

PageSpeed Insights

Mobile



0 / 100 Speed

! Should Fix:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/mailchimp-for-wp/assets/js/forms-api.min.js?ver=4.1.3> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart-variation.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.0.8> (3 hours)

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- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.selectBox.min.js?ver=1.2.0> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.yith-wcwl.js?ver=2.1.2> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/flatsome.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/woocommerce.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/libs/packery.packd.min.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/extensions/flatsome-live-search/flatsome-live-search.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/hoverIntent.min.js?ver=1.8.1> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery.js?ver=1.12.4> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/underscore.min.js?ver=1.8.3> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-embed.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-emoji-release.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-util.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=4.8> (6 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/css/jquery.selectBox.css?ver=1.2.0> (6 hours)
- http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/images/wpspin_light.gif (6 hours)

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- <http://www.fitnessshopie.com/wp-content/themes/flatsome-child/style.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/fl-icons.css?ver=3.0> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome-shop.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/ninjaforms/ninjaforms.css?ver=4.8> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.css?ver=4.8> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/delivery-truck-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/international-delivery-business-symbol-of-world-grid-with-an-arrow-around-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/master-card-1-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1035491060-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1208816262-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1454937030-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1518008030-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1589006363-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1611411856-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/164972670-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1820125786-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/21816435-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1.jpg> (6 hours)

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- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/627873847-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/629838530-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/676635680-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/750796112-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/771728861-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/9879438-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1007443828-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1019330857-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1050453433-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1323810331-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1348894425-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1358564689-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1414472473-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1431073096-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1510357129-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1558634827-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/156765391-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1574260451-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1588330506-1-400x400.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1743717787-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1772589400-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1841656832-1-800x800.jpg> (6 hours)

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- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1853057242-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1865518990-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1907124938-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1912082935-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1942707696-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1955483286-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2009029312-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/202296988-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2053249964-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2069462698-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2072314223-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2093798003-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/209478573-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/224583961-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/279285791-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/293986968-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/311261411-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/316204106-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/349517140-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/356202081-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/360216222-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/41966372-1-800x800.jpg> (6 hours)

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- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/44293423-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/501980095-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/507336789-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/581824176-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/586751301-1-600x600-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/58980406-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/624645837-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/665304370-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/679172080-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/687855192-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/736667908-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/769807112-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/924503716-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/957349106-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/957626166-1-800x800.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/978634488-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bag-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bottel-holder-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/comp-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/eye-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-3.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-shopie.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/gloves-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/helmet-300x300.jpg> (6 hours)

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- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/jerrey-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/lights-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/protective-gear-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/set-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/shorts-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/woman-jersey-300x300.jpg> (6 hours)
- <https://www.fitnessshopie.com/wp-content/uploads/2017/06/48c472edf8672cf11b59d3a10481340b.jpg> (6 hours)

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 21 blocking script resources and 8 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/cart->

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fragments.min.js?ver=3.0.8

- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.selectBox.min.js?ver=1.2.0>
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.yith-wcwl.js?ver=2.1.2>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/extensions/flatsome-live-search/flatsome-live-search.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-includes/js/hoverIntent.min.js?ver=1.8.1>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/flatsome.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/woocommerce.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-includes/js/wp-embed.min.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/libs/packery.pkgd.min.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-includes/js/underscore.min.js?ver=1.8.3>
- <http://www.fitnessshopie.com/wp-includes/js/wp-util.min.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart-variation.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/mailchimp-for-wp/assets/js/forms-api.min.js?ver=4.1.3>

[Optimize CSS Delivery](#) of the following:

- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/css/jquery.selectBox.css?ver=1.2.0>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/fl-icons.css?ver=3.0>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/ninjaforms/ninjaforms.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome.css?ver=50.2.5>

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- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome-shop.css?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome-child/style.css?ver=50.2.5>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 14.7MiB (70% reduction).

- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-3.jpg> could save 8.3MiB (81% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1358564689-1.jpg> could save 429.1KiB (84% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/356202081-1.jpg> could save 429.1KiB (84% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1955483286-1.jpg> could save 270.7KiB (73% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/316204106-1.jpg> could save 270.7KiB (73% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1323810331-1.jpg> could save 246.6KiB (73% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1907124938-1.jpg> could save 246.6KiB (73% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1589006363-1-400x400.jpg> could save 235.6KiB (99% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1510357129-1.jpg> could save 191.5KiB (79% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/44293423-1.jpg> could save 191.5KiB (79% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1454937030-1.jpg> could save 179.2KiB (76% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1820125786-1.jpg> could save 179.2KiB (76% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1912082935-1.jpg>

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- could save 178KiB (76% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2072314223-1.jpg> could save 178KiB (76% reduction).
- Compressing <https://www.fitnessshopie.com/wp-content/uploads/2017/06/48c472edf8672cf11b59d3a10481340b.jpg> could save 175.4KiB (38% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1431073096-1.jpg> could save 147.5KiB (56% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1743717787-1.jpg> could save 147.5KiB (56% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1050453433-1.jpg> could save 141.7KiB (73% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/507336789-1.jpg> could save 141.7KiB (73% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/676635680-1.jpg> could save 139.7KiB (76% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/750796112-1.jpg> could save 139.7KiB (76% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/311261411-1.jpg> could save 127.8KiB (63% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/624645837-1.jpg> could save 127.8KiB (63% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/736667908-1.jpg> could save 92.8KiB (72% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/924503716-1.jpg> could save 92.8KiB (72% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1.jpg> could save 87.9KiB (57% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/771728861-1.jpg> could save 87.9KiB (57% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1208816262-1-400x400.jpg> could save 60.1KiB (97% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1772589400-1.jpg> could save 59.7KiB (51% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/581824176-1.jpg> could save 59.7KiB (51% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1518008030-1-400x400.jpg> could save 59.5KiB (97% reduction).

Mobile

- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1611411856-1.jpg> could save 50.9KiB (44% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/9879438-1.jpg> could save 50.9KiB (44% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1942707696-1.jpg> could save 50.5KiB (38% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/209478573-1.jpg> could save 50.5KiB (38% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/164972670-1-800x800.jpg> could save 46.4KiB (38% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/21816435-1-800x800.jpg> could save 46.4KiB (38% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/629838530-1-400x400.jpg> could save 45.4KiB (96% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/501980095-1.jpg> could save 45KiB (36% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/687855192-1.jpg> could save 45KiB (36% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1558634827-1-800x800.jpg> could save 44.9KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2093798003-1-800x800.jpg> could save 44.9KiB (33% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/627873847-1-400x400.jpg> could save 44.6KiB (96% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1007443828-1-800x800.jpg> could save 43.6KiB (39% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1853057242-1-800x800.jpg> could save 43.6KiB (39% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1035491060-1-400x400.jpg> could save 43.6KiB (96% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/202296988-1-800x800.jpg> could save 38.2KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/279285791-1-800x800.jpg> could save 38.2KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1414472473-1-800x800.jpg> could save 36.1KiB (30% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1414472473-1-800x800.jpg>

Mobile

- content/uploads/2017/07/224583961-1-800x800.jpg could save 36.1KiB (30% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1865518990-1-800x800.jpg> could save 33.8KiB (27% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/665304370-1-800x800.jpg> could save 33.8KiB (27% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/360216222-1-800x800.jpg> could save 31.1KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/58980406-1-800x800.jpg> could save 31.1KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/41966372-1-800x800.jpg> could save 29.8KiB (46% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/957626166-1-800x800.jpg> could save 29.8KiB (46% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1588330506-1-400x400.jpg> could save 28.6KiB (94% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/156765391-1-800x800.jpg> could save 26.7KiB (36% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/769807112-1-800x800.jpg> could save 26.7KiB (36% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2009029312-1-800x800.jpg> could save 25KiB (40% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/957349106-1-800x800.jpg> could save 25KiB (40% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/helmet-300x300.jpg> could save 24KiB (58% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1348894425-1-800x800.jpg> could save 22.7KiB (47% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/293986968-1-800x800.jpg> could save 22.7KiB (47% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1-400x400.jpg> could save 21.9KiB (52% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/set-300x300.jpg> could save 21.7KiB (62% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/349517140-1.jpg> could save 20.4KiB (36% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/978634488-1.jpg> could save 20.4KiB (36% reduction).

