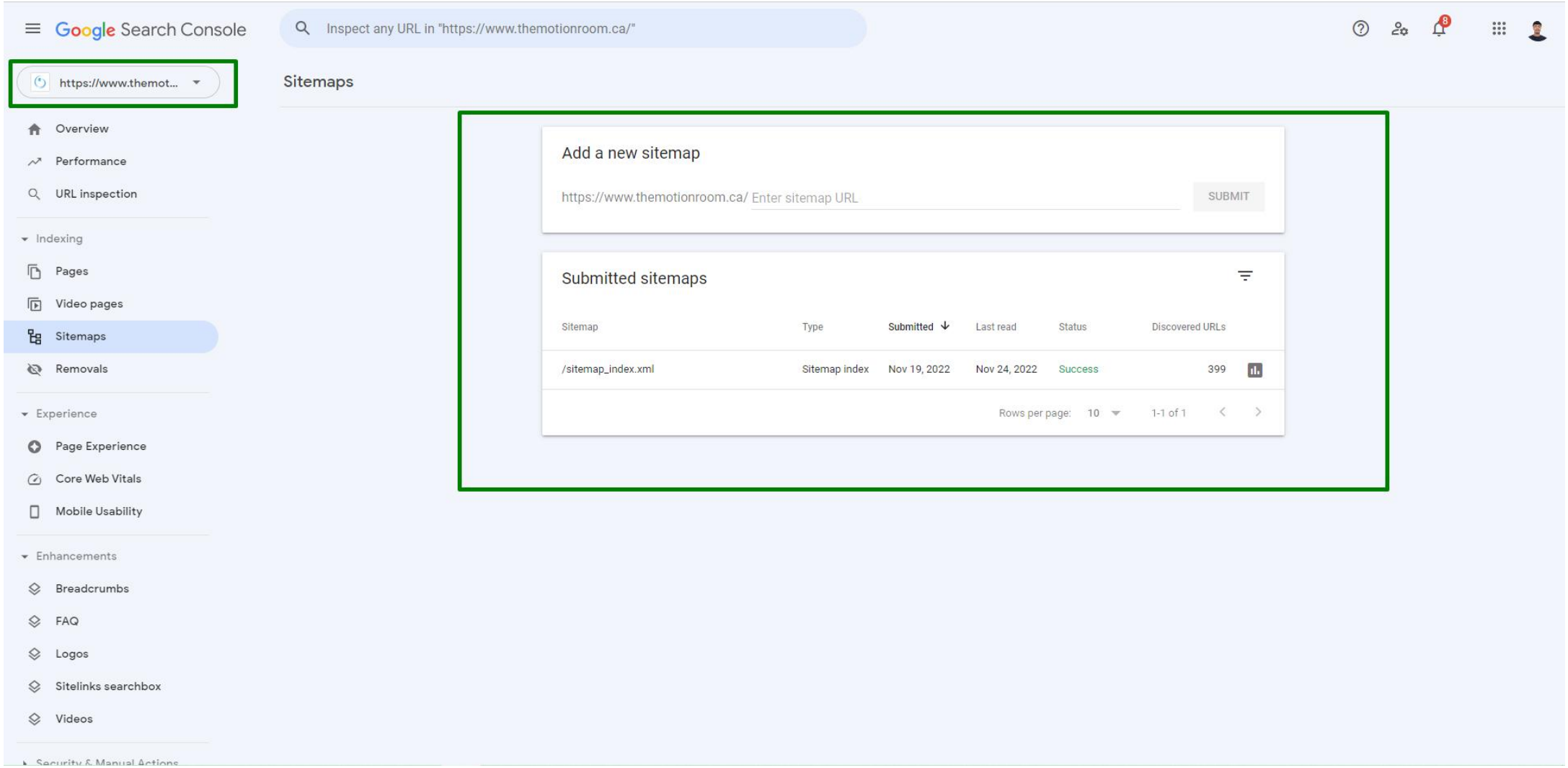
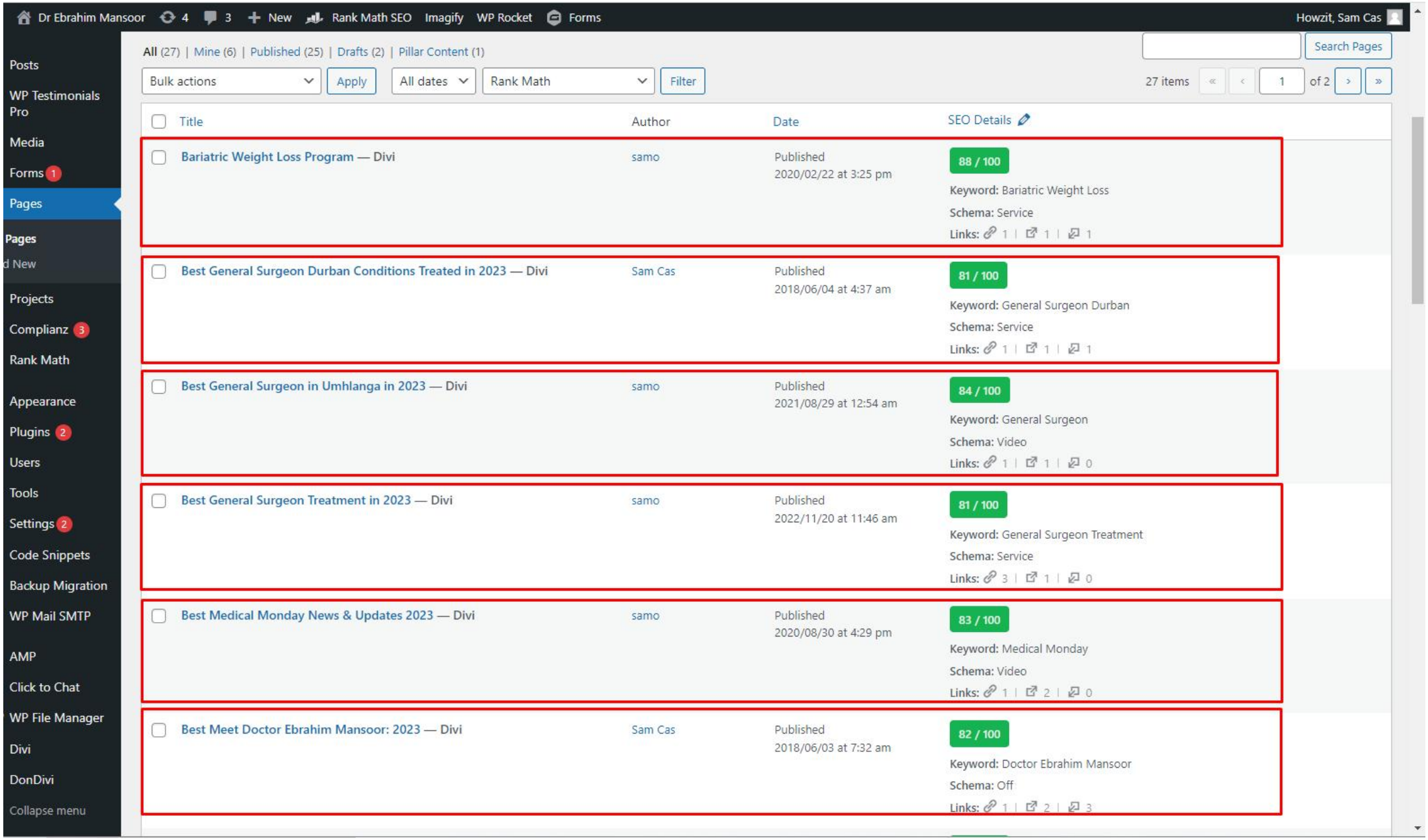
