

Performance Report for: http://equinox.com/

Report generated: Mon, Oct 14, 2024 9:47 AM -0700 (via API)
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0
Analysis options: iPhone 13/13 Pro/13 Pro Max

D	Performance 52%	Structure 77%	L. Contentful Paint 3.8s	T. Blocking Time 246ms	C. Layout Shift 0.05
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Top Issues

High	Avoid enormous network payloads	Total size was 22.0MB
High	Reduce initial server response time	Root document took 631ms
Med	Use explicit width and height on image elements	3 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 2.10MB
Med-Low	Use a Content Delivery Network (CDN)	25 resources found

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

Page Details



Total Page Size - 22.0MB



Total Page Requests - 248



HTML JS CSS IMG Video Font Other

How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About TheNextLevel

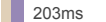
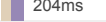
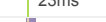
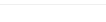
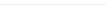
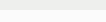


Take your mobile experience to The Next Level. Design and launch your mobile application within a matter of hours using our app studio. Get access to a wide range of tools to help you engage better with customers from intelligent push messaging powered by AI to community builder giving customers the ability to interact with your brand within your mobile app.

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.

Equinox Fitness Club - It's Not Fitness. It's Life.

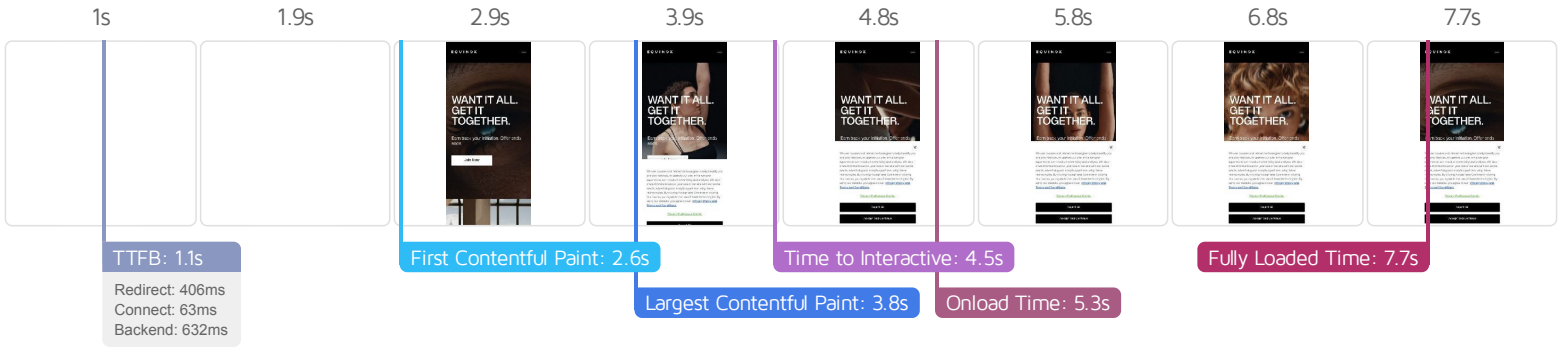
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POST p	200	tr6.snapchat.com	192B	33ms		
clarity.js	200	clarity.ms	27.0KB	14ms		
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src=12069243;dc_pre=CL...	302	adservice.google.com	0	73ms		
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POST collect	204	q.clarity.ms	0	472ms		
POST p	200	tr.snapchat.com	0	17ms		
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bFQ.js	200	cdn.attn.tv	385B	432ms		
POST act	200	analytics.tiktok.com	716B	381ms		
POST unrenderedCreativ...	204	equinox.attn.tv	66B	109ms		
c.gif	302	c.clarity.ms	0	54ms		
up?adv=k3pq3ve&ref=htt...	200	insight.adsrvr.org	60B	67ms		
c.gif?ctsa=mr&CtsSyncid...	302	c.bing.com	0	64ms		

favicon.png	200	assets.cdn-equinox....	1.99KB					378ms	
c.gif?ctsa=mr&CtsSyncl...	200	c.clarity.ms	42B					12ms	
POST collect	204	q.clarity.ms	0					82ms	
favicon.png	200	assets.cdn-equinox....	0					2ms	
POST events	202	equinox-production.a...	41B					324ms	
OPTIONS events	200	equinox-production.a...	0					240ms	
tag-17c15d1f5d024d8b03...	200	dev.visualwebsiteopt...	38.4KB					9ms	
worker-70faaffa0475802f...	200	dev.visualwebsiteopt...	13.1KB					7ms	
POST events	202	equinox-production.a...	61B					91ms	
248 Requests	22.0MB	(28.4MB Uncompressed)	Fully Loaded 7.7s	(Onload 5.3s)					



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Much longer than recommended 2.6s	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Longer than recommended 4.5s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Much longer than recommended 6.0s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Longer than recommended 246ms
Largest Contentful Paint How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.	Much longer than recommended 3.8s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here 0.05

Browser Timings

Redirect	406ms	Connect	63ms	Backend	632ms
TTFB	1.1s	DOM Int.	1.8s	DOM Loaded	2.1s
First Paint	2.1s	Onload	5.3s	Fully Loaded	7.7s

