

## Performance Report for:

<https://traktrain.com/jordonlumley1?t=420291>

Report generated: Fri, Feb 28, 2020 6:02 AM -0800

Test Server Region: Vancouver, Canada

Using: Chrome (Desktop) 75.0.3770.100, PageSpeed 1.15-gt1.2, YSlow 3.1.8

PageSpeed Score <b>B (82%)</b>	YSlow Score <b>D (62%)</b>	Fully Loaded Time <b>6.7s</b>	Total Page Size <b>919KB</b>	Requests <b>84</b>
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### Top 5 Priority Issues

<b>Leverage browser caching</b>	<b>F (45)</b>	AVG SCORE: 64%	SERVER	HIGH
<b>Defer parsing of JavaScript</b>	<b>C (74)</b>	AVG SCORE: 72%	JS	HIGH
<b>Inline small JavaScript</b>	<b>C (75)</b>	AVG SCORE: 95%	JS	HIGH
<b>Serve scaled images</b>	<b>C (79)</b>	AVG SCORE: 71%	IMAGES	HIGH
<b>Optimize the order of styles and scripts</b>	<b>B (83)</b>	AVG SCORE: 94%	CSS/JS	HIGH

### How does this affect me?

Studies show that users leave a site if it hasn't loaded in 4 seconds; keep your users happy and engaged by providing a fast performing website.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

### About GTmetrix

We can help you develop a faster, more efficient, and all-around improved website experience for your users. We use Google PageSpeed and Yahoo! YSlow to grade your site's performance and provide actionable recommendations to fix these issues.

### About the Developer

**GT.net**  
Performance Hosting

GTmetrix is developed by the good folks at **GT.net**, a Vancouver-based performance hosting company with over 24 years experience in web technology.

<https://gt.net/>

### What do these grades mean?

This report is an analysis of your site with Google and Yahoo!'s metrics for how to best develop a site for optimized speed. The **grades you see represent** how well the scanned URL adheres to those rules.

Lower grades (C or lower) mean that the page can stand to be faster using better practices and optimizing your settings.

### What's in this report?

This report covers basic to technical analyses on your page. It is categorized under many headings:

- **Executive:** Overall score information and Priority Issues
- **History:** Graphed history of past performance
- **Waterfall:** Graph of your site's loading timeline
- **Technical:** In-depth PageSpeed & YSlow information

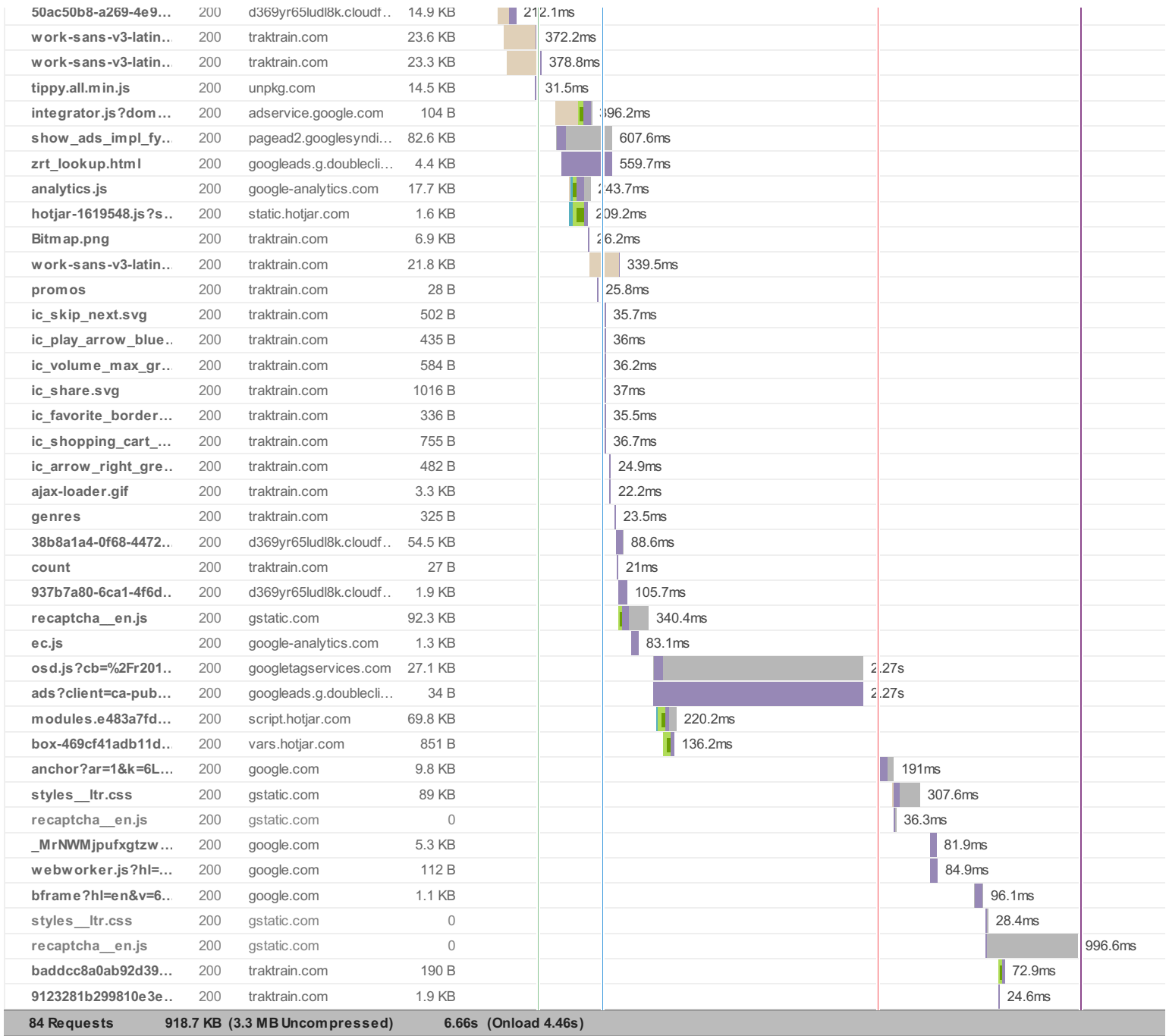
These will provide you with a snapshot of your performance.

