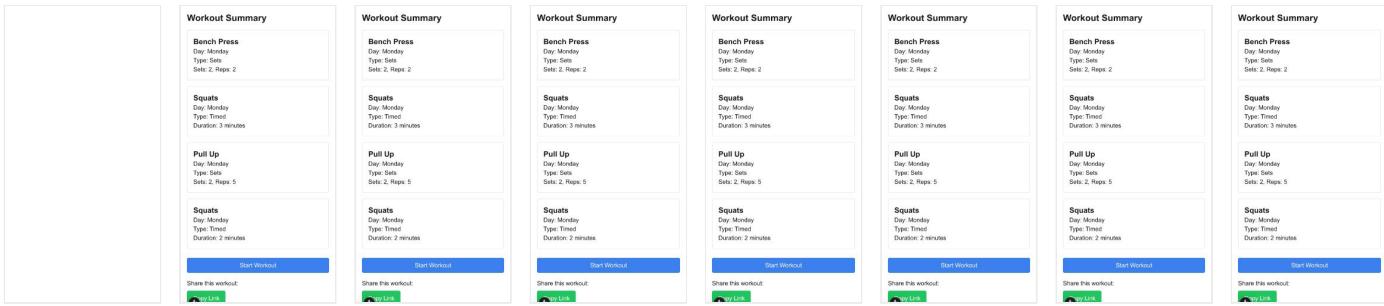
Cumulative Layout Shift

0

Speed Index

1.2 s

[View Treemap](#)



Show audits relevant to: All FCP LCP TBT

DIAGNOSTICS

⚠ Largest Contentful Paint element — 14,760 ms

This is the largest contentful element painted within the viewport. [Learn more about the Largest Contentful Paint element](#) LCP

Element

`h1.text-2xl.font-bold.mb-4`

Phase	% of LCP	Timing
TTFB	3%	470 ms
Load Delay	0%	0 ms
Load Time	0%	0 ms
Render Delay	97%	14,290 ms

⚠ Reduce unused JavaScript — Potential savings of 134 KiB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn how to reduce unused JavaScript](#). FCP LCP

URL	Transfer Size	Potential Savings
localhost 1st Party	1,073.4 KiB	67.4 KiB
...chunks/app-pages-internals.js (localhost)	76.3 KiB	43.3 KiB
...workout/page.js (localhost)	997.2 KiB	24.1 KiB
Unattributable	120.9 KiB	66.4 KiB
chrome-extension://nngceckbaebebfimnlnniiiahkandclblb/content/bootstrap-autofill-overlay.js	120.9 KiB	66.4 KiB

⚠️ Page prevented back/forward cache restoration — 4 failure reasons ▲

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations. [Learn more about the bfcache](#)

Failure reason	Failure type
Pages with WebSocket cannot enter back/forward cache. /workout?id=1 (localhost)	Pending browser support
Only pages with a status code of 2XX can be cached. /workout?id=1 (localhost)	Not actionable
Pages whose main resource has cache-control:no-store cannot enter back/forward cache. /workout?id=1 (localhost)	Not actionable
WebSocketSticky /workout?id=1 (localhost)	Not actionable

Minify JavaScript — Potential savings of 68 KiB ▲

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn how to minify JavaScript](#). FCP LCP

URL	Transfer Size	Potential Savings
Unattributable	140.5 KiB	63.4 KiB
chrome-extension://nngceckbapebfimnlniiiahkandclblb/content/bootstrap-autofill-overlay.js	120.9 KiB	54.6 KiB
chrome-extension://nngceckbapebfimnlniiiahkandclblb/content/fido2-content-script.js	10.2 KiB	4.8 KiB
chrome-extension://nngceckbapebfimnlniiiahkandclblb/content/fido2-page-script.js	9.5 KiB	4.0 KiB
localhost 1st Party	10.4 KiB	5.1 KiB
...chunks/webpack.js (localhost)	10.4 KiB	5.1 KiB

Avoid serving legacy JavaScript to modern browsers — Potential savings of 0 KiB ^

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

[Learn how to use modern JavaScript](#) FCP LCP

URL	Potential Savings
localhost 1st Party	0.0 KiB
...chunks/main-app.js (localhost)	0.0 KiB
main-app.js:60	@babel/plugin-transform-classes

