



Performance Report for: <https://www.marionglucktraining.com/>

Report generated: Mon, Mar 4, 2024 7:31 AM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

D	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	52%	80%	2.4s	215ms	0.27

Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 1.2s
Med-High	Avoid enormous network payloads <small>LCP</small>	Total size was 4.07MB
Med	Reduce JavaScript execution time <small>TBT</small>	3.8s spent executing JavaScript
Med	Use explicit width and height on image elements <small>CLS</small>	2 images found
Med	Use a Content Delivery Network (CDN)	75 resources found

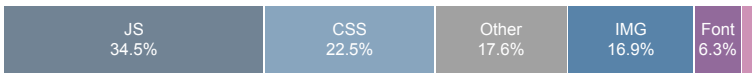
Page Details



Total Page Size - 4.04MB



Total Page Requests - 142



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

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

About GTmetrix



GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

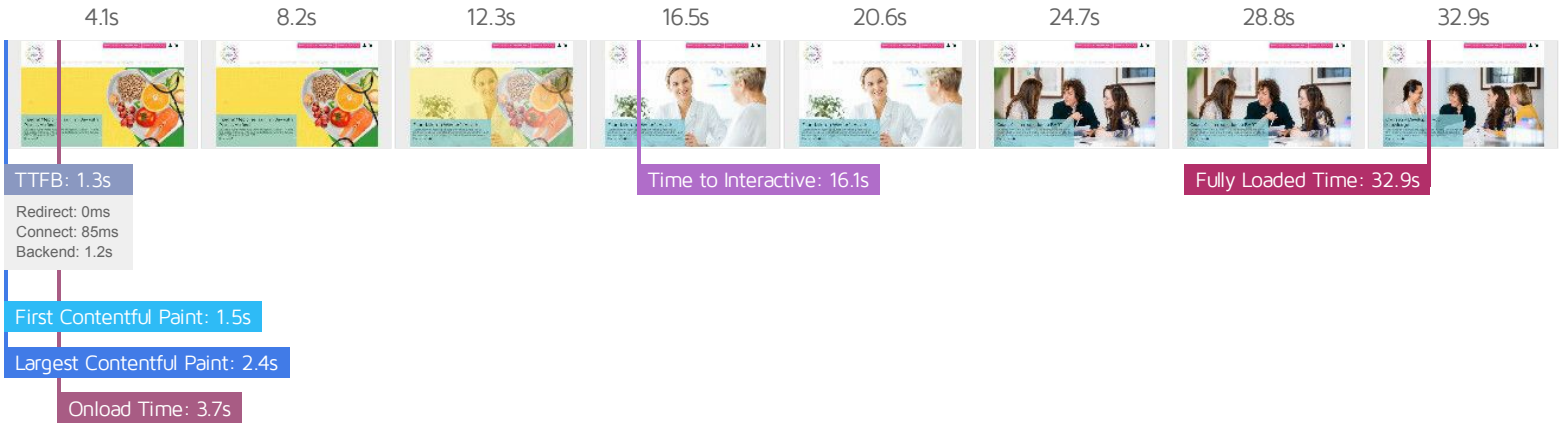
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Marion Gluck Training | Home - The Marion Gluck Training Academy