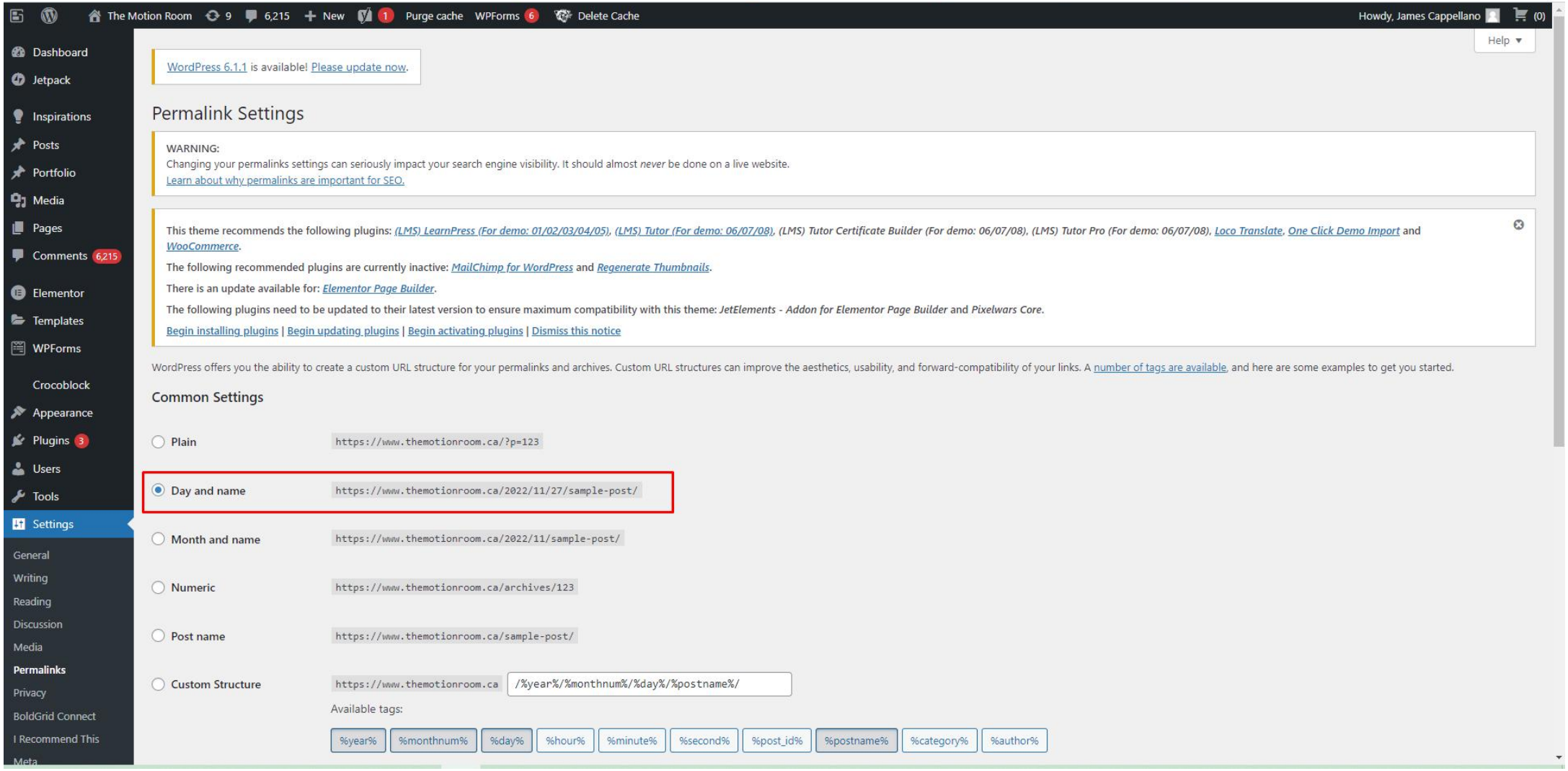
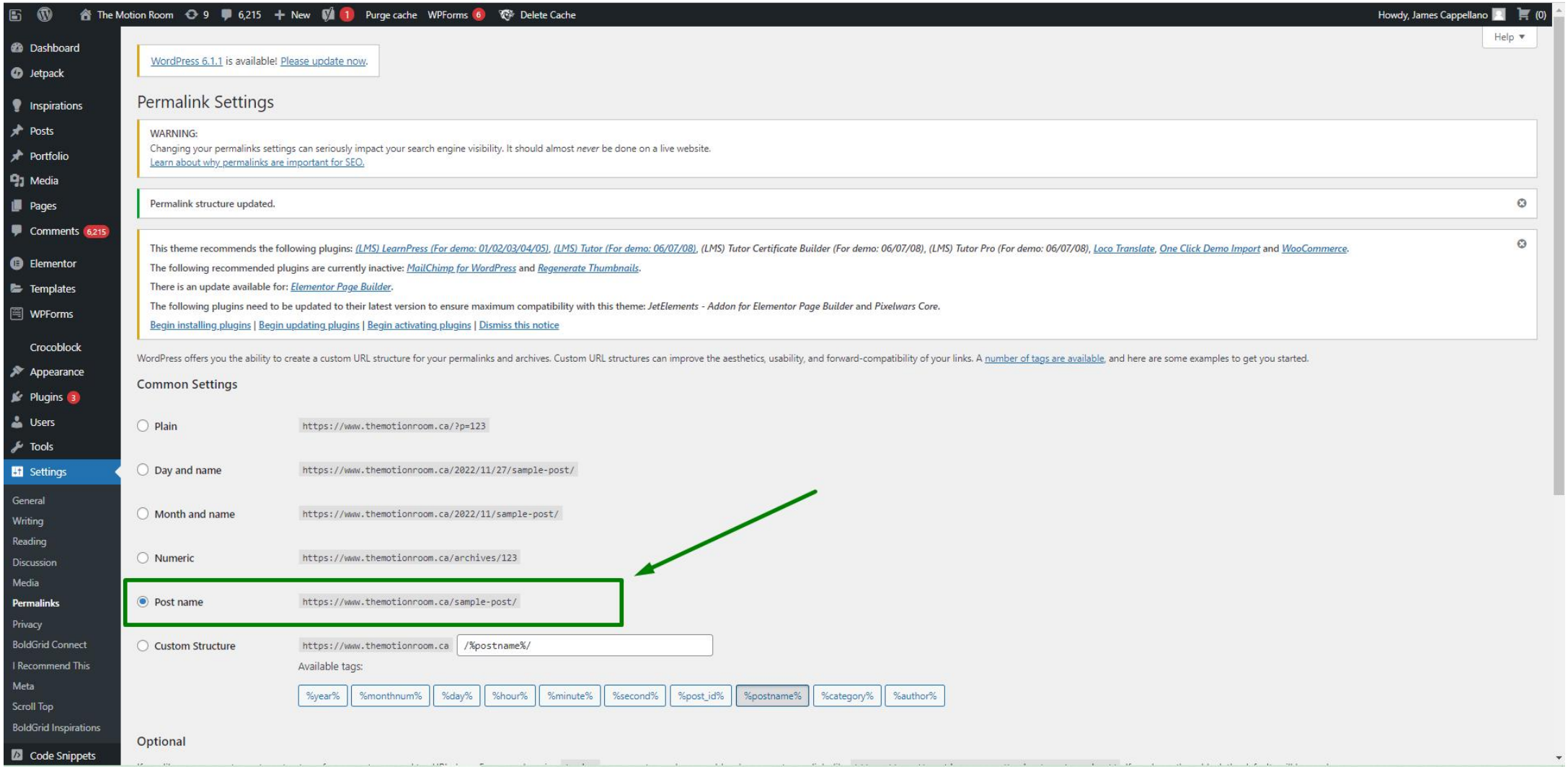

