http://localhost/gymsys/?p=entrenadores

99	93	100	100
Performance	Accessibility	Best Practices	SEO

99

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
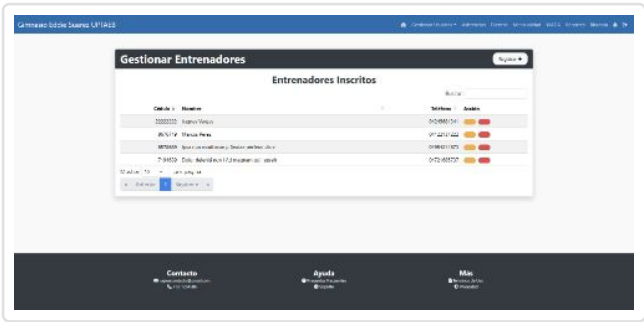
First Contentful Paint	Largest Contentful Paint
0.8 s	**0.8 s**

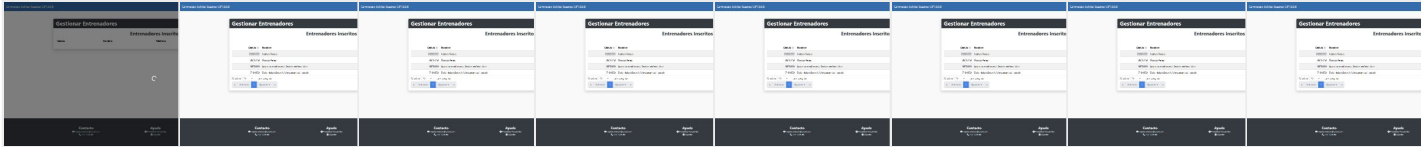| Total Blocking Time	Cumulative Layout Shift
0 ms	**0**

Speed Index

0.8 s

[▮] View Treemap

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

▲   Enable text compression   — Potential savings of 238 KiB   ⌄

▲   Eliminate render-blocking resources   — Potential savings of 570 ms   ⌄

▲   Page prevented back/forward cache restoration   — 2 failure reasons   ⌄

○   Serve static assets with an efficient cache policy   — 13 resources found   ⌄

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

Reduce unused CSS   — Potential savings of 46 KiB   ⌄

○   Avoid large layout shifts   — 1 layout shift found   ⌄

○   Initial server response time was short   — Root document took 30 ms   ⌄

○   Avoids enormous network payloads   — Total size was 562 KiB   ⌄

○   Avoids an excessive DOM size   — 252 elements   ⌄

○   Avoid chaining critical requests   — 10 chains found   ⌄

◎   JavaScript execution time — 0.1 s   ⌄

◎   Minimizes main-thread work — 0.3 s   ⌄

◎   Largest Contentful Paint element — 830 ms   ⌄

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

PASSED AUDITS (24)   Show

93

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.   ⌄

These are opportunities to improve the legibility of your content.

BEST PRACTICES

🔺   Touch targets do not have sufficient size or spacing.   ⌄

These items highlight common accessibility best practices.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

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

PASSED AUDITS (26)   Show

NOT APPLICABLE (29)   Show

100

Best Practices

TRUST AND SAFETY

○   Ensure CSP is effective against XSS attacks   ⌄

GENERAL

○   Detected JavaScript libraries   ⌄

PASSED AUDITS (14)   Show

NOT APPLICABLE (2)   Show

100

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]().

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

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

PASSED AUDITS (7)   Show

NOT APPLICABLE (3)   Show

Captured at Nov 15, 2024, 10:18 AM GMT-4

Initial page load

Emulated Desktop with Lighthouse 12.2.1

Custom throttling

Single page session

Using Chromium 130.0.0.0 with devtools

Generated by **Lighthouse** 12.2.1 | [File an issue]()