



Performance



Accessibility



Best Practices



SEO



Performance

Metrics



First Contentful Paint

First Contentful Paint marks the time at which the first text or image is painted.

[Learn more.](#)

2.5 s

Time to Interactive

Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more.](#)

4.2 s

Speed Index

Speed Index shows how quickly the contents of a page are visibly populated.

2.5 s

Total Blocking Time

Sum of all time periods between FCP and Time to Interactive, when task length

30 ms

[Learn more.](#)

■ Largest Contentful Paint

Largest Contentful Paint marks the time at which the largest text or image is painted.

[Learn more](#)

2.7 s

exceeded 50ms, expressed in milliseconds.

[Learn more](#)

0.002

● Cumulative Layout Shift

Cumulative Layout Shift measures the movement of visible elements within the viewport. [Learn more](#).

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



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

Opportunity

Estimated Savings

▲ Properly size images

13.5 s ^

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

[Show 3rd-party resources \(0\)](#)

URL



...images/gallery10.jpg (dboyev.github.io)

Resource Size	Potential Savings
373.3 KiB	328.9 KiB

URL	Resource Size	Potential Savings
 ...images/gym0.jpg (dboyev.github.io)	261.0 KiB	235.1 KiB
 ...images/gallery4.jpg (dboyev.github.io)	256.8 KiB	223.6 KiB
 ...images/gallery6.jpg (dboyev.github.io)	253.3 KiB	220.4 KiB
 ...images/gallery9.jpg (dboyev.github.io)	247.6 KiB	218.3 KiB
 ...images/gallery11.jpg (dboyev.github.io)	205.5 KiB	180.8 KiB
 ...images/gallery7.jpg (dboyev.github.io)	202.1 KiB	178.0 KiB
 ...images/gallery5.jpg (dboyev.github.io)	199.5 KiB	176.0 KiB
 ...images/gallery8.jpg (dboyev.github.io)	198.0 KiB	173.8 KiB
 ...images/gallery3.jpg (dboyev.github.io)	193.3 KiB	170.1 KiB
 ...images/gallery1.jpg (dboyev.github.io)	184.3 KiB	161.4 KiB
 ...images/gallery12.jpg (dboyev.github.io)	138.8 KiB	122.2 KiB
 ...images/gallery2.jpg (dboyev.github.io)	119.9 KiB	105.8 KiB
 ...images/spinning.jpg (dboyev.github.io)	252.5 KiB	80.5 KiB
 ...images/coach.jpg (dboyev.github.io)	231.2 KiB	71.9 KiB

URL	Resource Size	Potential Savings
 ...images/gym1.jpg (dboyev.github.io)	77.0 KiB	51.6 KiB

▲ Serve images in next-gen formats

9 s ^

Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more](#).

[Show 3rd party resources \(0\)](#)

URL	Resource Size	Potential Savings
 ...images/gallery10.jpg (dboyev.github.io)	373.3 KiB	259.1 KiB
 ...images/equipment1.jpg (dboyev.github.io)	508.4 KiB	164.2 KiB
 ...images/gallery4.jpg (dboyev.github.io)	256.8 KiB	151.6 KiB
 ...images/gallery6.jpg (dboyev.github.io)	253.3 KiB	148.5 KiB
 ...images/spinning.jpg (dboyev.github.io)	252.5 KiB	137.3 KiB
 ...images/gallery9.jpg (dboyev.github.io)	247.6 KiB	133.0 KiB
 ...images/coach.jpg (dboyev.github.io)	231.2 KiB	117.3 KiB
 ...images/gym3.jpg (dboyev.github.io)	526.0 KiB	107.4 KiB

URL		Resource Size	Potential Savings
	...images/gallery11.jpg (dboyev.github.io)	205.5 KiB	92.7 KiB
	...images/gallery7.jpg (dboyev.github.io)	202.1 KiB	88.0 KiB
	...images/gallery8.jpg (dboyev.github.io)	198.0 KiB	85.5 KiB
	...images/gallery5.jpg (dboyev.github.io)	199.5 KiB	84.7 KiB
	...images/gallery3.jpg (dboyev.github.io)	193.3 KiB	80.4 KiB
	...images/gallery1.jpg (dboyev.github.io)	184.3 KiB	74.8 KiB
	...images/gym5.jpg (dboyev.github.io)	421.7 KiB	43.6 KiB
	...images/gallery12.jpg (dboyev.github.io)	138.8 KiB	23.6 KiB
	...images/students.jpg (dboyev.github.io)	37.4 KiB	13.1 KiB
	...images/regular.jpg (dboyev.github.io)	38.3 KiB	10.6 KiB

▲ Efficiently encode images

5.55 s ^

Optimized images load faster and consume less cellular data. [Learn more.](#)

Show 3rd party resources (0)