Google Search Console
Inspect any URL in "https://www.themotionroom.ca/"
https://www.themot...
Overview
Performance
URL inspection
Indexing
Pages
Video pages
Sitemaps
Removals
Experience
Page Experience
Core Web Vitals
Mobile Usability
Enhancements
Breadcrumbs
FAQ
Logos
Sitelinks searchbox
Videos
Sitemaps
Add a new sitemap
https://www.themotionroom.ca/ Enter sitemap URL
SUBMIT
Submitted sitemaps
Sitemap
Type
Submitted
Last read
Status
Discovered URLs
/sitemap_index.xml
Sitemap index
Nov 19, 2022
Nov 24, 2022
Success
399
Rows per page: 10
1-1 of 1


Dr Ebrahim Mansoor 4 3 New Rank Math SEO Imagify WP Rocket Forms Howzit, Sam Cas
Posts
WP Testimonials Pro
Media
Forms 1
Pages
Pages
d New
Projects
Complianz 3
Rank Math
Appearance
Plugins 2
Users
Tools
Settings 2
Code Snippets
Backup Migration
WP Mail SMTP
AMP
Click to Chat
WP File Manager
Divi
DonDivi
Collapse menu
All (27) | Mine (6) | Published (25) | Drafts (2) | Pillar Content (1)
Search Pages
Bulk actions Apply All dates Rank Math Filter
27 items « ‹ 1 of 2 › »
Title Author Date SEO Details
Bariatric Weight Loss Program — Divi samo Published 2020/02/22 at 3:25 pm 88 / 100 Keyword: Bariatric Weight Loss Schema: Service Links: 1 | 1 | 1
Best General Surgeon Durban Conditions Treated in 2023 — Divi Sam Cas Published 2018/06/04 at 4:37 am 81 / 100 Keyword: General Surgeon Durban Schema: Service Links: 1 | 1 | 1
Best General Surgeon in Umhlanga in 2023 — Divi samo Published 2021/08/29 at 12:54 am 84 / 100 Keyword: General Surgeon Schema: Video Links: 1 | 1 | 0
Best General Surgeon Treatment in 2023 — Divi samo Published 2022/11/20 at 11:46 am 81 / 100 Keyword: General Surgeon Treatment Schema: Service Links: 3 | 1 | 0
Best Medical Monday News & Updates 2023 — Divi samo Published 2020/08/30 at 4:29 pm 83 / 100 Keyword: Medical Monday Schema: Video Links: 1 | 2 | 0
Best Meet Doctor Ebrahim Mansoor: 2023 — Divi Sam Cas Published 2018/06/03 at 7:32 am 82 / 100 Keyword: Doctor Ebrahim Mansoor Schema: Off Links: 1 | 2 | 3