## Waterfall Chart

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Beats by Jordon Lumley: Buy Beats Online | TRAKTRAIN

Resource	Size	Response Time	Waterfall Bar
jordanlumley1?t=4...	200	traktrain.com	24.6 KB   242.6ms
c281095adcee92a14..	200	traktrain.com	53.5 KB   36.5ms
adsbygoogle.js	200	pagead2.googlesyndi...	37.7 KB   456.1ms
30e0571e37b67c659..	200	traktrain.com	2.8 KB   34.9ms
992cecad-ebe1-47f...	200	d369yr65ludl8k.cloudf..	26 KB   307.8ms
jquery-2.2.4.min.js	200	code.jquery.com	29.6 KB   914.9ms
velocity.min.js	200	cdnjs.cloudflare.com	15.3 KB   205.8ms
47237ad72b57e8252..	200	traktrain.com	542 B   152.3ms
7e6910a7d069e29e...	200	traktrain.com	17.9 KB   159.4ms
4609df202ead0485a..	200	traktrain.com	165 B   153ms
aff6c3144a61031920..	200	traktrain.com	1 KB   152.4ms
1e63855dd13eef695..	200	traktrain.com	240 B   153.3ms
e13f610f12c6b32d7...	200	traktrain.com	260 B   160.3ms
tippy.all.min.js	302	unpkg.com	59 B   179.6ms
api.js?render=exp...	200	google.com	450 B   250.6ms
b38a1c6104c5fa7a1...	200	traktrain.com	14.5 KB   179.6ms
dd681a3e503fc976d..	200	traktrain.com	19.1 KB   179.9ms
1f5fcf4492c3136295...	200	traktrain.com	998 B   162.9ms
2f7721a1933ef02720..	200	traktrain.com	2.6 KB   163.1ms
toastr.min.js	200	cdnjs.cloudflare.com	2.4 KB   202.9ms
8360dd1811c91f643...	200	traktrain.com	317 B   182.5ms
3d54e922a1427b302..	200	traktrain.com	1.2 KB   181.2ms
32be858f74d898464..	200	traktrain.com	798 B   183.9ms
567bf2bff6c7e261ab..	200	traktrain.com	1.7 KB   184.5ms
79de5faa954a65fe5...	200	traktrain.com	4.5 KB   182.9ms
gtm.js?id=GTM-MW...	200	googletagmanager.com	22.2 KB   326.9ms
ic_soundcloud_tun..	200	traktrain.com	2.4 KB   123.1ms
ic_youtube_tundor...	200	traktrain.com	857 B   116.5ms
ic_tw_tundora.svg	200	traktrain.com	1.1 KB   121.1ms
ic_inst_tundora.svg	200	traktrain.com	888 B   121.6ms
TRAKTRAIN_dark.s...	200	traktrain.com	2 KB   115ms
ic_search_tundora...	200	traktrain.com	651 B   122.1ms
ic_dropdown_nobe..	200	traktrain.com	456 B   123ms
ic_moon_none.svg	200	traktrain.com	1.1 KB   121.8ms
logo_text_dark.svg	200	traktrain.com	3.8 KB   125.4ms
ic_tw_color.svg	200	traktrain.com	1.1 KB   122.8ms
ic_inst_profile.svg	200	traktrain.com	9.6 KB   133.3ms
ic_search_dark.svg	200	traktrain.com	651 B   121ms
lb-player_cover.jpg	200	traktrain.com	418 B   124.1ms
ic_favorite_border...	200	traktrain.com	335 B   122ms
ic_play_circle_outl...	200	traktrain.com	534 B   121.9ms
ic_shopping_cart_...	200	traktrain.com	752 B   127.9ms
b54c8d66-a3f2-4be...	200	d369yr65ludl8k.cloudf..	17.8 KB   214.3ms
b7c4cf05-c091-46b3..	200	d369yr65ludl8k.cloudf..	19.8 KB   193ms



