SEO Template for new content

Target keywords: gym

Page title

• Optimal title length: **55 characters**

• Add at least one of your target keywords to your <title> tag, don't use each target keyword more than 1 time: **gym**

Meta description

• Optimal meta description length: **160 characters**

• Add at least one of your target keywords, don't use each target keyword more than 1 time: **gym**

H1

• Add all your target keywords at least one time: **gym**

Text

• Make sure that your text is easy to read with the Flesch-Kincaid readability test. The readability score should be **50**

• Focus on creating more informative content. Recommended text length: **444 words**

• Try to acquire backlinks from the following domains: [oreilly.com](http://oreilly.com), [wikidiff.com](http://wikidiff.com), [breakingmuscle.com](http://breakingmuscle.com), [danryanbuilders.com](http://danryanbuilders.com), [find-open.ca](http://find-open.ca), [2xu.com](http://2xu.com), [awin.com](http://awin.com), [shinyshiny.tv](http://shinyshiny.tv), [onnit.com](http://onnit.com), [morewords.com](http://morewords.com), [ctolib.com](http://ctolib.com), [zendesk.com](http://zendesk.com), [silktide.com](http://silktide.com), [moneyforlunch.com](http://moneyforlunch.com), [herokuapp.com](http://herokuapp.com), [hoursmap.com](http://hoursmap.com), [google.de](http://google.de), [nifs.org](http://nifs.org), [wn.com](http://wn.com), [esportswikis.com](http://esportswikis.com)

• Add at least one of your target keywords: **gym**

When your content has been published, [launch a SEO Ideas](https://www.semrush.com/features/seo-ideas/?utm-source=sct&utm-medium=template) campaign to check if your content complies with all on-page SEO factors and discover what else can be done to give your content a SEO boost.

Analyzed top-10-ranking rivals for your target keywords

gym

1. <https://www.goldsgym.com/>

2. <https://en.wikipedia.org/wiki/Gym>

3. <https://www.gymshark.com/>

4. <https://en.wiktionary.org/wiki/gym>

5. <https://www.24hourfitness.com/membership/>

6. <https://www.pexels.com/search/gym/>

7. <https://www.worldgym.com/>

8. <https://gymjones.com/>

9. <https://github.com/openai/gym>

10. <https://www.gettothegym.com/>

See how competitors write about targeted keywords:

gym

1. <https://www.goldsgym.com/>

View Video Transcript.
World-class certified personal trainers, energetic class instructors, and innovative fitness programs – we have the coaching, programs, and experience you need to help you achieve your fitness goals.
How to Create the Perfect Healthy Plate.
If you’re still using the traditional food pyramid as a guide to eating, then the foundation of your diet is grains. They’re important, but grains….
At Gold’s **Gym,** She’s Home.
In 2016 at the age of 23, Chelsea Martin left her life in Wisconsin and moved to Colorado to start her nursing career. She was….
What to Expect in Your Next Group Exercise Classes.
You may feel butterflies before walking into a group exercise class for the first time, but here’s the good news: The hardest part is just….
Your Guide to Healthy Dining Out.
You work hard to maintain your healthy lifestyle with meal prep, portion control and balanced plates throughout the week. When “cheat day”….
For Better Health, Eat Slow.
Busy days can lead to bad eating behavior, not just with what we eat but also with how quickly we eat it. “We rush, throw….
Home Sweet Home at Gold’s **Gym.**
For most of her life, Laura Micetich’s weight made her feel like she was taking up other people’s space and that she needed to earn….
Correcting Three Common **Gym** Mistakes.
When Gold’s **Gym** fitness experts were asked to share the most common **gym** mistakes they see people make while working out, three areas came into….
Leg Progression: Power Moves for Muscle Growth.
In the first installment of our leg workout series, we talked about building a foundation for strength, stability and range of motion. Once you’ve….
Eight Water Facts That Will Help You Hydrate.
To make sure you’re getting the daily eight to 10 cups (64 to 80 fluid ounces) of water recommended by the National Academy of Medicine,….
Chest Progression: Increase Strength With Precision.
The first installment of our progressive chest workouts focused on functionality throughout the shoulder girdle. If you can consistently do those beginner-level exercises with….
Sore After a Workout? What’s Natural — and Not.
Post-workout soreness can be the result of trying a new activity or increasing the overall intensity level of exercise. It’s a message from your body….
Dive Into This Pool Workout.
If you want a workout that builds muscle strength and cardiovascular endurance without putting high-impact strain on your joints, swimming is the way to go,….
READ MORE.