JavaScript execution time — 0.9 s ^

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to reduce Javascript execution time](#). TBT

URL	Total CPU Time	Script Evaluation	Script Parse
localhost 1st Party	974 ms	555 ms	334 ms

URL	Total CPU Time	Script Evaluation	Script Parse
...chunks/main-app.js (localhost)	592 ms	355 ms	218 ms
...workout/page.js (localhost)	304 ms	177 ms	108 ms
/workout?id=1 (localhost)	79 ms	23 ms	7 ms
Unattributable	106 ms	59 ms	0 ms
webpack-internal:///((app-pages-browser)/./node_modules/next/dist/compiled/scheduler/cjs/scheduler.development.js	55 ms	52 ms	0 ms
Unattributable	51 ms	6 ms	0 ms

Minimizes main-thread work — 1.2 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to minimize main-thread work](#) TBT

Category	Time Spent
Script Evaluation	658 ms
Script Parsing & Compilation	371 ms
Other	128 ms
Style & Layout	9 ms
Parse HTML & CSS	3 ms
Rendering	2 ms

Avoid long main-thread tasks — 2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. [Learn how to avoid long main-thread tasks](#) TBT

URL	Start Time	Duration
localhost 1st Party		897 ms
...chunks/main-app.js (localhost)	8,740 ms	593 ms
...workout/page.js (localhost)	14,453 ms	304 ms

Initial server response time was short — Root document took 180 ms ^

Keep the server response time for the main document short because all other requests depend on it. [Learn more about the Time to First Byte metric.](#) FCP LCP

URL	Time Spent
localhost 1st Party	180 ms
/workout?id=1 (localhost)	180 ms

Avoids enormous network payloads — Total size was 2,505 KiB ^

Large network payloads cost users real money and are highly correlated with long load times. [Learn how to reduce payload sizes.](#)

URL	Transfer Size
localhost 1st Party	2,505.3 KiB
...chunks/main-app.js (localhost)	1,345.3 KiB
...workout/page.js (localhost)	997.6 KiB
...chunks/app-pages-internals.js (localhost)	76.6 KiB
...media/93f479601ee12b01-s.p.woff2 (localhost)	30.8 KiB
...media/569ce4b8f30dc480-s.p.woff2 (localhost)	28.0 KiB
...chunks/webpack.js (localhost)	10.8 KiB

URL	Transfer Size
/workout?id=1 (localhost)	9.6 KiB
...app/layout.css?v=174... (localhost)	6.6 KiB

| ...app/layout.css?v=174... (localhost) | 6.6 KiB |

○ Avoids an excessive DOM size — 56 elements ^

A large DOM will increase memory usage, cause longer [style calculations](#), and produce costly [layout reflows](#). [Learn how to avoid an excessive DOM size.](#) TBT

Statistic	Element	Value
Total DOM Elements		56
Maximum DOM Depth	 path	8
Maximum Child Elements	 body.__variable_4d318d.__variable_ea5f4b.antialiased.w-full.h-full	13

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

PASSED AUDITS (27) Hide

Eliminate render-blocking resources ^

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn how to eliminate render-blocking resources.](#) FCP LCP

Properly size images ^

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn how to size images.](#) FCP LCP

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn how to defer offscreen images.](#) [FCP] [LCP]

Minify CSS

Minifying CSS files can reduce network payload sizes. [Learn how to minify CSS.](#) [FCP] [LCP]

Reduce unused CSS

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn how to reduce unused CSS.](#) [FCP] [LCP]

Efficiently encode images

Optimized images load faster and consume less cellular data. [Learn how to efficiently encode images.](#) [FCP] [LCP]

Serve images in next-gen formats

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more about modern image formats.](#) [FCP] [LCP]

Enable text compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn more about text compression.](#) [FCP] [LCP]

Preconnect to required origins

Consider adding preconnect or dns-prefetch resource hints to establish early connections to important third-party origins. [Learn how to preconnect to required origins.](#) [LCP] [FCP]

Avoid multiple page redirects

Redirects introduce additional delays before the page can be loaded. [Learn how to avoid page redirects.](#) [LCP] [FCP]

Use HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing. [Learn more about HTTP/2.](#) [LCP] [FCP]

Use video formats for animated content

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. [Learn more about efficient video formats](#) FCP LCP

Remove duplicate modules in JavaScript bundles

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity. FCP LCP

○ Preload Largest Contentful Paint image

If the LCP element is dynamically added to the page, you should preload the image in order to improve LCP. [Learn more about preloading LCP elements](#). LCP

Uses efficient cache policy on static assets — 0 resources found

A long cache lifetime can speed up repeat visits to your page. [Learn more about efficient cache policies](#).