IMPACT AUDIT

High

Avoid enormous network payloads LCP

Total size was 22.0MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
• https://videos.ctfassets.net/drib7o8rcbyf/1OWsMoHMw1cUxbpkFNDVUD/531ce9155768446c7ab779247000bbfe/WEB_HERO_MOBILE_600x960.mp4	19.1MB
• https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	117KB
• https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	109KB
• https://cdn.cookiecutter.org/scripttemplates/202401.2.0/otBannerSdk.js	105KB
• https://www.equinox.com/_next/static/chunks/fec483df-c0eebccfb024cdc1.js	101KB
• https://www.googletagmanager.com/gtag/js?id=G-ZTN45YZEQR&l=dataLayer&cx=c	99KB
• https://www.googletagmanager.com/gtag/js?id=AW-980997750	96.6KB
• https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	93.7KB
• https://www.equinox.com/_next/static/chunks/pages/_app-807be5f23f86c108.js	80.6KB
• https://www.googletagmanager.com/gtag/destination?id=DC-12069243&l=dataLayer&cx=c	79.8KB

High

Reduce initial server response time FCP LCP

Root document took 631ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://www.equinox.com/	631ms

Med

Use explicit width and height on image elements CLS

3 images found

Set an explicit width and height on image elements to reduce layout shifts and improve CLS.

FAILING ELEMENTS

Membership with Benefits

```

```

Experience the best at Equinox

```
<img alt="Experience the best at Equinox" loading="lazy" src="" style="object-position:50% 50%">
```

The Equinox+ App

```
<img alt="The Equinox+ App" loading="lazy" src="" style="object-position: 50% 50%;">
```

Med

Serve static assets with an efficient cache policy

Potential savings of 2.10MB

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

URL	CACHE TTL	TRANSFER SIZE
https://js.adsrvr.org/up_loader.1.1.0.js	none	12.6KB
https://px.ads.linkedin.com/collect?v=2&fmt=js&pid=3998098&time=1728924434704&url=https%3A%2F%2Fwww.equinox.com%2F&tm=gtmv2	none	882B
https://d.adroll.com/consent/check/7KH3CTTPVHY7NCSDVQZNI?pv=97389785607.49913&arrfr=https%3A%2F%2Fwww.equinox.com%2F&s=95d897d246a13a8384e0402ccd0243fe&b=2	none	639B
https://tr.snapchat.com/config/com/00bfb6c7-dc54-4ea3-a320-84a4b72b4c8c.js?v=3.33.0-2409301510	none	476B
https://cdn.attn.tv/growth-tag-assets/client-configs/bFQ.js	none	385B
https://www.facebook.com/tr/?id=365078060362433&ev=PageView&dl=https%3A%2F%2Fwww.equinox.com%2F&rl=&if=false&ts=1728924433849&sw=390&sh=844&v=2.9.170&r=stable&a=adobe_launch&ec=0&o=12318&fbp=fb.1.1728924433846.71587911152489503&cs_est=true&ler=empty&cdl=API_unavailable&it=1728924433305&coo=false&rgm=GET	none	273B
https://match.adsrvr.org/track/cmf/generic?ttid_pid=auvk7f8&ttid_tpi=1	none	149B
https://insight.adsrvr.org/track/pxl/?adv=k3pq3ve&ct=0:mqj1jtt&fmt=3&td1=(FormName)&td2=(LeadType)&td3=(FormFieldTopicData)&td4=(Location)&td5=(UserInfo)	none	148B
https://mid.rkdms.com/restricted	none	0B
https://cdn.attn.tv/equinox/dtag.js	2 minutes	2.64KB
https://cdn.attn.tv/tag/4-latest/unified-tag.js?v=4-latest_263507365a	5 minutes	41.1KB
https://connect.facebook.net/en_US/fbevents.js	20 minutes	60.1KB
https://connect.facebook.net/signals/config/365078060362433?v=2.9.170&r=stable&domain=www.equinox.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&ex_m=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C16%2C96%2C88%2C51%2C54%2C171%2C174%2C186%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C132%2C18%2C40%2C21%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C112	20 minutes	14.7KB
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	60 minutes	109KB
https://cdn.pdst.fm/ping.min.js	60 minutes	22.1KB
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC7b7b729fd19443d9a35bac5675728a0c-source.min.js	60 minutes	930B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC412092cec51544f3887314dd541afb7d-source.min.js	60 minutes	849B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RCc9c8d861d9b641ab9a2c5deac6d90759-source.min.js	60 minutes	783B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC2d299a9990fe4072a06a2afb9b23f9a0-source.min.js	60 minutes	743B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC9275b7d3df7740b8971d7ccde8681553-source.min.js	60 minutes	708B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC2ec245c098ee4cf0bb5cf80be036b58a-source.min.js	60 minutes	706B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC01ff9f79a04f4b1eae837f79afac3823-source.min.js	60 minutes	615B
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC8e3ee4a568b84dcdb5861142fd7c7e7-source.min.js	60 minutes	492B
https://www.google-analytics.com/analytics.js	2 hours	21.1KB
https://snap.lidn.com/li.lms-analytics/insight.min.js	7 hours	14.5KB
https://dev.visualwebsiteoptimizer.com/v.gif?cd=0&a=601783&d=equinox.com&u=D778617B48E714C7C8700427F286EA052&h=13fcb02a57d0e51aabddab88918b696&t=false	12 hours	146B
https://cdn.cookiecutter.org/scripttemplates/202401.2.0/otBannerSdk.js	24 hours	105KB
https://www.clarity.ms/s/0.7.48/clarity.js	24 hours	27.0KB
https://cdn.cookiecutter.org/scripttemplates/otSDKStub.js	24 hours	7.64KB
https://cdn.cookiecutter.org/logos/6f90b041-61bb-4e79-a98b-cfc66d1a1983/ef7eb152-4c30-4c24-ac3b-c1342907d3ce/equinox-logo.png	24 hours	3.75KB
https://cdn.cookiecutter.org/logos/static/powered_by_logo.svg	24 hours	2.12KB
https://cdn.cookiecutter.org/logos/static/ot_close.svg	24 hours	622B
https://acd.adnxs.com/dmp/up/pixie.js	1 day	9.20KB
https://ads.pubmatic.com/AdServer/js/user_sync.html?p=163462&redirect=https%3A%2F%2Fsync.resetdigital.co%2Fcsync%3Fpid%3Dpubmatic%26pid%3D	1 day	0B
https://ads.pubmatic.com/AdServer/js/user_sync.html?p=163462&redirect=https%3A%2F%2Fsync.resetdigital.co%2Fcsync%3Fpid%3Dpubmatic%26pid%3D	1 day	0B
https://s2.adform.net/banners/scripts/st/trackpoint-async.js	7 days	31.1KB
https://videos.ctfassets.net/drib7o8rcbyf/1OWsMoHMw1cUxbpkFNDVUD/531ce9155768446c7ab779247000bbfe/WEB_HERO_MOBILE_600x960.mp4	30 days	19.1MB