Mobile

- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1019330857-1-800x800.jpg> could save 19.9KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1841656832-1-800x800.jpg> could save 19.9KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/jerey-300x300.jpg> could save 19.2KiB (59% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/international-delivery-business-symbol-of-world-grid-with-an-arrow-around-400x400.png> could save 17.2KiB (87% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/protective-gear-300x300.jpg> could save 12.3KiB (63% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bottel-holder-300x300.jpg> could save 12.2KiB (55% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/eye-300x300.jpg> could save 11.8KiB (52% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/comp-300x300.jpg> could save 10.4KiB (54% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/delivery-truck-400x400.png> could save 8.5KiB (87% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bag-300x300.jpg> could save 7.9KiB (29% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/master-card-1-400x400.png> could save 5.3KiB (82% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/lights-300x300.jpg> could save 3.8KiB (30% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/gloves-300x300.jpg> could save 3KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/woman-jersey-300x300.jpg> could save 1.8KiB (18% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/shorts-300x300.jpg> could save 891B (12% reduction).

Consider Fixing:

Minify JavaScript

Mobile

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 618B (17% reduction).

- Minifying <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8> could save 618B (17% reduction) after compression.

Prioritize visible content

Your page requires additional network round trips to render the above-the-fold content. For best performance, reduce the amount of HTML needed to render above-the-fold content.

The entire HTML response was not sufficient to render the above-the-fold content. This usually indicates that additional resources, loaded after HTML parsing, were required to render above-the-fold content. [Prioritize visible content](#) that is needed for rendering above-the-fold by including it directly in the HTML response.

- Only about 14% of the final above-the-fold content could be rendered with the full HTML response snapshot:31.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Minify CSS

Your CSS is minified. Learn more about [minifying CSS](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).

99 / 100 User Experience

Consider Fixing:

Size tap targets appropriately

Some of the links/buttons on your webpage may be too small for a user to easily tap on a touchscreen. Consider [making these tap targets larger](#) to provide a better user experience.

The following tap targets are close to other nearby tap targets and may need additional spacing around them.

- The tap target `` is close to 1 other tap targets final.
- The tap target `` is close to 2 other tap targets final.
- The tap target `` is close to 2 other tap targets final.
- The tap target `` is close to 2 other tap targets final.
- The tap target `` is close to 2 other tap targets final.
- The tap target `` is close to 2 other tap targets final.
- The tap target `` is close to 1 other tap targets final.
- The tap target `<button type="button" class="flickity-prev-...utton previous"></button>` and 3 others are close to other tap targets.
- The tap target `Add to Wishlist` and 2 others are close to other tap targets.

Mobile

- The tap target `<button class="wishlist-butto...ne circle icon"></button>` is close to 1 other tap targets.
- The tap target `Follow Me!` is close to 1 other tap targets.



4 Passed Rules

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Size content to viewport

The contents of your page fit within the viewport. Learn more about [sizing content to the viewport](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop

Desktop



0 / 100 Speed

! Should Fix:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/mailchimp-for-wp/assets/js/forms-api.min.js?ver=4.1.3> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart-variation.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.0.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.selectBox.min.js?ver=1.2.0> (3 hours)