○ Avoid chaining critical requests

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [Learn how to avoid chaining critical requests](#).

Maximum critical path latency: **186.148 ms**

Initial Navigation

/workout?id=1 (localhost) - **186.148 ms, 9.56 KiB**

○ User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn more about User Timing marks](#).

All text remains visible during webfont loads

Leverage the font-display CSS feature to ensure text is user-visible while webfonts are loading. [Learn more about font-display](#).

○ Minimize third-party usage

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to

load third-party code after your page has primarily finished loading. [Learn how to minimize third-party impact.](#) [TBT]

○ Lazy load third-party resources with facades ^

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required. [Learn how to defer third-parties with a facade.](#) [TBT]

○ Largest Contentful Paint image was not lazily loaded ^

Above-the-fold images that are lazily loaded render later in the page lifecycle, which can delay the largest contentful paint. [Learn more about optimal lazy loading.](#) [LCP]

○ Avoid large layout shifts ^

These are the largest layout shifts observed on the page. Each table item represents a single layout shift, and shows the element that shifted the most. Below each item are possible root causes that led to the layout shift. Some of these layout shifts may not be included in the CLS metric value due to [windowing](#). [Learn how to improve CLS](#) [CLS]

Uses passive listeners to improve scrolling performance ^

Consider marking your touch and wheel event listeners as [passive](#) to improve your page's scroll performance. [Learn more about adopting passive event listeners.](#)

Avoids [document.write\(\)](#) ^

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. [Learn how to avoid document.write\(\)](#).

○ Avoid non-composited animations ^

Animations which are not composited can be janky and increase CLS. [Learn how to avoid non-composited animations](#) [CLS]

Image elements have explicit [width](#) and [height](#) ^

Set an explicit width and height on image elements to reduce layout shifts and improve CLS. [Learn how to set image dimensions](#) [CLS]

Has a `<meta name="viewport">` tag with [width](#) or [initial-scale](#) ^

A `<meta name="viewport">` not only optimizes your app for mobile screen sizes, but also prevents [a 300 millisecond delay to user input](#). [Learn more about using the viewport meta tag.](#)

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Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

- ⚠ Background and foreground colors do not have a sufficient contrast ratio.

Low-contrast text is difficult or impossible for many users to read. [Learn how to provide sufficient color contrast](#).

Failing Elements

`button.mt-6.bg-blue-500.text-white.py-2.px-4.rounded`



`button.mt-2.bg-green-500.text-white.py-2.px-4.rounded`



These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Hide

- Interactive controls are keyboard focusable

Custom interactive controls are keyboard focusable and display a focus indicator. [Learn how to make custom controls focusable](#).

- Interactive elements indicate their purpose and state

Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. [Learn how to decorate interactive elements with affordance hints.](#)

○ The page has a logical tab order ^

Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more about logical tab ordering.](#)

○ Visual order on the page follows DOM order ^

DOM order matches the visual order, improving navigation for assistive technology. [Learn more about DOM and visual ordering.](#)

○ User focus is not accidentally trapped in a region ^

A user can tab into and out of any control or region without accidentally trapping their focus. [Learn how to avoid focus traps.](#)

○ The user's focus is directed to new content added to the page ^

If new content, such as a dialog, is added to the page, the user's focus is directed to it. [Learn how to direct focus to new content.](#)

○ HTML5 landmark elements are used to improve navigation ^

Landmark elements (<main>, <nav>, etc.) are used to improve the keyboard navigation of the page for assistive technology. [Learn more about landmark elements.](#)

○ Offscreen content is hidden from assistive technology ^

Offscreen content is hidden with display: none or aria-hidden=true. [Learn how to properly hide offscreen content.](#)

○ Custom controls have associated labels ^

Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. [Learn more about custom controls and labels.](#)

○ Custom controls have ARIA roles ^

Custom interactive controls have appropriate ARIA roles. [Learn how to add roles to custom controls.](#)

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (19)

Hide

[aria-*] attributes match their roles

Each ARIA role supports a specific subset of aria-* attributes. Mismatching these invalidates the aria-* attributes.