Resource	Size	Transfer	Response Time	Waterfall
/	200	marionglucktraining....	47.3KB	1.3s
style.min.css?ver=6.2.2	200	marionglucktraining....	16.0KB	63ms
wc-blocks-vendors-style....	200	marionglucktraining....	2.21KB	62ms
wc-blocks-style.css?ver=...	200	marionglucktraining....	37.4KB	92ms
classic-themes.min.css?v...	200	marionglucktraining....	211B	60ms
styles.css?ver=5.7.7	200	marionglucktraining....	1.06KB	18ms
rs6.css?ver=6.4.3	200	marionglucktraining....	15.3KB	63ms
learndash_quiz_front.min...	200	marionglucktraining....	2.78KB	93ms
jquery.dropdown.min.css...	200	marionglucktraining....	552B	93ms
learndash_lesson_video....	200	marionglucktraining....	383B	64ms
woocommerce-layout.css...	200	marionglucktraining....	2.97KB	68ms
woocommerce.css?ver=7...	200	marionglucktraining....	11.4KB	91ms
wpcf7-redirect-frontend....	200	marionglucktraining....	125B	93ms
h5p.css?ver=1.15.6	200	marionglucktraining....	3.41KB	75ms
learndash.min.css?ver=4...	200	marionglucktraining....	25.4KB	90ms
elementor-icons.min.css?...	200	marionglucktraining....	4.25KB	66ms
frontend-lite.min.css?ver...	200	marionglucktraining....	13.8KB	72ms
swiper.min.css?ver=5.3.6	200	marionglucktraining....	2.71KB	66ms
post-5927.css?ver=16895...	200	marionglucktraining....	366B	76ms
global.css?ver=1689581080	200	marionglucktraining....	1.04KB	68ms
awdr_style.css?ver=2.4.5	200	marionglucktraining....	480B	77ms
css?family=Roboto%3A1...	200	fonts.googleapis.com	1.99KB	49ms
jquery.min.js?ver=3.6.4	200	marionglucktraining....	35.3KB	16ms
jquery-migrate.min.js?ver...	200	marionglucktraining....	5.14KB	69ms
bootstrap.min.css?ver=6...	200	marionglucktraining....	24.7KB	74ms
bootstrap-theme.min.css...	200	marionglucktraining....	3.16KB	70ms
style.css?ver=6.2.2-2024-...	200	marionglucktraining....	16.8KB	89ms
font-awesome.min.css?v...	200	marionglucktraining....	5.53KB	69ms
jquery.animateSlider.css?...	200	marionglucktraining....	7.20KB	89ms
modernizr-2.6.2-respond-...	200	marionglucktraining....	8.49KB	75ms
logo.jpg	200	marionglucktraining....	93.5KB	319ms
my-account-retina.png	200	marionglucktraining....	1.71KB	203ms
sp-principal-of-integral-w...	200	marionglucktraining....	1.19MB	413ms
Foundation-Course-Imag...	200	marionglucktraining....	188KB	338ms
course-1-intro-to-bhrt-ma...	200	marionglucktraining....	177KB	341ms
Course-2-Image.jpg	200	marionglucktraining....	294KB	413ms
rbtools.min.js?rev=6.4.3	200	marionglucktraining....	51.9KB	196ms
rs6.min.js?rev=6.4.3	200	marionglucktraining....	109KB	241ms
Foundation-Course-Imag...	200	marionglucktraining....	188KB	364ms
jquery.min.js	200	ajax.googleapis.com	29.0KB	239ms
bootstrap.min.js	200	marionglucktraining....	11.5KB	289ms
jquery.fitvids.js	200	marionglucktraining....	810B	198ms
skrollr.min.js	200	marionglucktraining....	5.83KB	289ms
wow.min.js	200	marionglucktraining....	2.99KB	264ms
jquery.matchHeight.js	200	marionglucktraining....	3.55KB	198ms
imgLiquid-min.js	200	marionglucktraining....	1.99KB	263ms
main.js	200	marionglucktraining....	669B	266ms
colorbox.css?v=587	200	marionglucktraining....	1.07KB	266ms
jquery.colorbox-min.js?v...	200	marionglucktraining....	5.00KB	199ms
font-awesome.css	200	marionglucktraining....	7.97KB	287ms
css?family=Montserrat:4...	200	fonts.googleapis.com	775B	213ms
index.js?ver=5.7.7	200	marionglucktraining....	3.23KB	296ms
index.js?ver=5.7.7	200	marionglucktraining....	4.57KB	314ms