Dr Ebrahim Mansoor 4 3 New View Posts Rank Math SEO Imagify WP Rocket Forms Howzit, Sam Cas
Posts
Posts
d New
tegories
s
WP Testimonials Pro
Media
Forms 1
Pages
Projects
Complianz 3
Rank Math
Appearance
Plugins 2
Users
Tools
Settings 2
Code Snippets
Backup Migration
WP Mail SMTP
AMP
Click to Chat
WP File Manager
Divi
DonDivi
Title Author Categories Tags Date SEO Details
Female Surgical Health and Treatment — Divi Dr Ebrahim Mansoor Articles, Treatments — Published 2022/08/03 at 10:29 pm 86 / 100 Keyword: Female Surgical Health Schema: Article Links: 1 | 3 | 4
What is a General Surgeon — Divi samo Articles — Published 2021/09/15 at 3:23 pm 89 / 100 Keyword: General Surgeon Schema: Article Links: 6 | 1 | 5
General Surgeon Online Consultation In South Africa — Divi admin General Surgeon — Published 2021/09/02 at 10:54 am 81 / 100 Keyword: General Surgeon Online Consultation Schema: Article Links: 1 | 1 | 2
What is PEG Percutaneous Endoscopic Gastrostomy & Its Treatment best 2023 Dr Ebrahim Mansoor Articles, Treatments Endoscopic Gastrostomy, Percutaneous Endoscopic Gastrostomy, Remove term: Percutaneous Endoscopic Gastrostomy Percutaneous Endoscopic Published 2020/02/17 at 10:50 am 82 / 100 Keyword: Percutaneous Endoscopic Gastrostomy Schema: Article Links: 2 | 1 | 4
What Types of Hernias Are There And Its Treatment Dr Ebrahim Mansoor Articles, Hernias — Published 2020/02/16 at 1:50 pm 82 / 100 Keyword: Types of Hernias Schema: Article Links: 2 | 1 | 5
What is a Hernia and How to Treat best 2023 Dr Ebrahim Mansoor Articles, Hernias Hernia Treatment, What is a Hernia Published 2018/12/24 at 6:50 am 82 / 100 Keyword: What is a Hernia Schema: Article Links: 2 | 1 | 6
Title Author Categories Tags Date SEO Details