[Learn how to match ARIA attributes to their roles](#).

[aria-hidden="true"] is not present on the document <body>

Assistive technologies, like screen readers, work inconsistently when aria-hidden="true" is set on the document <body>. [Learn how aria-hidden affects the document body](#).

[role]s have all required [aria-*] attributes

Some ARIA roles have required attributes that describe the state of the element to screen readers. [Learn more about roles and required attributes](#).

[aria-*] attributes have valid values

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. [Learn more about valid values for ARIA attributes](#).

[aria-*] attributes are valid and not misspelled

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. [Learn more about valid ARIA attributes](#).

Buttons have an accessible name

When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. [Learn how to make buttons more accessible](#).

[user-scalable="no"] is not used in the <meta name="viewport"> element and the [maximum-scale] attribute is not less than 5.

Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. [Learn more about the viewport meta tag](#).

ARIA attributes are used as specified for the element's role

Some ARIA attributes are only allowed on an element under certain conditions. [Learn more about conditional ARIA attributes.](#)

Elements use only permitted ARIA attributes ^

Using ARIA attributes in roles where they are prohibited can mean that important information is not communicated to users of assistive technologies. [Learn more about prohibited ARIA roles.](#)

[role] values are valid ^

ARIA roles must have valid values in order to perform their intended accessibility functions. [Learn more about valid ARIA roles.](#)

Document has a <title> element ^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles.](#)

<html> element has a [lang] attribute ^

If a page doesn't specify a lang attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#)

<html> element has a valid value for its [lang] attribute ^

Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn how to use the lang attribute.](#)

Lists contain only elements and script supporting elements (<script> and <template>). ^

Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. [Learn more about proper list structure.](#)

List items () are contained within , or <menu> parent elements ^

Screen readers require list items () to be contained within a parent , or <menu> to be announced properly. [Learn more about proper list structure.](#)

Touch targets have sufficient size and spacing. ^

Touch targets with sufficient size and spacing help users who may have difficulty targeting small controls to activate the targets. [Learn more about touch targets.](#)

Heading elements appear in a sequentially-descending order

Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more about heading order](#).

Uses ARIA roles only on compatible elements

Many HTML elements can only be assigned certain ARIA roles. Using ARIA roles where they are not allowed can interfere with the accessibility of the web page. [Learn more about ARIA roles](#).

Deprecated ARIA roles were not used

Deprecated ARIA roles may not be processed correctly by assistive technology. [Learn more about deprecated ARIA roles](#).

NOT APPLICABLE (37)

Hide

○ [\[accesskey\] values are unique](#)

Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. [Learn more about access keys](#).

○ [button, link, and menuitem elements have accessible names](#)

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to make command elements more accessible](#).

○ [Elements with role="dialog" or role="alertdialog" have accessible names.](#)

ARIA dialog elements without accessible names may prevent screen readers users from discerning the purpose of these elements. [Learn how to make ARIA dialog elements more accessible](#).

○ [\[aria-hidden="true"\] elements do not contain focusable descendants](#)

Focusable descendants within an [aria-hidden="true"] element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn how aria-hidden affects focusable elements](#).

○ [ARIA input fields have accessible names](#)

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about input field labels](#).

- ARIA [meter](#) elements have accessible names ^

When a meter element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name meter elements](#).

- ARIA [progressbar](#) elements have accessible names ^

When a progressbar element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to label progressbar elements](#).

- Elements with an ARIA [\[role\]](#) that require children to contain a specific [\[role\]](#) have all required children. ^

Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. [Learn more about roles and required children elements](#).

- [\[role\]](#)s are contained by their required parent element ^

Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. [Learn more about ARIA roles and required parent element](#).

- Elements with the [role=text](#) attribute do not have focusable descendants. ^

Adding `role=text` around a text node split by markup enables VoiceOver to treat it as one phrase, but the element's focusable descendants will not be announced. [Learn more about the role=text attribute](#).

- ARIA [toggle](#) fields have accessible names ^

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about toggle fields](#).

- ARIA [tooltip](#) elements have accessible names ^

When a tooltip element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name tooltip elements](#).

- ARIA [treeitem](#) elements have accessible names ^

When a treeitem element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about labeling treeitem elements](#).