events-frontend.js?ver=1...	200	marionglucktraining....	84B	264ms		
rbtools.min.js?ver=6.4.3	200	marionglucktraining....	51.9KB	201ms		
rs6.min.js?ver=6.4.3	200	marionglucktraining....	109KB	319ms		
jquery.blockUI.min.js?ver...	200	marionglucktraining....	3.67KB	267ms		
add-to-cart.min.js?ver=7.7.2	200	marionglucktraining....	1.15KB	293ms		
js.cookie.min.js?ver=2.1...	200	marionglucktraining....	0.98KB	290ms		
woocommerce.min.js?ver...	200	marionglucktraining....	843B	316ms		
cart-fragments.min.js?ver...	200	marionglucktraining....	1.08KB	320ms		
wpcf7r-fe.js?ver=1.1	200	marionglucktraining....	1.86KB	294ms		
site_main.js?ver=2.6.0	200	marionglucktraining....	1.89KB	292ms		
awdr-dynamic-price.js?ve...	200	marionglucktraining....	922B	292ms		
country-select.js?ver=6.2.2	200	marionglucktraining....	1.81KB	291ms		
learndash.js?ver=4.3.1.3	200	marionglucktraining....	8.83KB	337ms		
api.js?render=6LeECIghA...	200	google.com	1.16KB	286ms		
wp-polyfill-inert.min.js?ve...	200	marionglucktraining....	2.72KB	310ms		
regenerator-runtime.min.j...	200	marionglucktraining....	2.63KB	288ms		
wp-polyfill.min.js?ver=3.1...	200	marionglucktraining....	7.17KB	311ms		
index.js?ver=5.7.7	200	marionglucktraining....	519B	293ms		
awdr_pro.js?ver=2.4.5	200	marionglucktraining....	701B	289ms		
gtm.js?id=GTM-PW4ZDSG	200	googletagmanager.c...	81.1KB	298ms		
wp-emoji-release.min.js?...	200	marionglucktraining....	5.71KB	155ms		
woocommerce-smallscree...	200	marionglucktraining....	1.30KB	272ms		
montserrat-light.woff	200	marionglucktraining....	21.4KB	106ms		
fontawesome-webfont.wo...	200	marionglucktraining....	63.9KB	148ms		
montserrat-semibold.woff	200	marionglucktraining....	29.1KB	30ms		
297027779?h=26954e4dd... (canceled) player.vimeo.com			0	201ms		
blue-right-arrow.svg	200	marionglucktraining....	339B	57ms		
purple-right-arrow.svg	200	marionglucktraining....	334B	59ms		
violate-right-arrow.svg	200	marionglucktraining....	342B	61ms		
montserrat-regular.woff	200	marionglucktraining....	21.3KB	119ms		
fontawesome-webfont.wo...	200	marionglucktraining....	75.4KB	103ms		
JTUhjlg1_i6t8kCHKm453...	200	fonts.gstatic.com	14.6KB	100ms		
analytics.js	200	google-analytics.com	20.5KB	72ms		
bat.js	200	bat.bing.com	13.0KB	71ms		
tag.js	200	mc.yandex.ru	70.3KB	940ms		
recaptcha_en.js	200	gstatic.com	195KB	70ms		
297027779?h=26954e4dd...	200	player.vimeo.com	9.9KB	225ms		
POST ?wc-ajax=get_refre...	200	marionglucktraining....	643B	273ms		
revicons.woff?5510888	200	marionglucktraining....	7.36KB	72ms		
anchor?ar=1&k=6LeECIlg...	200	google.com	28.1KB	74ms		
26064261.js	204	bat.bing.com	116B	13ms		
0?ti=26064261&tm=gtm00...	204	bat.bing.com	359B	14ms		
player.module.js	200	f.vimeocdn.com	137KB	82ms		
vendor.module.js	200	f.vimeocdn.com	100KB	83ms		
player.css	200	f.vimeocdn.com	21.6KB	58ms		
792019276-c555a93d224a...	200	i.vimeocdn.com	1.03KB	85ms		
styles_ltr.css	200	gstatic.com	24.0KB	56ms		
recaptcha_en.js	200	gstatic.com	195KB	98ms		
9WFGRKJPCYDnPNtkHs...	200	google.com	6.79KB	26ms		
logo_48.png	200	gstatic.com	2.18KB	23ms		
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB	129ms		
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB	146ms		
webworker.js?hl=en&v=vj...	200	google.com	135B	25ms		
cast_sender.js?loadCastF...	200	gstatic.com	1.98KB	22ms		
792019276-c555a93d224a...	200	i.vimeocdn.com	16.0KB	74ms		
defaults-blue_60x60	200	i.vimeocdn.com	872B	3ms		
cast_framework.js	200	gstatic.com	11.9KB	47ms		
cast_sender.js	200	gstatic.com	15.0KB	27ms		
sync_cookie_image_check	302	mc.yandex.com	0	203ms		
advert.gif	200	mc.yandex.com	43B	222ms		
sync_cookie_image_start...	302	mc.yandex.ru	0	181ms		
sync_cookie_image_deci...	302	mc.yandex.com	0	183ms		

POST reload?k=6LeEClg...	200	google.com	9.35KB	60ms	
sync_cookie_image_finis...	200	mc.yandex.ru	43B	177ms	
50724556?wmode=7&pag...	302	mc.yandex.com	0	180ms	
favicon.ico	200	marionglucktraining....	637B	4ms	
favicon.ico	200	marionglucktraining....	0	1ms	
cropped-MGTA_Logo_RG...	200	marionglucktraining....	1.09KB	4ms	
1?wmode=7&page-url=htt...	200	mc.yandex.com	466B	178ms	
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>26.2s
Foundation-Course-Imag...	200	marionglucktraining....	0	2ms	
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>25.7s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>24.1s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>22.6s
course-1-intro-to-bhrt-ma...	200	marionglucktraining....	0	2ms	
Foundation-Course-Imag...	200	marionglucktraining....	0	2ms	
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>19.8s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>18.6s
Course-2-Image.jpg	200	marionglucktraining....	0	2ms	
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>16.2s
POST 1?page-url=https%...	200	mc.yandex.com	43B	178ms	
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>14.5s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>12.6s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>9.9s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>8.6s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>6.3s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>4.6s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>2.2s
POST 50724556?wv-part=...	(incomplete)	mc.yandex.com	43B		>359ms
142 Requests		4.04MB (10.8MB Uncompressed)		32.9s (Onload 3.7s)	