Desktop

- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.yith-wcwl.js?ver=2.1.2> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/flatsome.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/woocommerce.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/libs/packery.pkgd.min.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/extensions/flatsome-live-search/flatsome-live-search.js?ver=50.2.5> (3 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/hoverIntent.min.js?ver=1.8.1> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery.js?ver=1.12.4> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/underscore.min.js?ver=1.8.3> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-embed.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-emoji-release.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-includes/js/wp-util.min.js?ver=4.8> (3 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=4.8> (6 hours)
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/css/jquery.selectBox.css?ver=1.2.0> (6 hours)
- http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/images/wpspin_light.gif (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome-child/style.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/fl-icons.css?ver=3.0> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome-shop.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome.css?ver=50.2.5> (6 hours)
- <http://www.fitnessshopie.com/wp->

Desktop

- content/themes/flatsome/inc/integrations/ninjaforms/ninjaforms.css?ver=4.8 (6 hours)
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.css?ver=4.8> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/delivery-truck-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/international-delivery-business-symbol-of-world-grid-with-an-arrow-around-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/05/master-card-1-400x400.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1035491060-1-180x180.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1208816262-1-180x180.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1454937030-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1518008030-1-180x180.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1520506025-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1589006363-1-180x180.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1611411856-1-280x280.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1807947354-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1820125786-1-280x280.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1-180x180.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/311502355-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/349425595-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/37779223-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/627873847-1-180x180.jpg> (6 hours)

Desktop

- hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/06/629838530-1-180x180.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/06/672060026-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/06/676635680-1-400x400.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/06/750796112-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/06/771728861-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/06/9879438-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1007443828-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1050453433-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1108614204-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1151502160-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1295755155-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1323810331-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1414472473-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1558634827-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1564929462-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/15759626-1-300x300.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1588330506-1-180x180.jpg> (6 hours)
 - <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1853057242-1-300x300.jpg> (6 hours)

Desktop

- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1864622703-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1865518990-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1881445075-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1907124938-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1942707696-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1951329715-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1955483286-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2004972084-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/202296988-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2053249964-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2093798003-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/209478573-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2101044285-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/212685032-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/224583961-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/22641861-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/24278181-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/279285791-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/316204106-1-300x300.jpg> (6 hours)

Desktop

- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/349517140-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/418098408-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/498557669-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/501980095-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/507336789-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/586751301-1-600x600-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/665304370-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/673347272-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/679172080-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/687855192-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/736667908-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/911557895-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/924503716-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/970342485-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/978634488-1-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bag-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bottel-holder-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/comp-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/eye-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-3.jpg> (6 hours)

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- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-shopie.png> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/gloves-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/helmet-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/jerey-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/lights-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/protective-gear-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/set-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/shorts-300x300.jpg> (6 hours)
- <http://www.fitnessshopie.com/wp-content/uploads/2017/07/woman-jersey-300x300.jpg> (6 hours)
- <https://www.fitnessshopie.com/wp-content/uploads/2017/06/48c472edf8672cf11b59d3a10481340b.jpg> (6 hours)

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 9.9MiB (76% reduction).

- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/fitness-3.jpg> could save 8.3MiB (81% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1589006363-1-180x180.jpg> could save 218.1KiB (99% reduction).
- Compressing <https://www.fitnessshopie.com/wp-content/uploads/2017/06/48c472edf8672cf11b59d3a10481340b.jpg> could save 175.4KiB (38% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1.jpg> could save 87.9KiB (57% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/helmet-300x300.jpg> could save 36.7KiB (89% reduction).
- Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/h0.08/e35/c0.135.1080.1080/26276410_158049314836461_3015195946645454848_n.jpg