URL	Resource Size	Potential Savings
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URL	Resource Size	Potential Savings
 ...images/gallery10.jpg (dboyev.github.io)	373.3 KiB	230.6 KiB
 ...images/gallery4.jpg (dboyev.github.io)	256.8 KiB	125.3 KiB
 ...images/gallery6.jpg (dboyev.github.io)	253.3 KiB	122.3 KiB
 ...images/spinning.jpg (dboyev.github.io)	252.5 KiB	108.5 KiB
 ...images/gallery9.jpg (dboyev.github.io)	247.6 KiB	104.4 KiB
 ...images/coach.jpg (dboyev.github.io)	231.2 KiB	88.9 KiB
 ...images/gallery11.jpg (dboyev.github.io)	205.5 KiB	64.4 KiB
 ...images/gallery7.jpg (dboyev.github.io)	202.1 KiB	59.5 KiB
 ...images/gallery8.jpg (dboyev.github.io)	198.0 KiB	57.4 KiB
 ...images/gallery5.jpg (dboyev.github.io)	199.5 KiB	56.0 KiB
 ...images/gallery3.jpg (dboyev.github.io)	193.3 KiB	52.2 KiB
 ...images/gallery1.jpg (dboyev.github.io)	184.3 KiB	47.4 KiB
 ...images/students.jpg (dboyev.github.io)	37.4 KiB	7.0 KiB

▲ Eliminate render-blocking resources

1.49 s ^

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn more.](#)

Show 3rd party resources (1)

URL	Transfer Size	Potential Savings
...css/bootstrap.min.css (cdn.jsdelivr.net)	21.8 KiB	930 ms

▲ Remove unused JavaScript — 1.35 s ^

Remove unused JavaScript to reduce bytes consumed by network activity. [Learn more.](#)

Show 3rd party resources (2)

URL	Transfer Size	Potential Savings
...13/init_embed.js (maps.gstatic.com)	65.2 KiB	58.1 KiB
...api/js?client=... (maps.googleapis.com)	44.2 KiB	27.0 KiB

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 — 25 resources found ^

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

Show 3rd-party resources (1)

URL	Cache TTL	Transfer Size
...images/gym3.jpg (dboyev.github.io)	10 m	527 KiB
...images/gym4.jpg (dboyev.github.io)	10 m	513 KiB
...images/equipment1.jpg (dboyev.github.io)	10 m	509 KiB
...images/gym5.jpg (dboyev.github.io)	10 m	422 KiB
...images/gallery10.jpg (dboyev.github.io)	10 m	374 KiB
...images/gym0.jpg (dboyev.github.io)	10 m	262 KiB
...images/gallery4.jpg (dboyev.github.io)	10 m	257 KiB
...images/gallery6.jpg (dboyev.github.io)	10 m	254 KiB
...images/spinning.jpg (dboyev.github.io)	10 m	253 KiB
...images/gallery9.jpg (dboyev.github.io)	10 m	248 KiB
...images/coach.jpg (dboyev.github.io)	10 m	232 KiB
...images/gallery11.jpg (dboyev.github.io)	10 m	206 KiB
...images/gallery7.jpg (dboyev.github.io)	10 m	203 KiB
...images/gallery5.jpg (dboyev.github.io)	10 m	200 KiB
...images/gallery8.jpg (dboyev.github.io)	10 m	199 KiB
...images/gallery3.jpg (dboyev.github.io)	10 m	194 KiB
...images/gallery1.jpg (dboyev.github.io)	10 m	185 KiB

URL	Cache TTL	Transfer Size
...images/gallery12.jpg (dboyev.github.io)	10 m	139 KiB
...images/gallery2.jpg (dboyev.github.io)	10 m	121 KiB
...images/gym1.jpg (dboyev.github.io)	10 m	78 KiB
...images/regular.jpg (dboyev.github.io)	10 m	39 KiB
...images/students.jpg (dboyev.github.io)	10 m	38 KiB
...images/pay&go.jpg (dboyev.github.io)	10 m	24 KiB
...css/style.css (dboyev.github.io)	10 m	2 KiB
...api/js?client=... (maps.googleapis.com)	30 m	44 KiB

▲ Image elements do not have explicit `width` and `height`

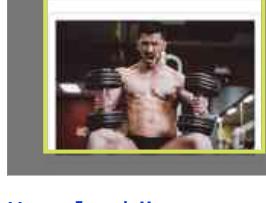
^

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

Show 3rd-party resources (0)

URL	Failing Elements
 ... images/gallery10.jpg (dboyev.github.io)	 Two guys fist-bumping in a gym, photo by Victor Freitas on Unsplash <code></code>