CDNs can give an equally fast web experience to your users across the globe.

URL

- <https://s2.adform.net/banners/scripts/st/trackpoint-sync.js>
- <https://dpm.demdex.net/ibs:dpid=411&dpuuid=Zw1LEQAAAG8gbgNe>
- <https://a1.adform.net/Serving/TrackPoint?CC=1&pm=2211559&ADFPageName=eqx%3Ahome%3Ahome&ADFdivider=%7C&ord=616684834884&ADFTpmode=2&loc=https%3A%2F%2Fwww.equinox.com%2F&Set1=en-US%7Cen-US%7C390x844%7C24>
- <https://dpm.demdex.net/ibs:dpid=21&dpuuid=216523105035003430960>
- <https://meta.resetdigital.co/Scripts/smart.js?px=1000129>
- https://somnit.equinox.com/b/ss/eqxwebprod/1/JS-2.25.0-LEWM/s52816464303894?AQB=1&ndh=1&pf=1&t=14%2F9%2F2024%209%3A47%3A13%201%20420&sid=2052215600232BF5-59DEFB46C50B61BD4&mid=00818978508961040004156866383481933559&aamlh=6&ce=UTF-8&pageName=eqx%3Ahome%3Ahome&g=www.equinox.com%2F&c.&apl=4.0&getPercentPageViewed=5.0.1&getPageLoadTime=2.0.1&c.&cc=USD&ch=home&server=home&events=event4%2Cevent1%2Cevent9%3Dundefined&aamb=6G1yNcL-PuiQxYZrsz_pkqfLG9yMXBpb2zX5dvJdYQJzPXlmdj0y&c1=D%3Dv1&v3=eqx%3Ahome%3Ahome&v4=programmatic&v9=%2F&c10=D%3Dv10&v10=home&v12=home&v18=not-embedded&c19=D%3Dv19&v19=discovery&v25=not-authenticated&v31=0.3972763712934597_1728924433825&v32=www.equinox.com&v37=lead%20view&v38=lead%20flow%20%7C%20engage&v59=equinox%20fitness%20club%20-%20%20it%27s%20not%20fitness.%20it%27s%20life.&c73=Mozilla%2F5.0%20%28iPhone%3B%20CPU%20iPhone%20OS%2015_5%20like%20Mac%20OS%20X%29%20AppleWebKit%2F605.1.15%20%28KHTML%2C%20like%20Gecko%29%20Version%2F15.5%20Mobile%2F15E148%20Safari%202604.1%20GTmetrix&c74=00818978508961040004156866383481933559&c75=Launch%20%7C%20EQX%20ACDL%20WEB%20%7C%20production%20%7C%202024-09-17T11%3A04%3A00Z&s=390x844&c=24&j=1.6&v=N&k=Y&bw=390&bh=844&mcorgid=8E4567C25245B0B30A490D4C%40AdobeOrg&AQE=1
- https://dpm.demdex.net/ibs:dpid=771&dpuuid=CAESElXgAJDZGxrSzm0DY4at_8&google_cver=1?gdpr=0&gdpr_consent=
- <https://a1.adform.net/Serving/TrackPoint?CC=1&pm=2211559&ADFPPageName=eqx%3Ahome%3Ahome&ADFdivider=%7C&ord=515557842719&ADFTpmode=2&loc=https%3A%2F%2Fwww.equinox.com%2F&Set1=en-US%7Cen-US%7C390x844%7C24>
- https://www.google.co.uk/pagead/1p-user-list/980997750/?random=1728924433645&cv=11&fst=1728921600000&bg=ffffff&guid=ON&async=1>m=45be4a90v9172975561za200&gcd=131313111&dma=0&tag_exp=101529666-101671035-101686685&u_w=390&u_h=844&url=https%3A%2F%2Fwww.equinox.com%2F&hn=www.googleadservices.com&frm=0&tiba=Equinox%20Fitness%20Club%20-%20%20it%27s%20Not%20Fitness.%20it%27s%20Life.&npa=0&pscdl=noapi&aid=279687261.1728924434&fdr=QA&data=event%3Dgtag.config&rftmt=3&rft=3&is_vtc=1&cid=CAQSGwDpaXnf6zzpmxJiHvj4eexhVFAE3Qy0ByKczw&random=87884749&rmt_tld=1&jpr=y
- https://dpm.demdex.net/ibs:dpid=28645&dpuuid=bUohkgwL-6R7oOpD_badJPRmPky8r0i&gdpr=0&gdpr_consent=
-