## PageSpeed Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
<b>Leverage browser caching</b>	<span style="background-color: red; color: white;">F (45)</span>	▼ AVG SCORE: 64%	SERVER	HIGH

Leverage browser caching for the following cacheable resources:

- <https://d369yr65ludl8k.cloudfront.net/15/38b8a1a4-0f68-4472-b954-be485e51216a.jpg> (expiration not specified)
- <https://d369yr65ludl8k.cloudfront.net/15/50ac50b8-a269-4e98-8a59-a6822cf6edc7.jpg> (expiration not specified)
- <https://d369yr65ludl8k.cloudfront.net/15/b54c8d66-a3f2-4be0-869f-ee015eac2916.jpg> (expiration not specified)
- <https://d369yr65ludl8k.cloudfront.net/15/b7c4cf05-c091-46b3-b8d0-a149cbdcd6c.jpg> (expiration not specified)
- <https://traktrain.com/api/genres> (expiration not specified)
- <https://traktrain.com/promos> (expiration not specified)
- <https://static.hotjar.com/c/hotjar-1619548.js?sv=5> (1 minute)
- <https://www.google.com/recaptcha/api.js?render=explicit> (5 minutes)
- <https://www.google.com/recaptcha/api2/webworker.js?hl=en&v=61b1l03-TtCmSUR7dw9MJF9q> (5 minutes)
- <https://www.googletagmanager.com/gtm.js?id=GTM-MW3TM9P> (15 minutes)
- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> (50 minutes)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (1 hour)
- <https://www.google-analytics.com/plugins/ua/ec.js> (1 hour)
- <https://www.google-analytics.com/analytics.js> (2 hours)

<b>Defer parsing of JavaScript</b>	<span style="background-color: gold;">C (74)</span>	◆ AVG SCORE: 72%	JS	HIGH
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301.0KiB of JavaScript is parsed during initial page load. Defer parsing JavaScript to reduce blocking of page rendering.

- [https://www.gstatic.com/recaptcha/releases/61b1l03-TtCmSUR7dw9MJF9q/recaptcha\\_en.js](https://www.gstatic.com/recaptcha/releases/61b1l03-TtCmSUR7dw9MJF9q/recaptcha_en.js) (219.4KiB)
- <https://code.jquery.com/jquery-2.2.4.min.js> (77.3KiB)
- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html> (1.6KiB of inline JavaScript)
- <https://traktrain.com/assets/js/47237ad72b57e8252ee9c3ee30458c67-audio-analyser.min.js> (1.4KiB)
- <https://traktrain.com/jordonlumley1?t=420291> (1.3KiB of inline JavaScript)
- [https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOB0516oxee\\_oRjIOf8qXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw.&hl=en&v=61b1l03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009](https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOB0516oxee_oRjIOf8qXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw.&hl=en&v=61b1l03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009) (45B of inline JavaScript)

<b>Inline small JavaScript</b>	<span style="background-color: gold;">C (75)</span>	▼ AVG SCORE: 95%	JS	HIGH
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The following external resources have small response bodies. Inlining the response in HTML can reduce blocking of page rendering.

<https://traktrain.com/jordonlumley1?t=420291> should inline the following small resources:

- <https://traktrain.com/assets/js/common/4609df202ead0485a7c721ac09d88776-statsEvents.min.js>
- <https://traktrain.com/assets/js/e13f610f12c6b32d7395353e04d1289a-addToInfluencer.min.js>
- <https://traktrain.com/assets/js/profile/1e63855dd13eef69501f67d17bfc9e60-follow.min.js>

<b>Serve scaled images</b>	<span style="background-color: gold;">C (79)</span>	▲ AVG SCORE: 71%	IMAGES	HIGH
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The following images are resized in HTML or CSS. Serving scaled images could save 24.7KiB (95% reduction).

- <https://d369yr65ludl8k.cloudfront.net/15/992cecad-ebe1-47ff-b657-8ca24cd52a52.jpg> is resized in HTML or CSS from 360x360 to 80x80. Serving a scaled image could save 24.7KiB (95% reduction).

<b>Optimize the order of styles and scripts</b>	<span style="background-color: green;">B (83)</span>	▼ AVG SCORE: 94%	CSS/JS	HIGH
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The following inline script blocks were found in [https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOBo516oxee\\_oRjIOf8gXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw.&hl=en&v=61bII03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009](https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOBo516oxee_oRjIOf8gXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw.&hl=en&v=61bII03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009) between an external CSS file and another resource. To allow parallel downloading, move the inline script before the external CSS file, or after the next resource.

- Inline script block #1

The following inline script blocks were found in [https://www.google.com/recaptcha/api2/bframe?hl=en&v=61bII03-TtCmSUR7dw9MJF9q&k=6LfmENMUAAAAANjvOBo516oxee\\_oRjIOf8gXvNQw&cb=mmqaxani6440](https://www.google.com/recaptcha/api2/bframe?hl=en&v=61bII03-TtCmSUR7dw9MJF9q&k=6LfmENMUAAAAANjvOBo516oxee_oRjIOf8gXvNQw&cb=mmqaxani6440) between an external CSS file and another resource. To allow parallel downloading, move the inline script before the external CSS file, or after the next resource.