URL	Failing Elements
 ... images/gym0.jpg (dboyev.github.io)	Guy lifting weight, picture by Ryan Hoffman from Unsplash <code></code>
 ... images/gallery4.jpg (dboyev.github.io)	 People working out, photo by Luis Vidal on Unsplash <code></code>
 ... images/gallery6.jpg (dboyev.github.io)	 Guys working out, photo by Sam Moqadam on Unsplash <code></code>
 ... images/spinning.jpg (dboyev.github.io)	 A girl spinning on a bike, photo by Humphrey Muleba on Unsplash <code></code>
 ... images/gallery9.jpg (dboyev.github.io)	 Girl resting on a bench in a gym, photo by Alora Griffiths on Unsplash <code></code>

URL	Failing Elements
 ... images/coach.jpg (dboyev.github.io)	 <code><img src="assets/images/coach.jpg" alt="A guy showing muscle, photo by Dollar Gill on Unsplash" class="img-fluid mx-auto img-</code> <code>classes"></code>
 ... images/gallery11.jpg (dboyev.github.io)	 <code></code>
 ... images/gallery7.jpg (dboyev.github.io)	 <code></code>
 ... images/gallery5.jpg (dboyev.github.io)	 <code></code>
 ... images/gallery8.jpg (dboyev.github.io)	 <code></code>

URL

Failing Elements

 ... images/gallery3.jpg (dboyev.github.io)	 on Unsplash >	<p>People working out in a gym, photo by Geert Pieters on Unsplash</p> <pre></pre>
 ... images/gallery1.jpg (dboyev.github.io)	 on Unsplash >	<p>Girls exercising, photo by Bruce Mars on Unsplash</p> <pre></pre>
 ... images/gallery12.jpg (dboyev.github.io)	 on Unsplash >	<p>A girl exercising in a gym, photo by Jonathan Borba on Unsplash</p> <pre></pre>
 ... images/gallery2.jpg (dboyev.github.io)	 on Unsplash >	<p>Girl on a ball, Photo by mr lee on Unsplash</p> <pre></pre>
 ... images/gym1.jpg (dboyev.github.io)	 classes >	<p>A guy lifting weights, photo by Anastase Maragos on Unsplash</p> <pre><img src="assets/images/gym1.jpg" alt="A guy lifting weights, photo by Anastase Maragos on Unsplash" class="img-fluid mx-auto img-</pre>

▲ Avoid enormous network payloads — Total size was 5,885 KiB

^

Large network payloads cost users real money and are highly correlated with long load times. [Learn more](#).

[Show 3rd party resources \(0\)](#)

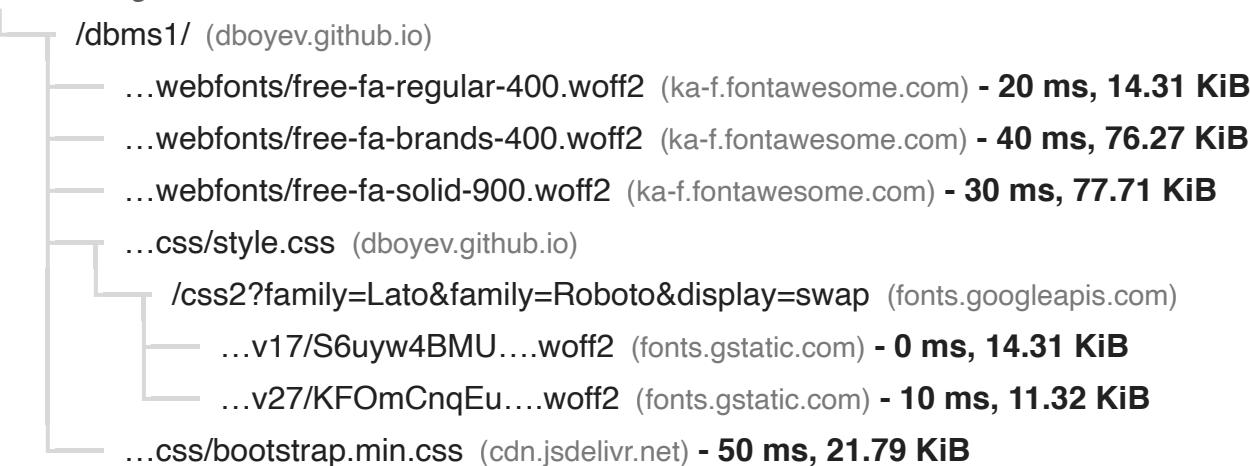
URL	Transfer Size
...images/gym3.jpg (dboyev.github.io)	526.7 KiB
...images/gym4.jpg (dboyev.github.io)	512.5 KiB
...images/equipment1.jpg (dboyev.github.io)	509.1 KiB
...images/gym5.jpg (dboyev.github.io)	422.4 KiB
...images/gallery10.jpg (dboyev.github.io)	374.0 KiB
...images/gym0.jpg (dboyev.github.io)	261.7 KiB
...images/gallery4.jpg (dboyev.github.io)	257.5 KiB
...images/gallery6.jpg (dboyev.github.io)	254.0 KiB
...images/spinning.jpg (dboyev.github.io)	253.2 KiB
...images/gallery9.jpg (dboyev.github.io)	248.3 KiB

● Avoid chaining critical requests — 6 chains found

^

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 more](#).