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

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	908ms	52ms	0ms
• https://www.equinox.com/	429ms	90ms	17ms
• https://www.equinox.com/_next/static/chunks/pages/_app-807be5f23f86c108.js	337ms	303ms	3ms
• https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	322ms	279ms	13ms
• https://www.equinox.com/_next/static/chunks/pages/index-f040bd5011b82e2b.js	259ms	248ms	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	203ms	186ms	14ms
• https://www.googletagmanager.com/gtag/js?id=AW-980997750	130ms	68ms	58ms
• https://cdn.cookiecutter.org/scripttemplates/202401.2.0/otBannerSdk.js	124ms	89ms	17ms
• https://www.clarity.ms/s/0.7.48/clarity.js	103ms	89ms	2ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	102ms	72ms	28ms
• https://www.equinox.com/_next/static/chunks/3235-288a6b244768346e.js	88ms	67ms	2ms
• https://www.googletagmanager.com/gtag/destination?id=DC-12069243&l=dataLayer&cx=c	81ms	78ms	3ms
• https://a1.adform.net/serving/scripts/trackpoint/async/	71ms	64ms	6ms
• https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/6872e32c45d8/RC2d299a9990fe4072a06a2afb9b23f9a0-source.min.js	61ms	60ms	0ms
• https://sc-static.net/scevent.min.js	51ms	48ms	0ms

Med-Low

Avoid long main-thread tasksTBT

13 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.equinox.com/_next/static/chunks/7313-b9e0faac05b2b543.js	1.8s	351ms
• https://www.googletagmanager.com/gtag/js?id=AW-980997750	3.4s	153ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	3.3s	107ms
• https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	1.5s	100ms
• https://www.equinox.com/_next/static/chunks/3235-288a6b244768346e.js	2.2s	85ms
• https://www.googletagmanager.com/gtag/destination?id=DC-12069243&l=dataLayer&cx=c	4.2s	80ms
• https://cdn.cookiecutter.org/scripttemplates/202401.2.0/otBannerSdk.js	3.6s	78ms
• https://www.googletagmanager.com/gtag/js?id=AW-980997750	2.7s	63ms
• https://www.equinox.com/	1.3s	63ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	4.4s	62ms
• https://a1.adform.net/serving/scripts/trackpoint/async/	2.6s	56ms
• https://www.equinox.com/	1.7s	51ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	4.1s	50ms

Low

Avoid multiple page redirectsFCPLCP

Potential savings of 403ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://equinox.com/	165ms
• https://equinox.com/	238ms
• https://www.equinox.com/	0ms

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
Pages whose main resource has cache-control:no-store cannot enter back/forward cache. https://www.equinox.com/	Circumstantial
JsNetworkRequestReceivedCacheControlNoStoreResource https://www.equinox.com/	Circumstantial