The Motion Room 9 6,215 New 1 Purge cache WPForms 6 Delete Cache
Howdy, James Cappellano (0)
Help
Dashboard
Jetpack
Inspirations
Posts
Portfolio
Media
Pages
Comments 6,215
Elementor
Templates
WPForms
Crocoblock
Appearance
Plugins 3
Users
Tools
Settings
General
Writing
Reading
Discussion
Media
Permalinks
Privacy
BoldGrid Connect
I Recommend This
Meta
WordPress 6.1.1 is available! Please update now.
Permalink Settings
WARNING:
Changing your permalinks settings can seriously impact your search engine visibility. It should almost never be done on a live website.
Learn about why permalinks are important for SEO.
This theme recommends the following plugins: (LMS) LearnPress (For demo: 01/02/03/04/05), (LMS) Tutor (For demo: 06/07/08), (LMS) Tutor Certificate Builder (For demo: 06/07/08), (LMS) Tutor Pro (For demo: 06/07/08), Loco Translate, One Click Demo Import and WooCommerce.
The following recommended plugins are currently inactive: MailChimp for WordPress and Regenerate Thumbnails.
There is an update available for: Elementor Page Builder.
The following plugins need to be updated to their latest version to ensure maximum compatibility with this theme: JetElements - Addon for Elementor Page Builder and Pixelwars Core.
Begin installing plugins | Begin updating plugins | Begin activating plugins | Dismiss this notice
WordPress offers you the ability to create a custom URL structure for your permalinks and archives. Custom URL structures can improve the aesthetics, usability, and forward-compatibility of your links. A number of tags are available, and here are some examples to get you started.
Common Settings
Plain https://www.themotionroom.ca/?p=123
Day and name https://www.themotionroom.ca/2022/11/27/sample-post/
Month and name https://www.themotionroom.ca/2022/11/sample-post/
Numeric https://www.themotionroom.ca/archives/123
Post name https://www.themotionroom.ca/sample-post/
Custom Structure https://www.themotionroom.ca /%year%/%monthnum%/%day%/%postname%/
Available tags:
%year% %monthnum% %day% %hour% %minute% %second% %post_id% %postname% %category% %author%