Maximum critical path latency: **480 ms**

Initial Navigation

- Keep request counts low and transfer sizes small — 41 requests • 5,885 KiB



To set budgets for the quantity and size of page resources, add a budget.json file. [Learn more](#).

Resource Type	Requests	Transfer Size
Total	41	5,884.9 KiB
Image	23	5,476.7 KiB
Font	5	193.9 KiB
Script	5	160.0 KiB
Stylesheet	3	25.3 KiB
Other	3	20.6 KiB
Document	2	8.5 KiB
Media	0	0.0 KiB

Resource Type	Requests	Transfer Size
Third-party	16	400.0 KiB

● Largest Contentful Paint element — 1 element found ^

This is the largest contentful element painted within the viewport. [Learn More](#)

Element

Guy lifting weight, picture by Ryan Hoffman from Unsplash

```

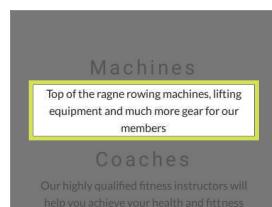
```

● Avoid large layout shifts — 3 elements found ^

These DOM elements contribute most to the CLS of the page.

Element

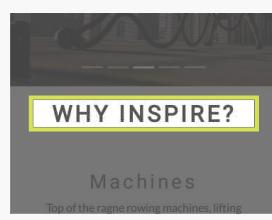
CLS Contribution



Top of the range rowing machines, lifting equipment and much more gear for our ...

```
<p>
```

0.001



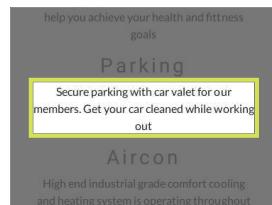
WHY INSPIRE?

```
<h2 class="section_heading">
```

0.001

Element

CLS Contribution



Secure parking with car valet for our members. Get your car cleaned while working out

<p>

0

● Avoid long main-thread tasks — 7 long tasks found ^

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. [Learn more](#)

Show 3rd-party resources (4)

URL	Start Time	Duration
/dbms1/ (dboyev.github.io)	998 ms	169 ms
/dbms1/ (dboyev.github.io)	831 ms	167 ms
...api/js?client=... (maps.googleapis.com)	3,390 ms	108 ms
/jquery-3.5.1.slim.min.js (code.jquery.com)	2,361 ms	72 ms
...13/init_embed.js (maps.gstatic.com)	5,178 ms	55 ms
/dbms1/ (dboyev.github.io)	780 ms	51 ms
/e25edaea56.js (kit.fontawesome.com)	1,794 ms	50 ms

Passed audits (23) ^

- Defer offscreen images ▼
- Minify CSS ▼
- Minify JavaScript ▼
- Remove unused CSS — Potential savings of 33 KiB ▼
- Enable text compression ▼
- Preconnect to required origins ▼
- Initial server response time was short — Root document took 80 ms ▼
- Avoid multiple page redirects ▼
- Preload key requests ▼
- Use video formats for animated content ▼
- Remove duplicate modules in JavaScript bundles ▼
- Avoid serving legacy JavaScript to modern browsers — Potential savings of 0 KiB ▼
- Preload Largest Contentful Paint image ▼
- Avoids an excessive DOM size — 355 elements ▼
- User Timing marks and measures ▼
- JavaScript execution time — 0.4 s ▼
- Minimizes main-thread work — 1.8 s ▼
- All text remains visible during webfont loads ▼

- Minimize third-party usage — Third-party code blocked the main thread for 20 ms
- Lazy load third-party resources with facades
- Uses passive listeners to improve scrolling performance
- Avoids `document.write()`
- Avoid non-composited animations



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

Contrast — These are opportunities to improve the legibility of your content.

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

Navigation — These are opportunities to improve keyboard navigation in your application.

- ▲ Heading elements are not in a sequentially-descending order

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 (20) ▾

Not applicable (21) ▾



Best Practices

Passed audits (17)

Not applicable (1)



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.](#)

Crawling and Indexing — To appear in search results, crawlers need access to your app.

- ▲ Links are not crawlable

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)



Runtime Settings

URL	https://dboyev.github.io/dbms1/
Fetch Time	May 6, 2021, 11:20 PM GMT+1
Device	Emulated Moto G4
Network throttling	Unknown
CPU throttling	Unknown
Channel	lr
User agent (host)	Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) HeadlessChrome/88.0.4324.202 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

820

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