Low

Reduce unused JavaScript LCP

Potential savings of 1.09MB

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.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	117KB	80.6KB
https://www.googletagmanager.com/gtag/js?id=AW-980997750	96.6KB	73.4KB
https://www.equinix.com/_next/static/chunks/fec483df-c0eebccfb024cdc1.js	101KB	71.3KB
...	101KB	71.3KB
https://www.equinix.com/_next/static/chunks/2390-59285d005a6dd3f6.js	77.2KB	63.8KB
...react-datepicker/dist/react-datepicker.min.js	28.8KB	27.4KB
...@floating-ui/react/dist/floating-ui.react.esm.js	14.3KB	13.9KB
...@floating-ui/core/dist/floating-ui.core.mjs	2.99KB	2.98KB
...@floating-ui/dom/dist/floating-ui.dom.mjs	1.87KB	1.79KB
...@mui/material/Select/SelectInput.js	1.53KB	1.38KB
https://www.googletagmanager.com/gtag/js?id=DC-12069243	79.7KB	61.8KB
https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	93.7KB	60.3KB
https://cdn.cookiecutter.org/scripttemplates/202401.2.0/otBannerSdk.js	105KB	54.6KB
https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	117KB	51.7KB
https://www.googletagmanager.com/gtag/js?id=G-ZTN45YZEQR&l=dataLayer&cx=c	99KB	47.8KB
https://maps.googleapis.com/maps-api-v3/api/js/58/8/util.js	55.1KB	44.3KB
https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	93.7KB	41.6KB
https://maps.googleapis.com/maps-api-v3/api/js/58/8/main.js	65.4KB	39.4KB
https://www.googletagmanager.com/gtag/js?id=AW-980997750	96.6KB	36.2KB
https://www.googletagmanager.com/gtag/destination?id=DC-12069243&l=dataLayer&cx=c	79.8KB	35.4KB
https://www.equinix.com/_next/static/chunks/3235-288a6b244768346e.js	58.6KB	33.6KB
(unmapped)	8.13KB	4.69KB
...src/features/corp-join-flow/components/CorpJoinFlow.jsx	4.00KB	3.97KB
...src/features/lead-flow/components/ContactInformation.jsx	3.35KB	1.44KB
...src/features/lead-flow/components/LeadFlow.jsx	3.68KB	1.43KB
...src/features/join-flow/components/ChooseMembership/ChooseMembership.jsx	1.26KB	1.14KB
https://dev.visualwebsiteoptimizer.com/cdn/web/djlkYTo0LjA6bm9gcXVlcnsdHl6Ny4w/tag-17c15d1f5d024d8b034b6802eb03ea7fbr.js	38.4KB	31.1KB
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	109KB	28.0KB
https://www.equinix.com/_next/static/chunks/2231-99a0fd9108e0ee61.js	36.2KB	26.9KB
...next/dist/compiled/stream-browserify/index.js	12.5KB	10.5KB
...events/events.js	1.81KB	1.55KB
...util/util.js	1.82KB	1.54KB
...jsonwebtoken/verify.js	1.26KB	1.15KB
...jsonwebtoken/node_modules/yallist/yallist.js	1.38KB	1.05KB
https://www.equinix.com/_next/static/chunks/6303-46400f90c7f9d21d.js	46.3KB	26.7KB
...mdast-util-from-markdown/lib/index.js	2.96KB	1.78KB
...micromark-extension-gfm-footnote/lib/syntax.js	1.18KB	1.13KB
...micromark-extension-gfm-table/lib/syntax.js	1.38KB	1.12KB
...micromark-core-commonmark/lib/html-flow.js	1.01KB	0.98KB
...micromark-core-commonmark/lib/label-end.js	894B	862B
https://s.adroll.com/j/7KHC3LTPVHY7NCSDVQZNI/roundtrip.js	29.1KB	26.4KB
https://cdn.attn.tv/tag/4-latest/unified-tag.js?v=4-latest_263507365a	41.1KB	23.9KB
https://maps.googleapis.com/maps-api-v3/api/js/58/8/controls.js	25.7KB	23.7KB
https://s.adroll.com/j/7KHC3LTPVHY7NCSDVQZNI/roundtrip.js	29.1KB	23.3KB
https://a1.adform.net/serving/scripts/trackpoint/async/	31.1KB	22.6KB
https://a1.adform.net/serving/scripts/trackpoint/async/	31.1KB	22.2KB
https://www.equinix.com/_next/static/chunks/pages/_app-807be5f23f86c108.js	80.6KB	22.2KB
.../node_modules/buffer/index.js	6.64KB	4.35KB
.../node_modules/nprogress/nprogress.js	1.31KB	1.04KB
.../node_modules/error-stack-parser/error-stack-parser.js	1.00KB	911B
.../node_modules/universal-cookie/esm/index.mjs	1.49KB	852B
.../node_modules/promise-polyfill/src/index.js	889B	817B

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.equinox.com/_next/static/chunks/main-a04659c1ab711555.js	37.9KB	21.4KB
...next/dist/shared/lib/router/router.js	6.87KB	5.50KB
...tslib/tslib.es6.js	2.54KB	2.19KB
...next/dist/compiled/path-to-regexp/index.js	1.62KB	1.57KB
(unmapped)	3.27KB	1.21KB
...next/dist/shared/lib/router/utils/prepare-destination.js	1.16KB	1.12KB
https://maps.googleapis.com/maps-api-v3/api/js/58/8/places.js	28.2KB	20.0KB

Low

Avoid an excessive DOM size

TBT

642 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		642
Maximum DOM Depth	checkbox label 	15
Maximum Child Elements	body <body data-debug-layout="false" data-is-vwo-variant="false" data-page="home" data-has-open-nav="false">	50

Low

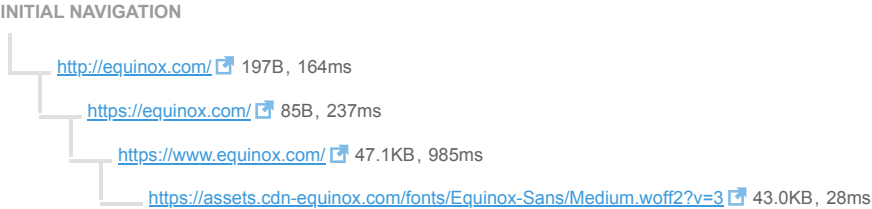
Avoid chaining critical requests

FCP LCP

1 chain 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.