2. <https://en.wikipedia.org/wiki/Gym>

Jump to navigation Jump to search.
This article is about the indoor sports facility. For a fitness group, see health club . For the school class known as **"gym",** see physical education . For type of school, see Gymnasium (school) . For other uses, see gymnasium (disambiguation) .
The examples and perspective in this article may not represent a worldwide view of the subject. You may improve this article , discuss the issue on the talk page , or create a new article , as appropriate.
Calhan High School gymnasium in Calhan, Colorado.
A gymnasium, also known as a **gym,** is a covered location for gymnastics , athletics , and gymnastic services. The word is derived from the ancient Greek gymnasium . [1] They are commonly found in athletic and fitness centers, and as activity and learning spaces in educational institutions.  **"Gym"** is also slang for " fitness center ", which is often an area for indoor recreation.
Gymnasia apparatus such as barbells, parallel bars, jumping board, running path, tennis-balls, cricket field, fencing area, and so forth are used as exercises. In safe weather, outdoor locations are the most conducive to health. [2] **Gyms** were popular in ancient Greece. Their curricula included Gymnastica militaria or self-defense, gymnastica medica, or physical therapy to help the sick and injured, and gymnastica athletica for physical fitness and sports, from boxing to dancing. [3].
These gymnasia also had teachers of wisdom and philosophy. Community gymnastic events were done as part of the celebrations during various village festivals. In ancient Greece there was a phrase of contempt, "He can neither swim nor write." After a while, however, Olympic athletes began training in buildings specifically designed for them. Community sports never became as popular among ancient Romans as it had among the ancient Greeks. **Gyms** were used more as a preparation for military service or spectator sports. During the Roman Empire, the gymnastic art was forgotten. In the Dark Ages there were sword fighting tournaments and of chivalry; and after gunpowder was invented sword fighting began to be replaced by the sport of fencing. There were schools of dagger fighting and wrestling and boxing. [4].
Then in the 18th century, Salzmann, German clergyman, opened a **gym** in Thuringia teaching bodily exercises, including running and swimming. Clias and Volker established **gyms** in London, and in 1825, Doctor Beck, a German immigrant, established the first gymnasium in the United States. It was found that **gym** pupils lose interest in doing the same exercises, partly because of age. Variety in exercises included skating, dancing, and swimming. Some **gym** activities can be done by 6 to 8 year-olds while age 16 has been considered mature enough for boxing and horseback riding. [5].
In Ancient Greece , the gymnasion (γυμνάσιον) was a locality for both physical and intellectual education of young men. The latter meaning of intellectual education persisted in Greek , German and other languages to denote a certain type of school providing secondary education , the gymnasium , whereas in English the meaning of physical education pertained in the word **'gym'.[** citation needed ].
The Greek word gymnasium means "school for naked exercise" and was used to designate a locality for the education of young men, including physical education ( gymnastics , i.e. exercise) which was customarily performed naked, as well as bathing , and studies. For the Greeks, physical education was considered as important as cognitive learning. Most Greek gymnasia had libraries that could be utilized after relaxing in the baths.[ citation needed ].
The first recorded gymnasiums date back to over 3000 years ago in ancient Persia , where they were known as zurkhaneh, areas that encouraged physical fitness. The larger Roman Baths often had attached fitness facilities, the baths themselves sometimes being decorated with mosaics of local champions of sport. **Gyms** (i.e., places for gymnastics) in Germany were an outgrowth of the Turnplatz, an outdoor space for gymnastics, which was promoted by German educator Friedrich Jahn and the Turners , a nineteenth-century political and gymnastic movement. The first indoor gymnasium in Germany was probably the one built in Hesse in 1852 by Adolph Spiess, an enthusiast for boys' and girls' gymnastics in schools.[ citation needed ].
The Florida Gymnasium at the University of Florida.
Through worldwide colonization, Great Britain expanded its national interest in sports and games to many countries. In the 1800s, programs were added to schools and college curricula that emphasized health, strength, and bodily measure. Sports drawn from European and British cultures thrived as college students and upper-class clubs financed competition. As a result, towns began building playgrounds that furthered interest in sports and physical activity. [6] In the United States , the Turner movement thrived in the nineteenth and early twentieth centuries. The first Turners group was formed in London in 1848. The Turners built gymnasia in several cities like Cincinnati and St. Louis which had large German American populations. These **gyms** were utilized by adults and youth. For example, a young Lou Gehrig would frequent the Turner **gym** in New York City with his father.
The Boston Young Men's Christian Union claims to be "America's First **Gym".** The YMCA first organized in Boston in 1851 and a smaller branch opened in Rangasville in 1852. Ten years later there were some two hundred YMCAs across the country, most of which provided gymnasia for exercise, games, and social interaction.[ citation needed ].
The 1920s was a decade of prosperity that witnessed the building of large numbers of public high schools with a gymnasium, an idea founded by Nicolas Isaranga. Over the course of the 20th century, gymnasia have been reconceptualized to accommodate the popular team and individual games and sports that have supplanted gymnastics in the school curriculum .[ citation needed ].
Today, gymnasia are commonplace in the United States. They are in virtually all U.S. colleges and high schools , as well as almost all middle schools and elementary schools . These facilities are used for physical education , intramural sports , and school gatherings. The number of **gyms** in the U.S. has more than doubled since the late 1980s. [7].
Lumpkin, Angela (January 29, 2013). Introduction to physical education, exercise science, and sport studies. McGraw-Hill Education; 9 edition. p. 226. ISBN 0078022665 .
Bibliography[ edit ].
Ravenstein and Hulley. 1867. The gymnasium and its fittings London, UK: N. Trubner and Company.
Partington, Charles F. , Editor. 1838. The British Cyclopaedia of the Arts, Sciences, History, Geography, Literature, Natural History, and Biography Volume 1 ABA to OPI London, UK: Wm. S. Orr and Co.
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3. <https://www.gymshark.com/>