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Longer than recommended</p> <p>1.5s</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Much longer than recommended</p> <p>16.1s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p>10.5s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>OK, but consider improvement</p> <p>215ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Much longer than recommended</p> <p>2.4s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Much more than recommended</p> <p>0.27</p>

Browser Timings

Redirect	0ms	Connect	85ms	Backend	1.2s
TTFB	1.3s	First Paint	1.5s	DOM Int.	1.9s
DOM Loaded	1.9s	Onload	3.7s	Fully Loaded	32.9s

IMPACT AUDIT

Med-Low

Avoid large layout shifts CLS

5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
YOUR HORMONE LEARNING & DEVELOPMENT JOURNEY FOUNDATION IN WOMEN'S HEALTH... <div class="container" style="position: relative;">	0.27
SUBSCRIBE TO OUR NEWSLETTER 	0.00
BOOK YOUR PLACE 	0.00
SUBSCRIBE TO OUR NEWSLETTER BOOK YOUR PLACE <div class="top_cta text-right">	0.00
div.col-md-10 > div.top_cta > span.tp_cta_account-wrap > a.vc-secondary-btn 	0.00

Med-Low

Avoid long main-thread tasks TBT

14 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	3.3s	101ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	11.7s	96ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	30.9s	95ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	21.3s	91ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?rev=6.4.3	2.1s	83ms
https://mc.yandex.ru/metrika/tag.js	2.8s	74ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?rev=6.4.3	2.3s	71ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?rev=6.4.3	2.2s	68ms
https://www.googletagmanager.com/gtm.js?id=GTM-PW4ZDSG	1.9s	61ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	6.9s	53ms
https://www.marionglucktraining.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.0	1.4s	53ms
https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	2.6s	52ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	21.4s	51ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js	16.0s	51ms

Med-Low

Lazy load third-party resources with facades TBT

1 facade alternative available

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required.

PRODUCT	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
Vimeo Embedded Player (Video)	288KB	0ms
https://f.vimeocdn.com/p/4.28.12/js/player.module.js	137KB	0ms
https://f.vimeocdn.com/p/4.28.12/js/vendor.module.js	100KB	0ms
https://f.vimeocdn.com/p/4.28.12/css/player.css	21.8KB	0ms
https://i.vimeocdn.com/video/792019276-c555a93d224a0d856fdf635e56b42260af9676e0bc6dc01f19284236588b2838-d?mw=1000&mh=562	16.1KB	0ms
https://player.vimeo.com/video/297027779?h=26954e4dd0&dnt=1&app_id=122963	9.9KB	0ms
Other resources	2.46KB	0ms

Med-Low

Serve static assets with an efficient cache policy

Potential savings of 107KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://mc.yandex.ru/sync_cookie_image_finish?redirect_domain=mc.yandex.com&token=10298.ZBIURF_UEkmGFGkHfL_Mr28zgSrEwk6pKEitk4vSSNweDt_gVzCpvyDbK1bQy8A3qC29vwwTQJjnn301soSl9Tw6254PTMABgwF6hlEU06eNqqFk6T2Shii-n6WRAmTChSfJeE2E_lhbUeo7DTke3Jy-svOGymXqv6JbBq6fEQo9S3WkAZdrXx1sUdvCo9Nc9qKpLUFv6oqQWlIdkOS65IQXQ%2C%2C.AUDFNh1xVxp9xlQYNDO8Vh5rBc%2C	none	583B
https://mc.yandex.ru/metrika/tag.js	60 minutes	71.2KB
https://mc.yandex.com/metrika/advert.gif	60 minutes	476B
https://www.google-analytics.com/analytics.js	2 hours	20.8KB
https://www.gstatic.com/eureka/clank/117/cast_sender.js	24 hours	15.0KB
https://www.gstatic.com/recaptcha/api2/logo_48.png	7 days	2.31KB
https://f.vimeocdn.com/p/4.28.12/js/player.module.js	14 days	137KB
https://f.vimeocdn.com/p/4.28.12/js/vendor.module.js	14 days	100KB
https://f.vimeocdn.com/p/4.28.12/css/player.css	14 days	21.8KB
https://i.vimeocdn.com/video/792019276-c555a93d224a0d856fdf635e56b42260af9676e0bc6dc01f19284236588b2838-d?mw=1000&mh=562	30 days	16.1KB
https://i.vimeocdn.com/video/792019276-c555a93d224a0d856fdf635e56b42260af9676e0bc6dc01f19284236588b2838-d?mw=80&q=85	30 days	1.36KB
https://i.vimeocdn.com/portrait/defaults-blue_60x60	30 days	1.10KB