Maximum critical path latency: 1.4s



Low

Enable text compression

FCP LCP

Potential savings of 17.9KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://cdn.pdst.fm/ping.min.js	21.6KB	15.9KB
• https://meta.resetdigital.co/Scripts/smart.js?px=1000129	3.09KB	2.00KB

Low

Avoid non-composited animations

CLS

6 animated elements found

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

ELEMENT	NAME
form.ContactInformation_eqx-form__yjRxY > div.MuiFormControl-root > div.MuiInputBase-root > input#mui-2 <input aria-invalid="false" type="text" class="MuiInputBase-input MuiOutlinedInput-input css-9jacqo" value="" id="mui-2"> Unsupported CSS Property: display	mui-auto-fill-cancel
form.ContactInformation_eqx-form__yjRxY > div.MuiFormControl-root > div.MuiInputBase-root > input#mui-4 <input aria-invalid="false" type="email" class="MuiInputBase-input MuiOutlinedInput-input css-9jacqo" value="" aria-describedby="mui-4-helper-text" id="mui-4"> Unsupported CSS Property: display	mui-auto-fill-cancel
form.ContactInformation_eqx-form__yjRxY > div.MuiFormControl-root > div.MuiInputBase-root > input#mui-5 <input aria-invalid="false" type="tel" maxlength="15" class="MuiInputBase-input MuiOutlinedInput-input css-9jacqo" value="" id="mui-5"> Unsupported CSS Property: display	mui-auto-fill-cancel
form.ContactInformation_eqx-form__yjRxY > div.MuiFormControl-root > div.MuiInputBase-root > input#mui-3 <input aria-invalid="false" type="email" class="MuiInputBase-input MuiOutlinedInput-input css-9jacqo" value="" id="mui-3"> Unsupported CSS Property: display	mui-auto-fill-cancel
form.ContactInformation_eqx-form__yjRxY > div.MuiFormControl-root > div.MuiInputBase-root > input#mui-1 <input aria-invalid="false" type="text" class="MuiInputBase-input MuiOutlinedInput-input css-9jacqo" value="" id="mui-1"> Unsupported CSS Property: display	mui-auto-fill-cancel
We use cookies and related technologies to help identify you and your devices, ... <div id="onetrust-banner-sdk" class="otFlat bottom ot-wo-title vertical-align-content ot-buttons-fw" tabindex="0" role="region" aria-label="Cookie banner" style="bottom: 0px;"> Unsupported CSS Property: bottom	slide-down-custom

Low

Avoid large layout shifts CLS

1 element found

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

ELEMENT	CLS CONTRIBUTION
We use cookies and related technologies to help identify you and your devices, ... <div id="onetrust-banner-sdk" class="otFlat bottom ot-wo-title vertical-align-content ot-buttons-fw" tabindex="0" role="region" aria-label="Cookie banner" style="bottom: 0px;">	0.05

Low

Minify JavaScript FCP LCP

Potential savings of 6.46KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://js.adsrvr.org/up_loader.1.1.0.js	12.6KB	6.46KB

Low

Defer offscreen images

Potential savings of 16.5KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://cdn.cookiecutter.org/logos/6f90b041-61bb-4e79-a98b-cfc66d1a1983/ef7eb152-4c30-4c24-ac3b-c1342907d3ce/equinix-logo.png	3.59KB	3.59KB
https://images.ctfassets.net/drib7o8rcbyf/rqrvuGiOopoDMKtPn1ciX/2ad5cd42c63cbab3de93d1aafe4786b5/instagram.jpg	3.24KB	3.24KB
https://images.ctfassets.net/drib7o8rcbyf/Pu8s9vVMV0D4JwPD05mqD/dd3a18c7a0c2fd042ac2f8eec3a8bfa/youtube.jpg	3.14KB	3.14KB
https://images.ctfassets.net/drib7o8rcbyf/5g2Xaa8VvZFc5Spl6kcLO1/62b5bddf029e5f495f2ecc8e896d8b30/twitter.jpg	2.37KB	2.37KB
https://cdn.cookiecutter.org/logos/static/powered_by_logo.svg	2.12KB	2.12KB
https://images.ctfassets.net/drib7o8rcbyf/7pbnYy876X4wHpmw2K2JtL/1dce1400f81a986c654e6dd0982c4273/facebookok-1.jpg	2.02KB	2.02KB

