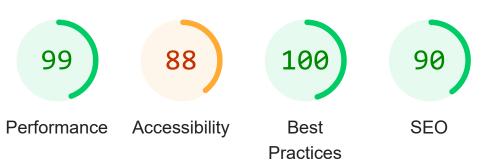
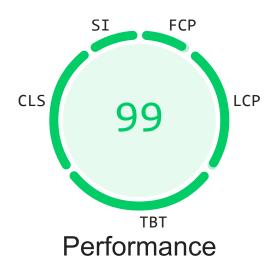


http://localhost/gymsys/?p=entrenadores





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

▲ 0–49 50–89 90–100



METRICS Expand view

First Contentful Paint Largest Contentful Paint

0.8 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0

 $0.8 \, s$

Speed Index

0.8 s





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 590 ms	~
▲ Reduce unused CSS — Potential savings of 46 KiB	~
▲ Page prevented back/forward cache restoration — 2 failure reasons	~
Serve static assets with an efficient cache policy — 14 resources found	~
Avoid serving legacy JavaScript to modern browsers — Potential savings of 0 KiB	~
 Avoid large layout shifts — 1 layout shift found 	~
 Initial server response time was short — Root document took 20 ms 	~
 Avoids enormous network payloads — Total size was 587 KiB 	~
 Avoids an excessive DOM size — 260 elements 	~
Avoid chaining critical requests — 11 chains found	~

about:blank 2/6

 JavaScript execution time — 0.1 s 	~
 Minimizes main-thread work — 0.4 s 	~
 Largest Contentful Paint element — 810 ms 	~
 Avoid long main-thread tasks — 1 long task found 	~

More information about the performance of your application. These numbers don't <u>directly affect</u> the Performance score.

PASSED AUDITS (23)

Show



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.

NAMES AND LABELS

▲ Buttons do not have an accessible name

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.

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 (25)

Show

NOT APPLICABLE (29)

Show



Best Practices

TRUST AND SAFETY

Ensure CSP is effective against XSS attacks

~

GENERAL

~
Show
Show



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.

CONTENT BEST PRACTICES

Document does not have a meta description

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

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Show

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

PASSED AUDITS (6)

Show

about:blank 5/6

NOT APPLICABLE (3) Show



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