Low

Allow back/forward cache restoration

2 failure reasons

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON	FAILURE TYPE
The page has an unload handler in the main frame. https://www.marionglucktraining.com/	Actionable
Pages that use WebXR are not currently eligible for back/forward cache. https://player.vimeo.com/video/297027779?h=26954e4dd0&dnt=1&app_id=122963	Actionable

Low

Reduce unused JavaScript LCP

Potential savings of 400KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rs6.min.js?rev=6.4.3	109KB	107KB
https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha_en.js	196KB	96.7KB
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.4.3	109KB	44.3KB
https://www.googletagmanager.com/gtm.js?id=GTM-PW4ZDSG	81.5KB	35.5KB
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?rev=6.4.3	52.2KB	34.1KB
https://mc.yandex.ru/metrika/tag.js	71.2KB	30.9KB
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.4.3	52.2KB	26.0KB
https://www.marionglucktraining.com/wp-includes/js/jquery/jquery.min.js?ver=3.6.4	35.6KB	25.5KB

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 57ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://www.marionglucktraining.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/wc-blocks-style.css?ver=10.0.6	37.7KB	451ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.4.3	15.6KB	150ms
https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/legacy/templates/learndash_quiz_front.min.css?ver=4.3.1.3	2.99KB	150ms
https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=7.7.2	11.7KB	150ms
https://www.marionglucktraining.com/wp-content/plugins/h5p/h5p-php-library/styles/h5p.css?ver=1.15.6	3.65KB	150ms
https://www.marionglucktraining.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.20.0	4.54KB	150ms
https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CRoboto+Slab%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=auto&ver=6.2.2	1.99KB	774ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/bootstrap.min.css?ver=6.2.2	25.0KB	150ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/style.css?ver=6.2.2-2024-03-04	17.1KB	150ms
https://www.marionglucktraining.com/wp-includes/js/jquery/jquery.min.js?ver=3.6.4	35.6KB	150ms
https://www.marionglucktraining.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.0	5.38KB	150ms

Low

Serve images in next-gen formats

Potential savings of 1.54MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-content/uploads/2024/01/sp-principal-of-integral-web-banner.png	1.19MB	1.06MB
https://www.marionglucktraining.com/wp-content/uploads/2019/06/Course-2-Image.jpg	294KB	148KB
https://www.marionglucktraining.com/wp-content/uploads/2019/06/Foundation-Course-Image.jpg	188KB	103KB
https://www.marionglucktraining.com/wp-content/uploads/revslider/mobile-homepage-banner/Foundation-Course-Image1.jpg	188KB	103KB
https://www.marionglucktraining.com/wp-content/themes/mariongluck/images/logo.jpg	93.5KB	82.6KB
https://www.marionglucktraining.com/wp-content/uploads/revslider/desktop-homepage-banner/course-1-intro-to-bhrt-marion-gluck-clinic-slider.jpg	177KB	52.6KB