Low

Properly size images

Potential savings of 114KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://images.ctfassets.net/drib7o8rcbyf/4klP8wpLiiAtyN7F1wnAYy/a0af3ee11cc061471ea0b526c16d6d24/MEMBER_SHIP_BENEFITS_MODULE_375x563-min.jpg?fm=webp&fit=fill&w=960	47.7KB	39.3KB
https://images.ctfassets.net/drib7o8rcbyf/3SSkml8U5YBGKCPkJoIdib/07d03a08278a1f3576dc52cdb2ed5e79/CORE Ancillaries_MODULE_STUDIO_PILATES_375x563-min.jpg?fm=webp&fit=fill&w=960	43.1KB	35.5KB
https://images.ctfassets.net/drib7o8rcbyf/7xaVBLqgmztmYQGrXBg0pqx/01d2a0130ad7a05585663d9600b437eb/CORE Ancillaries_MODULE_GF_375x563-min.jpg?fm=webp&fit=fill&w=960	24.7KB	20.3KB
https://images.ctfassets.net/drib7o8rcbyf/64oMt8msJ0h1I75i0ejdfs/51022d60a8ac8c3915436d1ede080321/CORE Ancillaries_MODULE_PT_375x563-min.jpg?fm=webp&fit=fill&w=960	22.4KB	18.4KB

Low

Remove duplicate modules in JavaScript bundles TBT

Potential savings of 7.77KB

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity.

SOURCE	TRANSFER SIZE	POTENTIAL SAVINGS
Other		4.76KB
https://www.equinix.com/_next/static/chunks/7097-5eb281343d9b9eb7.js		
https://www.equinix.com/_next/static/chunks/6303-46400f90c7f9d21d.js		
https://www.equinix.com/_next/static/chunks/2390-59285d005a6dd3f6.js		
https://www.equinix.com/_next/static/chunks/3184-bb75d86a40dfade3.js		
https://www.equinix.com/_next/static/chunks/3235-288a6b244768346e.js		
https://www.equinix.com/_next/static/chunks/4236-b81ef2bcb59e4c0f.js		
https://www.equinix.com/_next/static/chunks/4708-7e6abd8a9f9d7f36.js		
https://www.equinix.com/_next/static/chunks/1951-da538df4138d7a64.js		
webpack://_N_E/.src/components/ResponsiveImage/ResponsiveImage.jsx		3.00KB
https://www.equinix.com/_next/static/chunks/3184-bb75d86a40dfade3.js	1.86KB	
https://www.equinix.com/_next/static/chunks/273.603a1a9cb00529ae.js	2.22KB	
https://www.equinix.com/_next/static/chunks/3235-288a6b244768346e.js	801B	

Low

Reduce unused CSS FCP LCP

Potential savings of 68.3KB

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.equinix.com/_next/static/css/fca1734cb67d592f.css	35.5KB	34.9KB
#onetrust-banner-sdk{-ms-text-size-adjust:100%;-webkit-text-size-adjust:100%} ...	20.4KB	18.2KB
https://www.equinix.com/_next/static/css/69180f411d04fc55.css	16.4KB	15.2KB

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://connect.facebook.net/en_US/fbevents.js	10.6KB
Line:23 Column:2302	@babel/pug- n-transform- classes
Line:270 Column:9361	Array.prototype. filter
Line:270 Column:15478	Array.from
Line:270 Column:17228	Array.prototype. map
Line:270 Column:18020	Array.prototype. find
https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js	10.5KB
Line:1 Column:7085	@babel/pug- n-transform- classes
Line:1 Column:288565	Object.defineProperty
Line:1 Column:289054	Object.entries
Line:1 Column:289831	Object.freeze
Line:1 Column:291634	Object.getPrototypeOf
Line:1 Column:292335	Object.getPrototypeOf

	ypeOf	
Line:1 Column:292608	Object.prototype	
Line:1 Column:292766	Object.prototype.constructor	
Line:1 Column:292918	Object.prototype.constructor.prototype	
Line:1 Column:293045	Object.prototype.constructor.prototype.constructor	
Line:1 Column:293222	Object.prototype.constructor.prototype.constructor.prototype	
Line:1 Column:293420	Object.prototype.constructor.prototype.constructor.prototype.constructor	
Line:1 Column:293926	Object.prototype.constructor.prototype.constructor.prototype.constructor.prototype	
Line:1 Column:293993	Object.prototype.constructor.prototype.constructor.prototype.constructor.prototype.constructor	
https://analytics.tiktok.com/i18n/pixel/static/main.MTdKNGE4ZTU0MA.js		10.5KB
Line:1 Column:7085	@babel/plugin-transform-class-classes	
Line:1 Column:288565	Object.defineProperty	
Line:1 Column:289054	Object.entries	
Line:1 Column:289831	Object.freeze	
Line:1 Column:291634	Object.get	

URL	POTENTIAL SAVINGS
	etOw nPro pert yDes crip tors
Line:1 Column:292335	Obje ct.g etPr otot ypeO f
Line:1 Column:292608	Obje ct.i sExt ensi ble
Line:1 Column:292766	Obje ct.i sFro zen
Line:1 Column:292918	Obje ct.i sSea led
Line:1 Column:293045	Obje ct.k eys
Line:1 Column:293222	Obje ct.p reve ntEx tens ions
Line:1 Column:293420	Obje ct.s eal
Line:1 Column:293926	Obje ct.s etPr otot ypeO f
Line:1 Column:293993	Obje ct.v alue s
https://cdn.cookielaw.org/scripttemplates/202401.2.0/otBannerSdk.js	6.96KB
Line:6 Column:7371	Arra y.pr otot ype. fill
https://www.equinox.com/_next/static/chunks/6066-38155cf1b05f618f.js	74B
Line:0 Column:5775	@bab el/p lugi n-tr ansf orm- clas ses
https://snap.licdn.com/li.lms-analytics/insight.min.js	60B