- The page contains a heading, skip link, or landmark region ^

Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more about bypass blocks.](#)

- <dl>'s contain only properly-ordered <dt> and <dd> groups, <script>, <template> or <div> elements.

When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. [Learn how to structure definition lists correctly.](#)

- Definition list items are wrapped in <dl> elements

Definition list items (<dt> and <dd>) must be wrapped in a parent <dl> element to ensure that screen readers can properly announce them. [Learn how to structure definition lists correctly.](#)

- ARIA IDs are unique

The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn how to fix duplicate ARIA IDs.](#)

- No form fields have multiple labels

Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn how to use form labels.](#)

- <frame> or <iframe> elements have a title

Screen reader users rely on frame titles to describe the contents of frames. [Learn more about frame titles.](#)

- <html> element has an [xml:lang] attribute with the same base language as the [lang] attribute.

If the webpage does not specify a consistent language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#)

- Image elements have [alt] attributes

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more about the alt attribute.](#)

- Image elements do not have [alt] attributes that are redundant text.

Informative elements should aim for short, descriptive alternative text. Alternative text that is exactly the same as the text adjacent to the link or image is potentially confusing for screen reader users, because the text will be read twice. [Learn more about the alt attribute.](#)

- Input buttons have discernible text.

Adding discernable and accessible text to input buttons may help screen reader users understand the purpose of the input button. [Learn more about input buttons](#).

- `<input type="image">` elements have [alt] text

When an image is being used as an `<input>` button, providing alternative text can help screen reader users understand the purpose of the button. [Learn about input image alt text](#).

- Form elements have associated labels

Labels ensure that form controls are announced properly by assistive technologies, like screen readers. [Learn more about form element labels](#).

- Links are distinguishable without relying on color.

Low-contrast text is difficult or impossible for many users to read. Link text that is discernible improves the experience for users with low vision. [Learn how to make links distinguishable](#).

- Links have a discernible name

Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. [Learn how to make links accessible](#).

- The document does not use `<meta http-equiv="refresh">`

Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. [Learn more about the refresh meta tag](#).

- `<object>` elements have alternate text

Screen readers cannot translate non-text content. Adding alternate text to `<object>` elements helps screen readers convey meaning to users. [Learn more about alt text for object elements](#).

- Select elements have associated label elements.

Form elements without effective labels can create frustrating experiences for screen reader users. [Learn more about the select element](#).

- Skip links are focusable.

Including a skip link can help users skip to the main content to save time. [Learn more about skip links.](#)

○ No element has a `[tabindex]` value greater than 0 ^

A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive technologies. [Learn more about the `tabindex` attribute.](#)

○ Tables have different content in the summary attribute and `<caption>`. ^

The summary attribute should describe the table structure, while `<caption>` should have the onscreen title. Accurate table mark-up helps users of screen readers. [Learn more about summary and caption.](#)

○ Cells in a `<table>` element that use the `[headers]` attribute refer to table cells within the same table. ^

Screen readers have features to make navigating tables easier. Ensuring `<td>` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more about the `headers` attribute.](#)

○ `<th>` elements and elements with `[role="columnheader"/"rowheader"]` have data cells they describe. ^

Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. [Learn more about table headers.](#)

○ `[lang]` attributes have a valid value ^

Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn how to use the `lang` attribute.](#)

○ `<video>` elements contain a `<track>` element with `[kind="captions"]` ^

When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more about video captions.](#)

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Best Practices

⚠ Browser errors were logged to the console

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more about this errors in console diagnostic audit](#)

Source	Description
localhost 1st Party	
workout:1	Failed to load resource: the server responded with a status of 500 (Internal Server Error)

⚠ Missing source maps for large first-party JavaScript

Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more about source maps.](#)

URL	Map URL
localhost 1st Party	
...chunks/main-app.js (localhost)	
	Large JavaScript file is missing a source map
...workout/page.js (localhost)	
	Large JavaScript file is missing a source map

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks

A strong Content Security Policy (CSP) significantly reduces the risk of cross-site scripting (XSS) attacks. [Learn how to use a CSP to prevent XSS](#)

Description	Directive	Severity
No CSP found in enforcement mode		High

○ Use a strong HSTS policy

Deployment of the HSTS header significantly reduces the risk of downgrading HTTP connections and eavesdropping attacks. A rollout in stages, starting with a low max-age is recommended. [Learn more about using a strong HSTS policy.](#)