Low

Avoid chaining critical requests FCP LCP

66 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

INITIAL NAVIGATION

- <https://www.marionglucktraining.com/> 47.3KB, 1.3s
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/wc-blocks-vendors-style.css?ver=10.0.6> 2.43KB, 61ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/country-select.js?ver=6.2.2> 2.08KB, 105ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/wow.min.js> 3.26KB, 80ms
- <https://www.marionglucktraining.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.13.4> 14.1KB, 71ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4-wc-7.7.2> 1.23KB, 105ms
- <https://www.google.com/recaptcha/api.js?render=6LeECIghAAAAFLxqeuKQ6oRVdkE42Lbc6GsTGuh&ver=3.0> 1.16KB, 100ms
- https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/legacy/templates/learndash_quiz_front.min.css?ver=4.3.1.3 2.99KB, 92ms
- <https://www.marionglucktraining.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.0> 5.38KB, 67ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=7.7.2> 3.19KB, 67ms
- <https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/ld30/assets/js/learndash.js?ver=4.3.1.3> 9.08KB, 152ms
- <https://www.marionglucktraining.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0> 7.43KB, 125ms
- <https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&ver=3.2.6> 1.99KB, 48ms
- <https://www.marionglucktraining.com/wp-content/plugins/wpcf7-redirect/build/css/wpcf7-redirect-frontend.min.css?ver=6.2.2> 338B, 92ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/bootstrap.min.css?ver=6.2.2> 25.0KB, 73ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rs6.min.js?rev=6.4.3> 109KB, 124ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/vendor/modernizr-2.6.2-respond-1.1.0.min.js> 8.75KB, 73ms
- <https://www.marionglucktraining.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2> 2.97KB, 125ms
- <https://www.marionglucktraining.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.13.11> 2.88KB, 103ms
- <https://www.marionglucktraining.com/wp-content/uploads/elementor/css/post-5927.css?ver=1689581080> 670B, 74ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=7.7.2> 1.08KB, 131ms
- https://www.marionglucktraining.com/wp-content/plugins/woo-discount-rules-pro/Assets/Js/awdr_pro.js?ver=2.4.5 960B, 103ms
- <https://www.marionglucktraining.com/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6> 2.96KB, 65ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/wc-blocks-style.css?ver=10.0.6> 37.7KB, 91ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/bootstrap.min.js> 11.8KB, 105ms
- <https://www.marionglucktraining.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.20.0> 4.54KB, 65ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.4.3> 109KB, 134ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?rev=6.4.3> 52.2KB, 83ms
- <https://www.marionglucktraining.com/wp-content/plugins/fooevents/js/events-frontend.js?ver=1.0.0> 333B, 80ms
- <https://www.marionglucktraining.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.7> 4.82KB, 129ms
- <https://www.marionglucktraining.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.7> 1.33KB, 17ms
- https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/assets/css/jquery_dropdown.min.css?ver=4.3.1.3 852B, 92ms
- https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/legacy/templates/learndash_lesson_video.min.css?ver=4.3.1.3 633B, 63ms
- <https://www.marionglucktraining.com/wp-content/plugins/h5p/h5p-php-library/styles/h5p.css?ver=1.15.6> 3.65KB, 73ms
- <https://www.marionglucktraining.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.7.7> 3.48KB, 111ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/main.js> 928B, 82ms
- <https://www.marionglucktraining.com/wp-includes/css/dist/block-library/style.min.css?ver=6.2.2> 16.3KB, 62ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/jquery.fitvids.js> 1.08KB, 14ms
- <https://www.marionglucktraining.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.7.7> 797B, 107ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.4.3> 52.2KB, 16ms
- <https://www.marionglucktraining.com/wp-content/plugins/wpcf7-redirect/build/js/wpcf7-fe.js?ver=1.1> 2.12KB, 109ms
- <https://www.marionglucktraining.com/wp-content/uploads/elementor/css/global.css?ver=1689581080> 1.29KB, 67ms
- <https://www.marionglucktraining.com/wp-includes/css/classic-themes.min.css?ver=6.2.2> 504B, 59ms