- Inline script block #1

## Minify JavaScript

B (87)

AVG SCORE: 90%

JS

HIGH

Minify JavaScript for the following resources to reduce their size by 14.6KiB (3% reduction).

- Minifying <https://traktrain.com/assets/js/7e6910a7d069e29ea3a7418696a01d7d-howler.core.min.js> could save 10.2KiB (57% reduction) after compression. See [optimized version](#).
- Minifying [https://www.gstatic.com/recaptcha/releases/61bII03-TtCmSUR7dw9MJF9q/recaptcha\\_\\_en.js](https://www.gstatic.com/recaptcha/releases/61bII03-TtCmSUR7dw9MJF9q/recaptcha__en.js) could save 1.0KiB (2% reduction) after compression. See [optimized version](#).
- Minifying [https://pagead2.googlesyndication.com/pagead/js/r20200224/r20190131/show\\_ads\\_impl\\_fy2019.js](https://pagead2.googlesyndication.com/pagead/js/r20200224/r20190131/show_ads_impl_fy2019.js) could save 948B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> could save 637B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://www.googletagmanager.com/gtm.js?id=GTM-MW3TM9P> could save 531B (3% reduction) after compression. See [optimized version](#).
- Minifying <https://cdnjs.cloudflare.com/ajax/libs/toastr.js/latest/toastr.min.js> could save 207B (10% reduction) after compression. See [optimized version](#).
- Minifying <https://www.google-analytics.com/analytics.js> could save 177B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://cdnjs.cloudflare.com/ajax/libs/velocity/1.5.0/velocity.min.js> could save 116B (1% reduction) after compression. See [optimized version](#).
- Minifying [https://www.google.com/js/bg/\\_MrNWMjpuftgzwJhLUbaP3jOFqueHqUbyGh0bRvmfU.js](https://www.google.com/js/bg/_MrNWMjpuftgzwJhLUbaP3jOFqueHqUbyGh0bRvmfU.js) could save 84B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> could save 78B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/2f7721a1933ef02720ef3e009b9b64b3-rangeslider.min.js> could save 73B (3% reduction) after compression. See [optimized version](#).
- Minifying <https://code.jquery.com/jquery-2.2.4.min.js> could save 47B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://www.google.com/recaptcha/api.js?render=explicit> could save 43B (10% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/e13f610f12c6b32d7395353e04d1289a-addToInfluencer.min.js> could save 37B (15% reduction) after compression. See [optimized version](#).
- Minifying <https://unpkg.com/tippy.js@3.4.1/dist/tippy.all.min.js> could save 37B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/567bf2bffc7e261abbce7a247a5bb4c-main.min.js> could save 34B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/b38a1c6104c5fa7a11b5807d4f9f1dc-libs.min.js> could save 34B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/common/4609df202ead0485a7c721ac09d88776-statsEvents.min.js> could save 34B (21% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/dd681a3e503fc976d196e94841ae6465-jquery.overlayScrollbars.min.js> could save 34B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://static.hotjar.com/c/hotjar-1619548.js?sv=5> could save 33B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/47237ad72b57e8252ee9c3ee30458c67-audio-analyser.min.js> could save 33B (7% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/common/8360dd1811c91f643afd3b893547631c-analytics.min.js> could save 33B (11% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/profile/1e63855dd13eef69501f67d17bfc9e60-follow.min.js> could save 33B (14% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/1f5fc4492c313629572b90e55b12e21-semi-spa.min.js> could save 31B (4% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/producer/aff6c3144a610319208945602b556c62-producer.min.js> could save 31B (3% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/79de5faa954a65fe53bb82dbcd2bd350-fixedPlayer.min.js> could save 30B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/common/3d54e922a1427b3024a1c82706b514c1-purchase.min.js> could save 30B (3% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/js/common/32be858f74d8984647962887cd6882a9-contactUser.min.js> could save 28B (4% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/assets/favicons/baddcc8a0ab92d3960d8d84c4ef8b998-manifest.json> could save 26B (15% reduction) after compression. See [optimized version](#).
- Minifying <https://www.google-analytics.com/plugins/ua/ec.js> could save 10B (1% reduction) after compression. See [optimized version](#).

- Minifying [https://script.hotjar.com/modules\\_e483a7fd5848d79df4ee.js](https://script.hotjar.com/modules_e483a7fd5848d79df4ee.js) could save 4B (1% reduction) after compression. See [optimized version](#).