The Motion Room 9 6,215 New 1 Purge cache WPForms 6 Delete Cache
Howdy, James Cappellano (0)
Help
Dashboard
Jetpack
Inspirations
Posts
Portfolio
Media
Pages
Comments 6,215
Elementor
Templates
WPForms
Crocoblock
Appearance
Plugins 3
Users
Tools
Settings
General
Writing
Reading
Discussion
Media
Permalinks
Privacy
BoldGrid Connect
I Recommend This
Meta
Scroll Top
BoldGrid Inspirations
Code Snippets
WordPress 6.1.1 is available! Please update now.
Permalink Settings
WARNING:
Changing your permalinks settings can seriously impact your search engine visibility. It should almost never be done on a live website.
Learn about why permalinks are important for SEO.
Permalink structure updated.
This theme recommends the following plugins: (LMS) LearnPress (For demo: 01/02/03/04/05), (LMS) Tutor (For demo: 06/07/08), (LMS) Tutor Certificate Builder (For demo: 06/07/08), (LMS) Tutor Pro (For demo: 06/07/08), Loco Translate, One Click Demo Import and WooCommerce.
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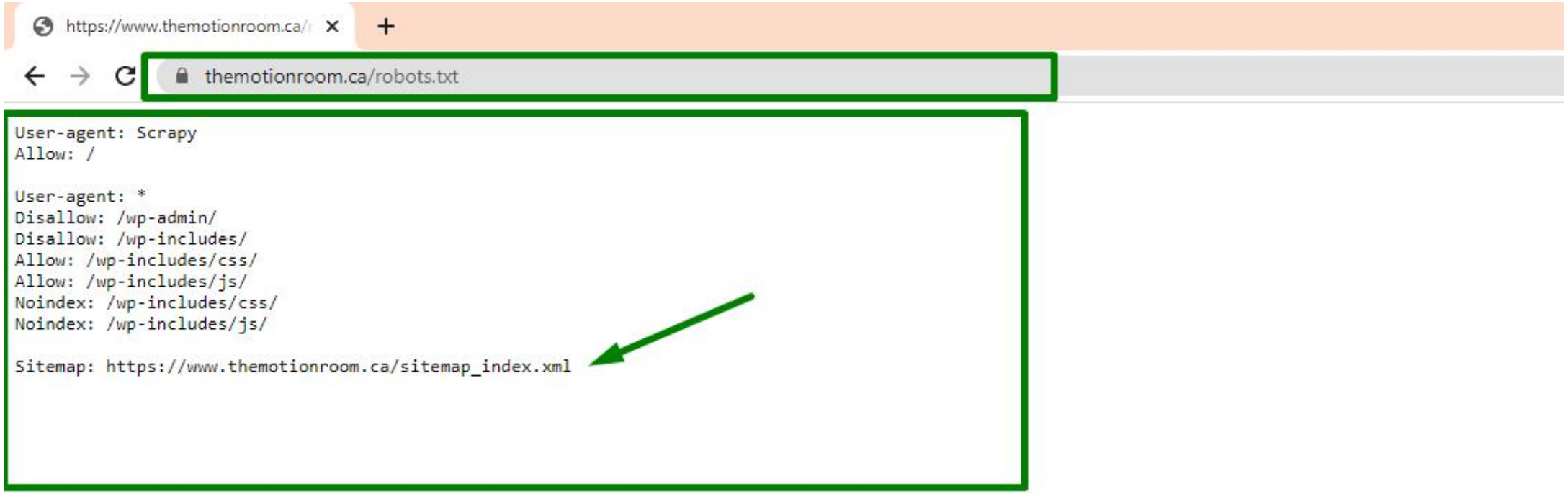
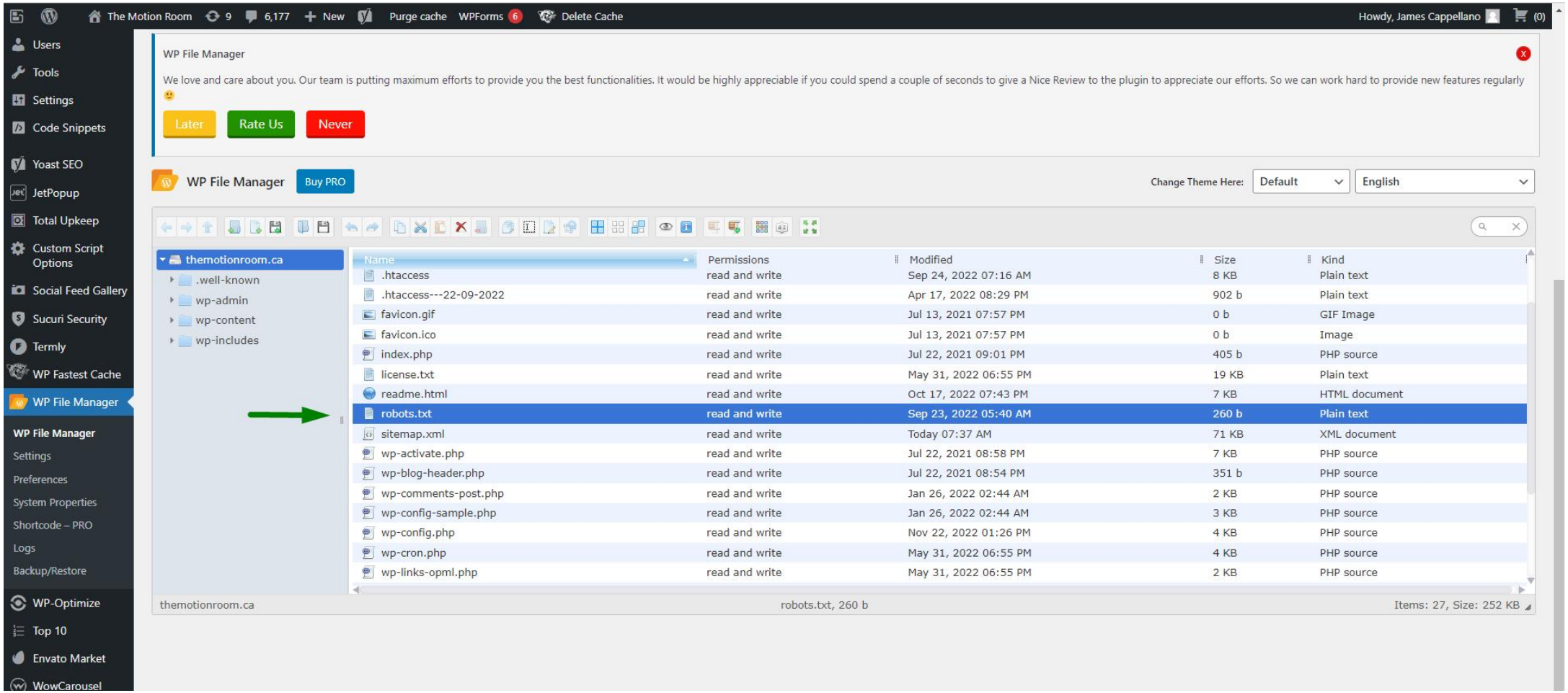
Plain https://www.themotionroom.ca/?p=123
Day and name https://www.themotionroom.ca/2022/11/27/sample-post/
Month and name https://www.themotionroom.ca/2022/11/sample-post/
Numeric https://www.themotionroom.ca/archives/123
Post name https://www.themotionroom.ca/sample-post/
Custom Structure https://www.themotionroom.ca /%postname%/
Available tags:
%year% %monthnum% %day% %hour% %minute% %second% %post_id% %postname% %category% %author%
Optional


https://www.themotionroom.ca/
themotionroom.ca/robots.txt
User-agent: Scrapy
Allow: /
User-agent: *
Disallow: /wp-admin/
Disallow: /wp-includes/
Allow: /wp-includes/css/
Allow: /wp-includes/js/
Noindex: /wp-includes/css/
Noindex: /wp-includes/js/
Sitemap: https://www.themotionroom.ca/sitemap_index.xml