Desktop

- could save 35.9KiB (93% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/set-300x300.jpg> could save 30.9KiB (88% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1518008030-1-180x180.jpg> could save 30.5KiB (94% reduction).
 - Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/sh0.08/e35/c0.135.1080.1080/25017046_173800006704975_5320379549530193920_n.jpg could save 28.6KiB (92% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/jerey-300x300.jpg> could save 28.5KiB (88% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1208816262-1-180x180.jpg> could save 28KiB (93% reduction).
 - Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/sh0.08/e35/25007979_1765617166845274_4475554624798982144_n.jpg could save 27.2KiB (92% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/349425595-1-300x300.jpg> could save 24.6KiB (61% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/672060026-1-300x300.jpg> could save 24.6KiB (61% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1007443828-1-300x300.jpg> could save 24.2KiB (59% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1853057242-1-300x300.jpg> could save 24.2KiB (59% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1558634827-1-300x300.jpg> could save 24.2KiB (57% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2093798003-1-300x300.jpg> could save 24.2KiB (57% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/629838530-1-180x180.jpg> could save 23.3KiB (93% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/311502355-1-300x300.jpg> could save 23.3KiB (57% reduction).
 - Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/37779223-1-300x300.jpg> could save 23.3KiB (57% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1035491060-1-180x180.jpg> could save 22.4KiB (93% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bag-300x300.jpg> could save 22.3KiB (80% reduction).
 - Compressing and resizing <http://www.fitnessshopie.com/wp->

Desktop

- content/uploads/2017/06/627873847-1-180x180.jpg could save 22.2KiB (93% reduction).
- Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/sh0.08/e35/c4.0.1071.1071/25039305_1883723168306119_4807181049861767168_n.jpg could save 20.8KiB (88% reduction).
- Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/sh0.08/e35/c0.135.1080.1080/25035661_2091594161073191_5276960574083694592_n.jpg could save 20.4KiB (91% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1295755155-1-300x300.jpg> could save 20KiB (63% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/22641861-1-300x300.jpg> could save 20KiB (63% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/bottle-holder-300x300.jpg> could save 19.5KiB (88% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/eye-300x300.jpg> could save 19.5KiB (85% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/771728861-1-300x300.jpg> could save 19.3KiB (59% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1414472473-1-300x300.jpg> could save 19KiB (53% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/224583961-1-300x300.jpg> could save 19KiB (53% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/202296988-1-300x300.jpg> could save 18.9KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/279285791-1-300x300.jpg> could save 18.9KiB (50% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/protective-gear-300x300.jpg> could save 17.8KiB (91% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1454937030-1-300x300.jpg> could save 17.6KiB (59% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/comp-300x300.jpg> could save 17.3KiB (90% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/736667908-1-300x300.jpg> could save 17.2KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/924503716-1-300x300.jpg> could save 17.2KiB (50% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/international-delivery-business-symbol-of-world-grid-with-an-arrow-around-400x400.png> could save 17.2KiB (87% reduction).

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- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1820125786-1-280x280.jpg> could save 17.1KiB (60% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1865518990-1-300x300.jpg> could save 16.9KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/665304370-1-300x300.jpg> could save 16.9KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/263020850-1-180x180.jpg> could save 16.6KiB (71% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/676635680-1-400x400.jpg> could save 16.2KiB (53% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1323810331-1-300x300.jpg> could save 15.3KiB (49% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1907124938-1-300x300.jpg> could save 15.3KiB (49% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/750796112-1-300x300.jpg> could save 14.7KiB (60% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1520506025-1-300x300.jpg> could save 14.2KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1807947354-1-300x300.jpg> could save 14.2KiB (50% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1951329715-1-300x300.jpg> could save 11.9KiB (62% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/673347272-1-300x300.jpg> could save 11.9KiB (62% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/gloves-300x300.jpg> could save 11.1KiB (76% reduction).
- Compressing and resizing http://scontent-dft4-3.cdninstagram.com/t51.2885-15/s320x320/e15/25022757_142952313160195_4418915267568992256_n.jpg could save 10.7KiB (87% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/lights-300x300.jpg> could save 10.3KiB (80% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1151502160-1-300x300.jpg> could save 9.3KiB (65% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/24278181-1-300x300.jpg> could save 9.3KiB (65% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/586751301-1-600x600-1-300x300.jpg> could save 8.6KiB (79% reduction).