## Minimize redirects

A (92)

AVG SCORE: 87%

CONTENT

HIGH

Remove the following redirect chain if possible:

- <https://unpkg.com/tippy.js@3/dist/tippy.all.min.js>
- <https://unpkg.com/tippy.js@3.4.1/dist/tippy.all.min.js>

## Specify a cache validator

A (92)

AVG SCORE: 95%

SERVER

HIGH

The following resources are missing a cache validator. Resources that do not specify a cache validator cannot be refreshed efficiently. Specify a Last-Modified or ETag header to enable cache validation for the following resources:

- <https://traktrain.com/api/genres>
- <https://traktrain.com/promos>
- <https://www.google.com/recaptcha/api.js?render=explicit>
- <https://www.google.com/recaptcha/api2/webworker.js?hl=en&v=61bl03-TtCmSUR7dw9MJF9g>

## Minimize request size

A (96)

AVG SCORE: 95%

CONTENT

HIGH

The requests for the following URLs don't fit in a single packet. Reducing the size of these requests could reduce latency.

- [https://googleads.g.doubleclick.net/pagead/ads?client=ca-pub-4190837169337806&output=html&adk=1812271804&adf=3025194257&lmt=1582898552&plat=1%3A32776%2C2%3A32776%2C8%3A32776%2C9%3A32776%2C16%3A8388608%2C17%3A32%2C24%3A32%2C25%3A32%2C30%3A1081344%2C32%3A32%2C40%3A32&quci=2.2.0.0.2.2.0.0&format=0x0&url=https%3A%2F%2Ftraktrain.com%2Fjordonlumley1%3Ff%3D420291&ea=0&flash=0&pra=5&wgl=1&dt=1582898551815&bpp=53&bd=775&fd=988&id=989&shv=r20200224&cbv=r20190131&ptt=9&saldr=aa&abxe=1&nras=1&correlator=8375562798342&frm=20&pv=2&ga\\_vid=62700034.1582898553&ga\\_sid=1582898553&ga\\_hid=477465392&ga\\_fc=0&iag=0&icsg=151801308378111&dssz=37&mdo=0&mso=0&u\\_tz=-480&u\\_his=2&u\\_java=0&u\\_h=862&u\\_w=1367&u\\_ah=862&u\\_aw=1367&u\\_cd=24&u\\_nplug=3&u\\_nmime=4&adx=-12245933&ady=-12245933&biw=1366&bih=768&scr\\_x=0&scr\\_y=0&eid=21065566&oid=3&pvsid=3691811955120793&pem=301&rx=0&eae=2&fc=1920&brdim=0%2C0%2C0%2C0%2C1367%2C0%2C1366%2C861%2C1366%2C768&vis=1&rsz=%7C%7C%7C&abl=NS&fu=16&bc=31&ifi=0&uci=a10&fsb=1&dtd=1047](https://googleads.g.doubleclick.net/pagead/ads?client=ca-pub-4190837169337806&output=html&adk=1812271804&adf=3025194257&lmt=1582898552&plat=1%3A32776%2C2%3A32776%2C8%3A32776%2C9%3A32776%2C16%3A8388608%2C17%3A32%2C24%3A32%2C25%3A32%2C30%3A1081344%2C32%3A32%2C40%3A32&quci=2.2.0.0.2.2.0.0&format=0x0&url=https%3A%2F%2Ftraktrain.com%2Fjordonlumley1%3Ff%3D420291&ea=0&flash=0&pra=5&wgl=1&dt=1582898551815&bpp=53&bd=775&fd=988&id=989&shv=r20200224&cbv=r20190131&ptt=9&saldr=aa&abxe=1&nras=1&correlator=8375562798342&frm=20&pv=2&ga_vid=62700034.1582898553&ga_sid=1582898553&ga_hid=477465392&ga_fc=0&iag=0&icsg=151801308378111&dssz=37&mdo=0&mso=0&u_tz=-480&u_his=2&u_java=0&u_h=862&u_w=1367&u_ah=862&u_aw=1367&u_cd=24&u_nplug=3&u_nmime=4&adx=-12245933&ady=-12245933&biw=1366&bih=768&scr_x=0&scr_y=0&eid=21065566&oid=3&pvsid=3691811955120793&pem=301&rx=0&eae=2&fc=1920&brdim=0%2C0%2C0%2C0%2C1367%2C0%2C1366%2C861%2C1366%2C768&vis=1&rsz=%7C%7C%7C&abl=NS&fu=16&bc=31&ifi=0&uci=a10&fsb=1&dtd=1047) has a request size of 2.5KiB
  - Request URL: 989B
  - Cookies: 125B
  - Referer Url: 22B
  - Other: 1.4KiB

## Optimize images

A (96)

AVG SCORE: 73%

IMAGES

HIGH

Optimize the following images to reduce their size by 4.8KiB (13% reduction).