The Motion Room 9 6,177 New Purge cache WPForms 6 Delete Cache Howdy, James Cappellano (0)
Users
Tools
Settings
Code Snippets
Yoast SEO
JetPopup
Total Upkeep
Custom Script Options
Social Feed Gallery
Sucuri Security
Termly
WP Fastest Cache
WP File Manager
WP File Manager
Settings
Preferences
System Properties
Shortcode – PRO
Logs
Backup/Restore
WP-Optimize
Top 10
Envato Market
WowCarousel
WP File Manager
We love and care about you. Our team is putting maximum efforts to provide you the best functionalities. It would be highly appreciable if you could spend a couple of seconds to give a Nice Review to the plugin to appreciate our efforts. So we can work hard to provide new features regularly
Later
Rate Us
Never
WP File Manager
Buy PRO
Change Theme Here:
Default
English
themotionroom.ca
.well-known
wp-admin
wp-content
wp-includes
Name
Permissions
Modified
Size
Kind
.htaccess read and write Sep 24, 2022 07:16 AM 8 KB Plain text
.htaccess---22-09-2022 read and write Apr 17, 2022 08:29 PM 902 b Plain text
favicon.gif read and write Jul 13, 2021 07:57 PM 0 b GIF Image
favicon.ico read and write Jul 13, 2021 07:57 PM 0 b Image
index.php read and write Jul 22, 2021 09:01 PM 405 b PHP source
license.txt read and write May 31, 2022 06:55 PM 19 KB Plain text
readme.html read and write Oct 17, 2022 07:43 PM 7 KB HTML document
robots.txt read and write Sep 23, 2022 05:40 AM 260 b Plain text
sitemap.xml read and write Today 07:37 AM 71 KB XML document
wp-activate.php read and write Jul 22, 2021 08:58 PM 7 KB PHP source
wp-blog-header.php read and write Jul 22, 2021 08:54 PM 351 b PHP source
wp-comments-post.php read and write Jan 26, 2022 02:44 AM 2 KB PHP source
wp-config-sample.php read and write Jan 26, 2022 02:44 AM 3 KB PHP source
wp-config.php read and write Nov 22, 2022 01:26 PM 4 KB PHP source
wp-cron.php read and write May 31, 2022 06:55 PM 4 KB PHP source
wp-links-opml.php read and write May 31, 2022 06:55 PM 2 KB PHP source
themotionroom.ca
robots.txt, 260 b
Items: 27, Size: 252 KB

Sitemap Details

https://www.themotionroom.ca/

What's next?

DOWNLOAD YOUR XML SITEMAP FILE

Upload it into the domain root folder of your website.

Then open Google Search console and add your sitemap URL.

Sitemap Preview

VIEW FULL XML SITEMAP

URL	Last Mod	Pr
https://www.themotionroom.ca/	2022-10-05T06:54:41+00:00	1.0
https://www.themotionroom.ca/first-timers/	2022-10-04T13:44:56+00:00	0.8
https://www.themotionroom.ca/workouts/	2022-10-04T13:56:10+00:00	0.8
https://www.themotionroom.ca/studio/	2022-10-04T12:50:25+00:00	0.8
https://www.themotionroom.ca/schedule/	2022-10-04T11:29:30+00:00	0.8
https://www.themotionroom.ca/services/	2022-10-04T12:50:37+00:00	0.8
https://www.themotionroom.ca/articles/	2022-10-06T07:13:30+00:00	0.8
https://www.themotionroom.ca/contact/	2022-10-06T14:41:53+00:00	0.8
https://www.themotionroom.ca/sweat-equity/	2022-10-05T07:59:38+00:00	0.8

Broken Links Detected

While creating your sitemap, **we've found 5 broken link(s) at your site**. Please read our article that **explains the broken links problem** in details.

You can find out **exact URLs of broken links** using our **PRO Sitemaps service**. Note, that you will not only see the dead links, but also the pages that refer to them (i.e., contain the bad links). You can easily locate the problem and fix it using this feature.

That is one of many features available for a small $4.99/mo fee. You will get automatically updated sitemap of up to 1,000 pages, including images, videos, news sitemaps, broken links report and many other features!