- <https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/ld30/assets/css/learndash.min.css?ver=4.3.1.3> 25.6KB, 89ms
- https://www.marionglucktraining.com/wp-content/plugins/woo-discount-rules-pro/Assets/Css/awdr_style.css?ver=2.4.5 714B, 76ms
- <https://www.marionglucktraining.com/wp-content/plugins/insert-or-embed-articulate-content-into-wordpress-premium/colorbox/jquery.colorbox-min.js?v=587> 5.23KB, 15ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/jquery.animateSlider.css?ver=6.2.2> 7.44KB, 87ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=7.7.2> 11.7KB, 90ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=7.7.2> 1.37KB, 108ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/jquery.matchHeight.js> 3.76KB, 14ms
- <https://www.marionglucktraining.com/wp-includes/js/jquery/jquery.min.js?ver=3.6.4> 35.6KB, 15ms
- <https://ajax.googleapis.com/ajax/libs/jquery/2.1.3/jquery.min.js> 29.6KB, 56ms
- https://www.marionglucktraining.com/wp-content/plugins/woo-discount-rules/v2/Assets/Js/site_main.js?ver=2.6.0 2.12KB, 106ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/imgLiquid-min.js> 2.23KB, 79ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=7.7.2> 1.36KB, 135ms
- <https://www.marionglucktraining.com/wp-content/plugins/woo-discount-rules/v2/Assets/Js/awdr-dynamic-price.js?ver=2.6.0> 1.11KB, 107ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/skrollr.min.js> 6.08KB, 105ms
- <https://www.marionglucktraining.com/wp-content/plugins/insert-or-embed-articulate-content-into-wordpress-premium/colorbox/themes/default/colorbox.css?v=587> 1.35KB, 81ms
- <https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.7.0-wc.7.7.2> 3.91KB, 82ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/bootstrap-theme.min.css?ver=6.2.2> 3.38KB, 69ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/fonts/font-awesome/css/font-awesome.css> 8.25KB, 103ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/fonts/font-awesome/fonts/fontawesome-webfont.woff?v=4.7.0> 75.7KB, 69ms
- <https://fonts.googleapis.com/css?family=Montserrat:400%7CRoboto:400> 775B, 28ms
- https://fonts.gstatic.com/s/montserrat/v26/JTUhJlg1_i6t8kCHKm4532VJOt5-QNEgpCtr6Hw5aXo.woff2 15.1KB, 66ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/font-awesome.min.css?ver=6.2.2> 5.82KB, 67ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/fontawesome-webfont.woff?v=4.2.0> 64.2KB, 122ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.4.3> 15.6KB, 62ms
- <https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/fonts/revicons/revicons.woff?5510888> 7.61KB, 57ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/style.css?ver=6.2.2-2024-03-04> 17.1KB, 87ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-regular.woff> 21.5KB, 59ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-light.woff> 21.7KB, 75ms
- <https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-semibold.woff> 29.4KB, 4ms

Low

Avoid an excessive DOM size TBT

583 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		583
Maximum DOM Depth	rs-mask-wrap > rs-layer#slider-4-slide-7-layer-9 > div.banner_link > i.fa <i class="fa fa-arrow-circle-right black" aria-hidden="true" data-stylerecorder="true" style="text-align: left; line-height: 0px; letter-spacing: 0px; font-weight: 400;">	23
Maximum Child Elements	body.home <body class="home page-template page-template-page-home page-template-page-home-php pag..." style="height: 2013px;">	70

Low **Ensure text remains visible during webfont load** FCP LCP 7 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-light.woff	75ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/fontawesome-webfont.woff?v=4.2.0	122ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-semibold.woff	4ms
https://www.marionglucktraining.com/wp-content/themes/mariongluck/fonts/montserrat-regular.woff	59ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/fonts/font-awesome/fonts/fontawesome-webfont.woff?v=4.7.0	69ms
https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtr6Hw5aXo.woff2	66ms
https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/fonts/revicons/revicons.woff?5510888	57ms

Low **Properly size images** Potential savings of 63.0KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-content/themes/mariongluck/images/logo.jpg	93.5KB	63.0KB

Low **Efficiently encode images** Potential savings of 68.9KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-content/themes/mariongluck/images/logo.jpg	93.5KB	68.9KB

Low **Reduce unused CSS** FCP LCP Potential savings of 159KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.marionglucktraining.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/wc-blocks-style.css?ver=10.0.6	37.7KB	37.7KB
• https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/ld30/assets/css/learndash.min.css?ver=4.3.1.3	25.6KB	25.6KB
• https://www.marionglucktraining.com/wp-content/themes/mariongluck/css/bootstrap.min.css?ver=6.2.2	25.0KB	24.0KB
• https://www.marionglucktraining.com/wp-includes/css/dist/block-library/style.min.css?ver=6.2.2	16.3KB	16.3KB
• https://www.marionglucktraining.com/wp-content/themes/mariongluck/style.css?ver=6.2.2-2024-03-04	17.1KB	15.2KB
• https://www.marionglucktraining.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.13.4	14.1KB	14.1KB
• https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.4.3	15.6KB	14.0KB
• https://www.marionglucktraining.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=7.7.2	11.7KB	11.7KB

Low

Minify CSS FCP LCP

Potential savings of 6.33KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.marionglucktraining.com/wp-content/themes/mariongluck/style.css?ver=6.2.2-2024-03-04	17.1KB	3.82KB
• https://www.marionglucktraining.com/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.4.3	15.6KB	2.51KB