- Losslessly compressing <https://traktrain.com/assets/design/images/logo/30e0571e37b67c65917f9f1942f09446-logo-img@2x.png> could save 1.8KiB (62% reduction). See [optimized version](#).
- Losslessly compressing <https://traktrain.com/assets/design/images/Bitmap.png> could save 1.7KiB (25% reduction). See [optimized version](#).
- Losslessly compressing <https://d369yr65ludl8k.cloudfront.net/15/992cecad-ebe1-47ff-b657-8ca24cd52a52.jpg> could save 810B (4% reduction). See [optimized version](#).
- Losslessly compressing [https://traktrain.com/assets/design/images/profile/lb-player\\_cover.jpg](https://traktrain.com/assets/design/images/profile/lb-player_cover.jpg) could save 285B (69% reduction). See [optimized version](#).
- Losslessly compressing <https://traktrain.com/assets/favicons/9123281b299810e3e3bdd78b0fa249b-favicon-32x32.png> could save 245B (13% reduction). See [optimized version](#).

## Minify HTML

A (99)

AVG SCORE: 98%

CONTENT

LOW

Minify HTML for the following resources to reduce their size by 354B (1% reduction).



- Minifying [https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOBo516oxee\\_oRjIOf8gXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw..&hl=en&v=61bll03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009](https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfmENMUAAAAANjvOBo516oxee_oRjIOf8gXvNQw&co=aHR0cHM6Ly90cmFrdHJhaW4uY29tOjQ0Mw..&hl=en&v=61bll03-TtCmSUR7dw9MJF9q&theme=dark%0A&size=normal&cb=h4udi7x03009) could save 115B (2% reduction) after compression. See [optimized version](#).
- Minifying [https://www.google.com/recaptcha/api2/bframe?hl=en&v=61bll03-TtCmSUR7dw9MJF9q&k=6LfmENMUAAAAANjvOBo516oxee\\_oRjIOf8gXvNQw&cb=mmqaxani6440](https://www.google.com/recaptcha/api2/bframe?hl=en&v=61bll03-TtCmSUR7dw9MJF9q&k=6LfmENMUAAAAANjvOBo516oxee_oRjIOf8gXvNQw&cb=mmqaxani6440) could save 105B (9% reduction) after compression. See [optimized version](#).
- Minifying [https://googleads.g.doubleclick.net/pagead/html/r20200224/r20190131/zrt\\_lookup.html](https://googleads.g.doubleclick.net/pagead/html/r20200224/r20190131/zrt_lookup.html) could save 83B (2% reduction) after compression. See [optimized version](#).
- Minifying <https://traktrain.com/jordonlumley1?t=420291> could save 44B (1% reduction) after compression. See [optimized version](#).
- Minifying <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html> could save 7B (1% reduction) after compression. See [optimized version](#).

## Minify CSS

A (99)

AVG SCORE: 96%

CSS

HIGH

Minify CSS for the following resources to reduce their size by 224B (1% reduction).

- Minifying <https://traktrain.com/assets/design/css/c281095adcee92a142396d42dc497f50-main.min.css> could save 224B (1% reduction) after compression. See [optimized version](#).

## Specify a character set early

A (99)

AVG SCORE: 100%

CONTENT

MEDIUM

The following resources have no character set specified in their HTTP headers. Specifying a character set in HTTP headers can speed up browser rendering.

- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html>

## Specify image dimensions

A (99)

AVG SCORE: 98%

IMAGES

MEDIUM

The following image(s) are missing width and/or height attributes.

- <https://traktrain.com/assets/design/images/logo/30e0571e37b67c65917f9f1942f09446-logo-img@2x.png> (Dimensions: 540 x 530)

## Avoid bad requests

A (100)

AVG SCORE: 98%

CONTENT

HIGH

You scored 100% on this recommendation - nothing to do here!

## Avoid landing page redirects

A (100)

AVG SCORE: 98%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

## Enable compression

A (100)

AVG SCORE: 89%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

## Enable Keep-Alive

A (100)

AVG SCORE: 99%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

## Inline small CSS

A (100)

AVG SCORE: 96%

CSS

HIGH

You scored 100% on this recommendation - nothing to do here!

**Put CSS in the document head** A (100) ◆ AVG SCORE: 100% CSS HIGH

You scored 100% on this recommendation - nothing to do here!

**Serve resources from a consistent URL** A (100) ▲ AVG SCORE: 90% CONTENT HIGH

You scored 100% on this recommendation - nothing to do here!

**Combine images using CSS sprites** A (100) ▲ AVG SCORE: 93% IMAGES HIGH

You scored 100% on this recommendation - nothing to do here!

**Avoid CSS @import** A (100) ◆ AVG SCORE: 98% CSS MEDIUM

You scored 100% on this recommendation - nothing to do here!

**Prefer asynchronous resources** A (100) ◆ AVG SCORE: 100% JS MEDIUM

You scored 100% on this recommendation - nothing to do here!

**Avoid a character set in the meta tag** A (99) ◆ AVG SCORE: 100% CONTENT LOW

The following resources have a character set specified in a meta tag. Specifying a character set in a meta tag disables the lookahead downloader in IE8. To improve resource download parallelization, move the character set to the HTTP Content-Type response header.

- <https://vars.hotjar.com/box-469cf41adb11dc78be68c1ae7f9457a4.html>

**Specify a Vary: Accept-Encoding header** A (100) ◆ AVG SCORE: 97% SERVER LOW

You scored 100% on this recommendation - nothing to do here!