On Page SEO Checker for THEMOTIONROOM.CA

Sitemap Details

Created on:	**25 November 2022, 15:25**
Processing ti...	**0:05:29s**
Pages indexed:	**436 (crawled: 985)**
Pages size:	**70.48Mb**
Broken links:	**5**

Ultimate Online SEO tools: Platform crafted to make SEO simple

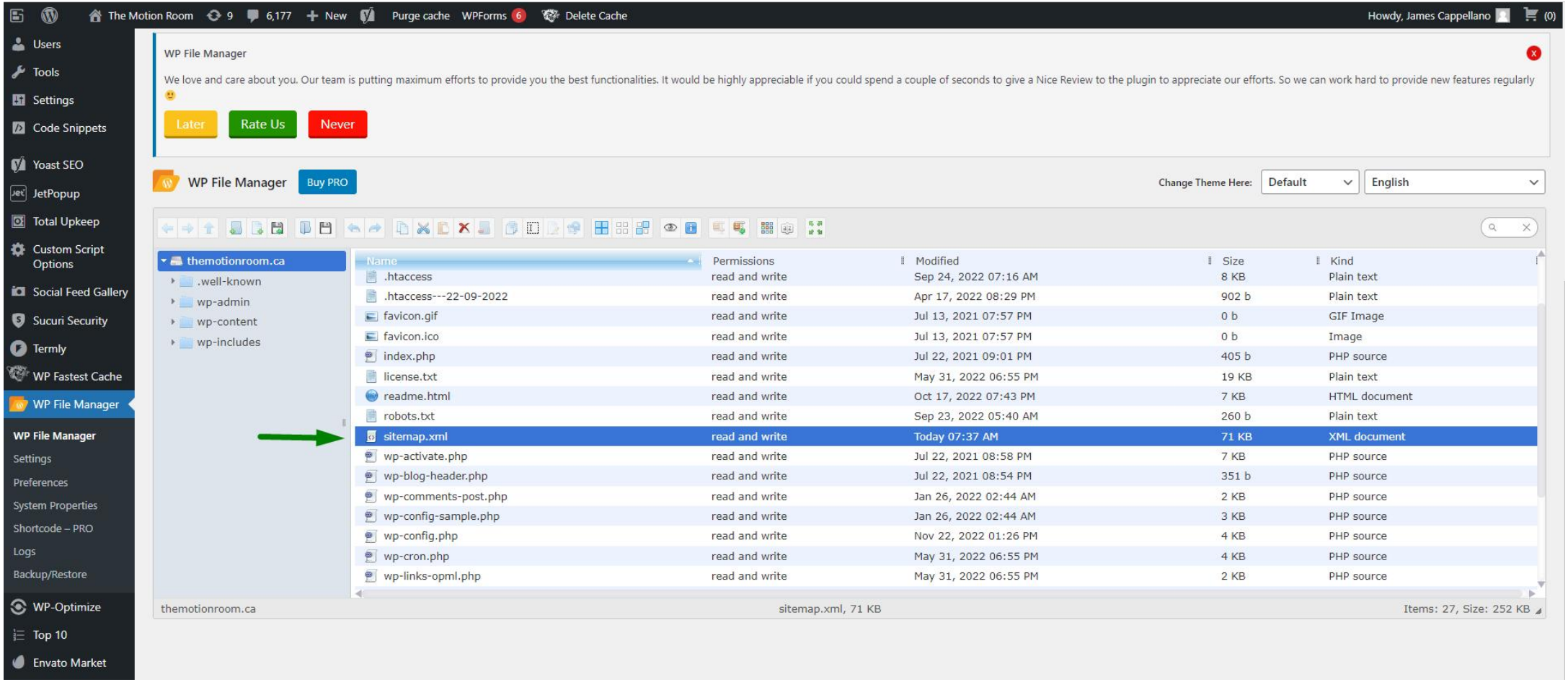
Feedback

We'll be happy to receive your **testimonial** for the sitemap service we provide.

SEND IT VIA EMAIL

If you found our service helpful please consider **recommending** our site to your friends or place a link on your site to **XML-Sitemaps.com**.

Your feedback is very important for us to build the best service for creating of XML sitemaps.
If you are not satisfied with generation results and/or have comments, do not hesitate to **contact us**.


The Motion Room 9 6,177 New Purge cache WPForms 6 Delete Cache Howdy, James Cappellano (0)
Users
Tools
Settings
Code Snippets
Yoast SEO
JetPopup
Total Upkeep
Custom Script Options
Social Feed Gallery
Sucuri Security
Termly
WP Fastest Cache
WP File Manager
WP File Manager
Settings
Preferences
System Properties
Shortcode – PRO
Logs
Backup/Restore
WP-Optimize
Top 10
Envato Market
WP File Manager
We love and care about you. Our team is putting maximum efforts to provide you the best functionalities. It would be highly appreciable if you could spend a couple of seconds to give a Nice Review to the plugin to appreciate our efforts. So we can work hard to provide new features regularly
Later
Rate Us
Never
WP File Manager
Buy PRO
Change Theme Here:
Default
English
themotionroom.ca
.well-known
wp-admin
wp-content
wp-includes
Name
Permissions
Modified
Size
Kind
.htaccess read and write Sep 24, 2022 07:16 AM 8 KB Plain text
.htaccess---22-09-2022 read and write Apr 17, 2022 08:29 PM 902 b Plain text
favicon.gif read and write Jul 13, 2021 07:57 PM 0 b GIF Image
favicon.ico read and write Jul 13, 2021 07:57 PM 0 b Image
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sitemap.xml, 71 KB
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