Description	Directive	Severity
No HSTS header found		High

○ Ensure proper origin isolation with COOP

The Cross-Origin-Opener-Policy (COOP) can be used to isolate the top-level window from other documents such as pop-ups. [Learn more about deploying the COOP header.](#)

Description	Directive	Severity
No COOP header found		High

PASSED AUDITS (13)

Hide

Uses HTTPS

All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. HTTPS prevents intruders from tampering with or passively listening in on the communications between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. [Learn more about HTTPS.](#)

Avoids deprecated APIs

Deprecated APIs will eventually be removed from the browser. [Learn more about deprecated APIs.](#)

Avoids third-party cookies

Chrome is moving towards a new experience that allows users to choose to browse without third-party cookies. [Learn more about third-party cookies.](#)

Allows users to paste into input fields

Preventing input pasting is a bad practice for the UX, and weakens security by blocking password managers. [Learn more about user-friendly input fields.](#)

Avoids requesting the geolocation permission on page load ^

Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more about the geolocation permission](#).

Avoids requesting the notification permission on page load ^

Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more about responsibly getting permission for notifications](#).

Displays images with correct aspect ratio ^

Image display dimensions should match natural aspect ratio. [Learn more about image aspect ratio](#).

Serves images with appropriate resolution ^

Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn how to provide responsive images](#).

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

A `<meta name="viewport">` not only optimizes your app for mobile screen sizes, but also prevents [a 300 millisecond delay to user input](#). [Learn more about using the viewport meta tag](#).

Document uses legible font sizes — 100% legible text ^

Font sizes less than 12px are too small to be legible and require mobile visitors to “pinch to zoom” in order to read. Strive to have >60% of page text $\geq 12\text{px}$. [Learn more about legible font sizes](#).

Source	Selector	% of Page Text	Font Size
Legible text		100.00%	$\geq 12\text{px}$

Page has the HTML doctype ^

Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more about the doctype declaration](#).

Properly defines charset ^

A character encoding declaration is required. It can be done with a `<meta>` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more about declaring the character encoding](#).

No issues in the [Issues](#) panel in Chrome Devtools ^

Issues logged to the Issues panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

NOT APPLICABLE (2) Hide

Redirects HTTP traffic to HTTPS ^

Make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. [Learn more](#).

Detected JavaScript libraries ^

All front-end JavaScript libraries detected on the page. [Learn more about this JavaScript library detection diagnostic audit](#).



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SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials](#).

CRAWLING AND INDEXING

⚠ Page has unsuccessful HTTP status code – 500 ^

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more about HTTP status codes](#).

To appear in search results, crawlers need access to your app.

ADDITIONAL ITEMS TO MANUALLY CHECK (1) Hide

Structured data is valid ^

Run the [Structured Data Testing Tool](#) and the [Structured Data Linter](#) to validate structured data. [Learn more about Structured Data.](#)

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (6)

Hide

Page isn't blocked from indexing

^

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more about crawler directives.](#)

Document has a `<title>` element

^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles.](#)

Document has a meta description

^

Meta descriptions may be included in search results to concisely summarize page content. [Learn more about the meta description.](#)

Links have descriptive text

^

Descriptive link text helps search engines understand your content. [Learn how to make links more accessible.](#)

Links are crawlable

^

Search engines may use `href` attributes on links to crawl websites. Ensure that the `href` attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn how to make links crawlable](#)

Document has a valid `hreflang`

^

`hreflang` links tell search engines what version of a page they should list in search results for a given language or region. [Learn more about `hreflang`.](#)

NOT APPLICABLE (3)

Hide

robots.txt is valid

^

If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. [Learn more about robots.txt](#).

○ Image elements have `[alt]` attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more about the alt attribute](#).

○ Document has a valid `rel=canonical` ^

Canonical links suggest which URL to show in search results. [Learn more about canonical links](#).

■ Captured at Mar 21, 2025,

11:09 PM EDT

■ Initial page load

■ Emulated Moto G Power with

Lighthouse 12.3.0

■ Slow 4G throttling

■ Single page session

■ Using Chromium 134.0.0.0

with devtools

Generated by **Lighthouse** 12.3.0 | [File an issue](#)