## YSlow Recommendations

RECOMMENDATION	GRADE	RELATIVE	TYPE	PRIORITY
<b>Add Expires headers</b>	F (1)	▼ AVG SCORE: 29%	SERVER	HIGH

There are 9 static components without a far-future expiration date.

- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js>
- <https://code.jquery.com/jquery-2.2.4.min.js>
- <https://www.google.com/recaptcha/api.js?render=explicit>
- <https://www.googletagmanager.com/gtm.js?id=GTM-MW3TM9P>
- <https://adservice.google.com/adsid/integrator.js?domain=traktrain.com>
- <https://www.google-analytics.com/analytics.js>
- <https://static.hotjar.com/c/hotjar-1619548.js?sv=5>
- <https://www.google-analytics.com/plugins/ua/ec.js>
- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101>

<b>Make fewer HTTP requests</b>	F (0)	▼ AVG SCORE: 32%	CONTENT	HIGH
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This page has 30 external Javascript scripts. Try combining them into one.

<b>Use a Content Delivery Network (CDN)</b>	F (0)	▼ AVG SCORE: 27%	SERVER	MEDIUM
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Using a CDN YSlow doesn't recognize? Specify your CDNs in your [User Settings](#).

There are 22 static components that are not on CDN.

- <https://traktrain.com/assets/design/css/c281095adcee92a142396d42dc497f50-main.min.css>
- <https://traktrain.com/assets/design/images/logo/30e0571e37b67c65917f9f1942f09446-logo-img@2x.png>
- <https://traktrain.com/assets/js/47237ad72b57e8252ee9c3ee30458c67-audio-analyser.min.js>
- <https://traktrain.com/assets/js/7e6910a7d069e29ea3a7418696a01d7d-howler.core.min.js>
- <https://traktrain.com/assets/js/common/4609df202ead0485a7c721ac09d88776-statsEvents.min.js>
- <https://traktrain.com/assets/js/producer/aff6c3144a610319208945602b556c62-producer.min.js>
- <https://traktrain.com/assets/js/profile/1e63855dd13eef69501f67d17bfc9e60-follow.min.js>
- <https://traktrain.com/assets/js/e13f610f12c6b32d7395353e04d1289a-addToInfluencer.min.js>
- <https://traktrain.com/assets/js/b38a1c6104c5fa7a111b5807d4f9f1dc-libs.min.js>
- <https://traktrain.com/assets/js/dd681a3e503fc976d196e94841ae6465-jquery.overlayScrollbars.min.js>
- <https://traktrain.com/assets/js/1f5fcf4492c313629572b90e55b12e21-semi-spa.min.js>
- <https://traktrain.com/assets/js/2f7721a1933ef02720ef3e009b9b64b3-rangeslider.min.js>
- <https://traktrain.com/assets/js/common/8360dd1811c91f643afd3b893547631c-analytics.min.js>
- <https://traktrain.com/assets/js/common/3d54e922a1427b3024a1c82706b514c1-purchase.min.js>
- <https://traktrain.com/assets/js/common/32be858f74d8984647962887cd6882a9-contactUser.min.js>
- <https://traktrain.com/assets/js/567bf2bffc7e261abbce7a247a5bb4c-main.min.js>
- <https://traktrain.com/assets/js/79de5faa954a65fe53bb82dbcd2bd350-fixedPlayer.min.js>
- [https://traktrain.com/assets/design/images/profile/lb-player\\_cover.jpg](https://traktrain.com/assets/design/images/profile/lb-player_cover.jpg)
- <https://static.hotjar.com/c/hotjar-1619548.js?sv=5>
- <https://traktrain.com/assets/design/images/Bitmap.png>
- <https://traktrain.com/assets/design/css/ajax-loader.gif>
- <https://script.hotjar.com/modules.e483a7fd5848d79df4ee.js>

<b>Use cookie-free domains</b>	F (0)	▼ AVG SCORE: 54%	COOKIE	LOW
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There are 20 components that are not cookie-free

- <https://traktrain.com/assets/design/css/c281095adcee92a142396d42dc497f50-main.min.css>
- <https://traktrain.com/assets/design/images/logo/30e0571e37b67c65917f9f1942f09446-logo-img@2x.png>
- <https://traktrain.com/assets/js/47237ad72b57e8252ee9c3ee30458c67-audio-analyser.min.js>
- <https://traktrain.com/assets/js/7e6910a7d069e29ea3a7418696a01d7d-howler.core.min.js>