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- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/delivery-truck-400x400.png> could save 8.5KiB (87% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1588330506-1-180x180.jpg> could save 8.4KiB (82% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/woman-jersey-300x300.jpg> could save 7.8KiB (74% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1942707696-1-300x300.jpg> could save 6.3KiB (28% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/209478573-1-300x300.jpg> could save 6.3KiB (28% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/501980095-1-300x300.jpg> could save 5.9KiB (28% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/687855192-1-300x300.jpg> could save 5.9KiB (28% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/shorts-300x300.jpg> could save 5.8KiB (75% reduction).
- Compressing and resizing <http://www.fitnessshopie.com/wp-content/uploads/2017/05/master-card-1-400x400.png> could save 5.3KiB (82% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1050453433-1-300x300.jpg> could save 4.6KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/507336789-1-300x300.jpg> could save 4.6KiB (33% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1564929462-1-300x300.jpg> could save 4.3KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/498557669-1-300x300.jpg> could save 4.3KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1108614204-1-300x300.jpg> could save 4.2KiB (28% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2101044285-1-300x300.jpg> could save 4.2KiB (28% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/15759626-1-300x300.jpg> could save 4.2KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/970342485-1-300x300.jpg> could save 4.2KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/2004972084-1-300x300.jpg> could save 4.1KiB (24% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/418098408-1-300x300.jpg> could save 4.1KiB (24% reduction).

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- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1864622703-1-300x300.jpg> could save 3.8KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/212685032-1-300x300.jpg> could save 3.8KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1955483286-1-300x300.jpg> could save 3.7KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/316204106-1-300x300.jpg> could save 3.7KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/1881445075-1-300x300.jpg> could save 3.3KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/911557895-1-300x300.jpg> could save 3.3KiB (21% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/349517140-1-300x300.jpg> could save 2.3KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/07/978634488-1-300x300.jpg> could save 2.3KiB (22% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/9879438-1-300x300.jpg> could save 1.9KiB (20% reduction).
- Compressing <http://www.fitnessshopie.com/wp-content/uploads/2017/06/1611411856-1-280x280.jpg> could save 1.6KiB (19% reduction).



Consider Fixing:

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 618B (17% reduction).

- Minifying <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8> could save 618B (17% reduction) after compression.

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 21 blocking script resources and 8 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <http://www.fitnessshopie.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.selectBox.min.js?ver=1.2.0>
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/js/jquery.yith-wcwl.js?ver=2.1.2>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/extensions/flatsome-live-search/flatsome-live-search.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-includes/js/hoverIntent.min.js?ver=1.8.1>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/flatsome.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/js/woocommerce.js?ver=50.2.5>

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- <http://www.fitnessshopie.com/wp-includes/js/wp-embed.min.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/libs/packery.pkgd.min.js?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-includes/js/underscore.min.js?ver=1.8.3>
- <http://www.fitnessshopie.com/wp-includes/js/wp-util.min.js?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart-variation.min.js?ver=3.0.8>
- <http://www.fitnessshopie.com/wp-content/plugins/mailchimp-for-wp/assets/js/forms-api.min.js?ver=4.1.3>

[Optimize CSS Delivery](#) of the following:

- <http://www.fitnessshopie.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/plugins/yith-woocommerce-wishlist/assets/css/jquery.selectBox.css?ver=1.2.0>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/fl-icons.css?ver=3.0>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/ninjaforms/ninjaforms.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/inc/integrations/wc-yith-wishlist/wishlist.css?ver=4.8>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome.css?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome/assets/css/flatsome-shop.css?ver=50.2.5>
- <http://www.fitnessshopie.com/wp-content/themes/flatsome-child/style.css?ver=50.2.5>

Prioritize visible content

Your page requires additional network round trips to render the above-the-fold content. For best performance, reduce the amount of HTML needed to render above-the-fold content.

The entire HTML response was not sufficient to render the above-the-fold content. This usually indicates that additional resources, loaded after HTML parsing, were required to render above-the-

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fold content. [Prioritize visible content](#) that is needed for rendering above-the-fold by including it directly in the HTML response.

- Only about 15% of the final above-the-fold content could be rendered with the full HTML response snapshot:31.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Minify CSS

Your CSS is minified. Learn more about [minifying CSS](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).