Low

Avoid non-composited animations CLS

8 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet > ::after <::after> Unsupported CSS Property: height Unsupported CSS Property: height	height height
rs-module-wrap#rev_slider_3_1_wrapper > rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet <rs-bullet data-key="rs-3" class="tp-bullet selected" style="left: 0px; top: 0px;"> Unsupported CSS Property: background-color Unsupported CSS Property: background-color	background-color background-color
rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet > ::after <::after> Unsupported CSS Property: height Unsupported CSS Property: height	height height
rs-module-wrap#rev_slider_3_1_wrapper > rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet <rs-bullet data-key="rs-4" class="tp-bullet" style="left: 15px; top: 0px;"> Unsupported CSS Property: background-color Unsupported CSS Property: background-color	background-color background-color
rs-module-wrap#rev_slider_3_1_wrapper > rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet <rs-bullet data-key="rs-5" class="tp-bullet" style="left: 30px; top: 0px;"> Unsupported CSS Property: background-color Unsupported CSS Property: background-color	background-color background-color
rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet > ::after <::after> Unsupported CSS Property: height Unsupported CSS Property: height	height height
rs-module-wrap#rev_slider_3_1_wrapper > rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet <rs-bullet data-key="rs-6" class="tp-bullet" style="left: 45px; top: 0px;"> Unsupported CSS Property: background-color	background-color
rs-module#rev_slider_3_1 > rs-bullets.tp-bullets > rs-bullet.tp-bullet > ::after <::after> Unsupported CSS Property: height	height

Low

Minify JavaScript FCP LCP

Potential savings of 4.37KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.marionglucktraining.com/wp-content/plugins/sfwd-lms/themes/ld30/assets/js/learnDash.js?ver=4.3.1.3	9.08KB	2.20KB
• https://www.marionglucktraining.com/wp-content/themes/mariongluck/js/jquery.matchHeight.js	3.76KB	2.17KB

N/A

Largest Contentful Paint element LCP

2,420 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Integral Medicine Training Day with Patrick Holford

```
<rs-layer id="slider-3-slide-3-layer-3" data-type="text" data-color="#000000" data-xy="xo:22px,22px,14px,8px;yo:31px,31px,20px,12px;" data-text="w:normal;s:30;l:36;" data-rsp_bd="off" data-padding="b:10,10,7,4;" data-frame_999="o:0;st:w;" style="z-index: 3; font-family: Montserrat; height: auto; width: auto;" class="rs-layer" data-idcheck="true" data-stylerecorder="true" data-initialised="true">
```

PHASE	% OF LCP	TIMING
TTFB	53%	1.3s
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	47%	1.2s

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 62B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://www.marionglucktraining.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	62B
Line:0 Column:452	@babel/plugin-transform-classes

N/A **Minimize main-thread work** TBT Main-thread busy for 7.3s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	3.9s
Other	1.6s
Rendering	973ms
Style & Layout	652ms
Garbage Collection	170ms
Parse HTML & CSS	45ms
Script Parsing & Compilation	34ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 18ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	477KB	15ms
• https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha_en.js	391KB	9ms
• https://ajax.googleapis.com/ajax/libs/jquery/2.1.3/jquery.min.js	29.6KB	5ms
• https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/styles_ltr.css	24.6KB	0ms
• Other resources	31.3KB	0ms
YANDEX METRICA	77.4KB	3ms
• https://mc.yandex.ru/metrika/tag.js	71.2KB	3ms
• Other resources	6.21KB	0ms
VIMEO	288KB	0ms
• https://f.vimeocdn.com/p/4.28.12/js/player.module.js	137KB	0ms
• https://f.vimeocdn.com/p/4.28.12/js/vendor.module.js	100KB	0ms
• https://f.vimeocdn.com/p/4.28.12/css/player.css	21.8KB	0ms
• https://i.vimeocdn.com/video/792019276-c555a93d224a0d856fdf635e56b42260af9676e0bc6dc01f19284236588b2838-d?mw=1000&mh=562	16.1KB	0ms
GOOGLE TAG MANAGER	81.5KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-PW4ZDSG	81.5KB	0ms
GOOGLE FONTS	48.7KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNFgpCtr6Hw5aXo.woff2	15.1KB	0ms
OTHER GOOGLE APIS/SDKS	45.9KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LeECIghAAAAFLxgeuKQ6oRVdkE42Lbc6GsTGuh&co=aHR0cHM6Ly93d3cubWFyaW9uZ2x1Y2t0cmFpbmluZy5jb206NDQz&hl=en&v=vj7hFxe2iNgbe-u95xTozOXW&size=invisible&cb=3imlInx83w91	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LeECIghAAAAFLxgeuKQ6oRVdkE42Lbc6GsTGuh	9.35KB	0ms
• https://www.google.com/js/bg/9WFGGRKJPCYDnPNtkHsd9A4DmYMQ5DrBGEy3ZgrvSuE0.js	7.20KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
BING ADS	13.9KB	0ms
• https://bat.bing.com/bat.js	13.4KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.