- <https://traktrain.com/assets/js/common/4609df202ead0485a7c721ac09d88776-statsEvents.min.js>
- <https://traktrain.com/assets/js/producer/aff6c3144a610319208945602b556c62-producer.min.js>
- <https://traktrain.com/assets/js/profile/1e638555dd13eef69501f67d17bfc9e60-follow.min.js>
- <https://traktrain.com/assets/js/e13f610f12c6b32d7395353e04d1289a-addToInfluencer.min.js>
- <https://traktrain.com/assets/js/b38a1c6104c5fa7a111b5807d4f9f1dc-libs.min.js>
- <https://traktrain.com/assets/js/dd681a3e503fc976d196e94841ae6465-jquery.overlayScrollbars.min.js>
- <https://traktrain.com/assets/js/1f5fcf4492c313629572b90e55b12e21-semi-spa.min.js>
- <https://traktrain.com/assets/js/2f721a1933ef02720ef3e009b9b64b3-rangeslider.min.js>
- <https://traktrain.com/assets/js/common/8360dd1811c91f643afd3b893547631c-analytics.min.js>
- <https://traktrain.com/assets/js/common/3d54e922a1427b3024a1c82706b514c1-purchase.min.js>
- <https://traktrain.com/assets/js/common/32be858f74d8984647962887cd6882a9-contactUser.min.js>
- <https://traktrain.com/assets/js/567bf2bffc7e261abbce7a247a5bb4c-main.min.js>
- <https://traktrain.com/assets/js/79de5faa954a65fe53bb82dbcd2bd350-fixedPlayer.min.js>
- [https://traktrain.com/assets/design/images/profile/lb-player\\_cover.jpg](https://traktrain.com/assets/design/images/profile/lb-player_cover.jpg)
- <https://traktrain.com/assets/design/images/Bitmap.png>
- <https://traktrain.com/assets/design/css/ajax-loader.gif>

## Reduce DNS lookups

F (40)

AVG SCORE: 70%

CONTENT

LOW

The components are split over more than 4 domains

- traktrain.com: 26 components, 960.1K (163.4K GZip)
- pagead2.googlesyndication.com: 2 components, 335.3K (123.2K GZip)
- d369yr65ludl8k.cloudfront.net: 2 components, 28.5K
- code.jquery.com: 1 component, 85.5K (29.8K GZip)
- cdnjs.cloudflare.com: 2 components, 50.3K (18.1K GZip)
- unpkg.com: 2 components, 53.1K (14.8K GZip)
- www.google.com: 5 components, 40.9K (17.2K GZip)
- www.googletagmanager.com: 1 component, 68.9K (22.6K GZip)
- adservice.google.com: 1 component, 0.1K (0.1K GZip)
- googleads.g.doubleclick.net: 2 components, 10.0K (4.5K GZip)
- www.google-analytics.com: 2 components, 48.0K (19.4K GZip)
- static.hotjar.com: 1 component, 3.4K (1.6K GZip)
- www.gstatic.com: 2 components, 405.8K (185.6K GZip)
- www.googletagservices.com: 1 component, 74.7K (27.7K GZip)
- script.hotjar.com: 1 component, 406.8K (71.4K GZip)
- vars.hotjar.com: 1 component, 2.0K (0.8K GZip)

## Minify JavaScript and CSS

A (90)

AVG SCORE: 73%

CSS/JS

MEDIUM

There is 1 component that can be minified

- <https://traktrain.com/assets/js/7e6910a7d069e29ea3a7418696a01d7d-howler.core.min.js>

## Avoid URL redirects

A (90)

AVG SCORE: 87%

CONTENT

MEDIUM

There is 1 redirect

- <https://unpkg.com/tippy.js@3/dist/tippy.all.min.js> redirects to <https://unpkg.com/tippy.js@3.4.1/dist/tippy.all.min.js>

## Compress components

A (100)

AVG SCORE: 90%

SERVER

HIGH

You scored 100% on this recommendation - nothing to do here!

## Make AJAX cacheable

A (100)

AVG SCORE: 100%

JS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

## Remove duplicate JavaScript and CSS

A (100)

AVG SCORE: 100%

CSS/JS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

## Avoid AlphasLoader filter

A (100)

AVG SCORE: 99%

CSS

MEDIUM

You scored 100% on this recommendation - nothing to do here!

## Avoid HTTP 404 (Not Found) error

A (100)

AVG SCORE: 98%

CONTENT

MEDIUM

You scored 100% on this recommendation - nothing to do here!

## Reduce the number of DOM elements

A (100)

AVG SCORE: 91%

CONTENT

LOW

You scored 100% on this recommendation - nothing to do here!

## Use GET for AJAX requests

A (100)

AVG SCORE: 100%

JS

LOW

You scored 100% on this recommendation - nothing to do here!

## Avoid CSS expressions

A (100)

AVG SCORE: 99%

CSS

LOW

You scored 100% on this recommendation - nothing to do here!

## Reduce cookie size

A (100)

AVG SCORE: 100%

COOKIE

LOW

You scored 100% on this recommendation - nothing to do here!

## Make favicon small and cacheable

A (100)

AVG SCORE: 100%

IMAGES

LOW

You scored 100% on this recommendation - nothing to do here!

## Configure entity tags (ETags)

A (100)

AVG SCORE: 96%

SERVER

LOW

You scored 100% on this recommendation - nothing to do here!

## Make JavaScript and CSS external

(n/a)

CSS/JS

MEDIUM

Only consider this if your property is a common user home page.

- There is a total of 3 inline css
- There is a total of 8 inline scripts