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4. <https://en.wiktionary.org/wiki/gym>

(weightlifting) A sports facility specialized for lifting weights and exercise .
Finnish: sali (colloquial), kuntosali (fi) , punttisali.
French: salle de gymnastique (fr) f , **gym** (fr) m , gymnase (fr) m , salle de sport f , salle de muscu f , salle (fr) f.
Portuguese: academia (pt) f.
Nynorsk: **gym** m , kroppsøving f.
The translations below need to be checked and inserted above into the appropriate translation tables, removing any numbers. Numbers do not necessarily match those in definitions. See instructions at Wiktionary:Entry layout#Translations .
Verb[ edit ].
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5. <https://www.24hourfitness.com/membership/>

My24 Account Log in to edit your profile, make payments and more.
Activate Membership Join using your employer’s corporate ID.
Add Friends or Family Put everyone you love on your corporate membership.
Studio Classes.
Personal Training.
Find Trainers Renew trainer.
Training Club 24 Succeed as a team. Our small group training program features world-class workouts, inspiring coaches and amazing group energy.
Lifestyle.
24Life Blog Our monthly digital magazine and daily blog are packed with ideas to help you think, eat, move and recover better, so you can live your best life now.
Events From casual runs to sports-inspired challenges, become a part of something bigger at community and nationwide events.
Member Success Stories Find your inspiration. These 24 Hour Fitness members transformed their lives through fitness, and we couldn’t be prouder.
24GO® Access digital workouts to keep your fitness on track.
Kids' Club Give your children a place to play while you work out.
Fit:Perks Sign up for our free rewards program. Do more, get more.
More Clubs. More Classes. One Membership.
Whether you’d like access to a single club or our 420+ clubs nationwide, have a specific passion or many interests, we have **gym** memberships to fit your life. Choose the membership that’s right for you and get moving on feeling great.
Basic – Enjoy the freedom and flexibility of paying month-to-month (initiation fee may apply).\*.
Commitment – Pay less for monthly dues when you commit to 12 months of membership, compared to the Basic Monthly Payment membership. After 12 months, your membership continues on a monthly basis (initiation fee may apply).\*.
\*Plus pay Annual fee once during first year of enrollment and annually thereafter. Monthly payment membership is subject to annual dues increase.
Limited Term Pre-Paid.
Pre-pay – We offer a variety of prepaid memberships, from as little as 30 days up to one year.
Choose by Type or Location.
Our clubs range from lean and focused Express clubs for the lunch-hour warrior – to expansive Super-Sport and Ultra-Sport clubs, many with full-size basketball courts, lap pools and saunas, and tens of thousands of feet of workout space. Look for memberships at the club near you that best suit your workout style.
GX24.
Good vibes abound in our GX24 classes, where everyone is welcome to sweat it out together. Get challenged to push your limits with calorie-torching cardio, martial arts, yoga, conditioning, cycle and more. All included free with membership.
A little friendly competition can go a long way. Our signature group training program –Training Club 24 – is designed to help you transform your fitness through challenging team workouts that build in intensity each week. Coaches push you beyond personal limits, while your team inspires you to keep moving. Look for four results-driven formats to keep you gaining on your goals.
Make your workouts work harder. From setting goals to customizing your workouts, our trainers draw on proven strategies to ensure you’re moving in the direction you want.
We love kids, and we love giving you a break, too. Our clean and friendly Kids’ Club offers children up to age 12 a fun place to play while Mom or Dad grabs a well-earned workout. You can be confident you’ll leave with big smiles all around.
24GO® takes the guesswork out of fitness by recommending the perfect workouts for you to do – based on what you like, what you’ve done, and whether you’re in the **gym,** at home or on the go. Add workouts and studio classes directly to your calendar, get inspired with articles curated just for you, and keep yourself accountable with built-in reminders and tracking.

6. <https://www.pexels.com/search/gym/>

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← Previous 1 2 3 4 5 6 7 8 9 10 11 Next →.

7. <https://www.worldgym.com/>

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CAREERS.
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8. <https://gymjones.com/>

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9. <https://github.com/openai/gym>

10. <https://www.gettothegym.com/>

EMPLOYEE PORTAL.
This jQuery slider was created with the free EasyRotator software from DWUser.com.