URL	POTENTIAL SAVINGS
Line:0 Column:680	@babel/plugin-transform-ansiform-classes
https://www.equinox.com/_next/static/chunks/pages/_app-807be5f23f86c108.js	55B
Line:0 Column:199311	@babel/plugin-transform-ansiform-classes
https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	54B
Line:9 Column:20551	@babel/plugin-transform-ansiform-classes
https://www.equinox.com/_next/static/chunks/main-a04659c1ab711555.js	54B
Line:0 Column:1254	@babel/plugin-transform-ansiform-classes
https://analytics.tiktok.com/i18n/pixel/static/identify_7bf75739.js	54B
Line:0 Column:102498	@babel/plugin-transform-ansiform-classes
https://www.equinox.com/_next/static/chunks/fec483df-c0eebccfb024cdc1.js	53B
Line:0 Column:284967	@babel/plugin-transform-ansiform-classes
https://www.equinox.com/_next/static/chunks/2231-99a0fd9108e0ee61.js	51B
Line:0 Column:93037	@babel/plugin-transform-ansiform-classes
https://connect.facebook.net/signals/config/365078060362433?v=2.9.170&r=stable&domain=www.equinox.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&ex_m=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C1	43B

6%2C96%2C88%2C51%2C54%2C171%2C174%2C186%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C132%2C18%2C40%2C1%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C112

Line:19 Column:2057

@babel/polyfilln-tran-sform-classes

N/A

Largest Contentful Paint elementLCP

3,770 ms

This is the largest contentful element painted within the viewport.

ELEMENT

We use cookies and related technologies to help identify you and your devices, ...
<div id="onetrust-policy-text">

PHASE	% OF LCP	TIMING
TTFB	29%	1.1s
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	71%	2.7s

N/A

Minimize main-thread workTBT

Main-thread busy for 3.9s

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	2.3s
Other	1.1s
Script Parsing & Compilation	261ms
Style & Layout	119ms
Garbage Collection	85ms
Parse HTML & CSS	79ms
Rendering	23ms

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 TAG MANAGER	472KB	75ms
• https://www.googletagmanager.com/gtm.js?id=GTM-NC5FZZ9	117KB	45ms
• https://www.googletagmanager.com/gtag/destination?id=DC-12069243&l=dataLayer&cx=c	79.8KB	26ms
• https://www.googletagmanager.com/gtag/js?id=AW-980997750	96.6KB	4ms
• https://www.googletagmanager.com/gtag/js?id=G-ZTN45YZEQR&l=dataLayer&cx=c	99KB	0ms
• https://www.googletagmanager.com/gtag/js?id=DC-12069243	79.7KB	0ms
ADOBE TAG MANAGER	139KB	6ms
• https://assets.adobedtm.com/0a037a69b158/95b0875aaa2e/launch-654a26e3af69.min.js	109KB	6ms
• https://assets.adobedtm.com/extensions/EPef068a8d6dd34a43866d9a80cc98baab/AppMeasurement.min.js	12.6KB	0ms
• Other resources	17.5KB	0ms
CTFASSETS.NET	19.2MB	0ms
• https://videos.ctfassets.net/drib7o8rcbyf/1OWsMoHMw1cUxbpkFNDVUD/531ce9155768446c7ab779247000bbfe/WEB_HERO_MOBILE_600x960.mp4	19.1MB	0ms
GOOGLE MAPS	264KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/58/8/main.js	65.4KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/58/8/common.js	62.2KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/58/8/util.js	55.1KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/58/8/places.js	28.2KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/58/8/controls.js	25.7KB	0ms
• Other resources	27.5KB	0ms
CDN-EQUINOX.COM	190KB	0ms
• https://assets.cdn-equinox.com/fonts/Equinox-Sans/Bold.woff2?v=3	43.5KB	0ms
• https://assets.cdn-equinox.com/fonts/Equinox-Sans/Semi-Bold.woff2?v=3	43.3KB	0ms
• https://assets.cdn-equinox.com/fonts/Equinox-Sans/Medium.woff2?v=3	43.0KB	0ms
• https://assets.cdn-equinox.com/fonts/Equinox-Sans/Regular.woff2?v=3	41.6KB	0ms
• https://assets.cdn-equinox.com/fonts/Messina-Sans-Mono/SemiBold.woff2?v=3	15.2KB	0ms
OPTANON	159KB	0ms
• https://cdn.cookieclaw.org/scripttemplates/202401.2.0/otBannerSdk.js	105KB	0ms
• https://cdn.cookieclaw.org/consent/fa40eeda-1ca3-4a05-ac2b-a7553f84ac7a/01902710-94c9-7493-aaec-bfcb7969b729/en.json	17.7KB	0ms
• https://cdn.cookieclaw.org/scripttemplates/202401.2.0/assets/v2/otPcPanel.json	12.7KB	0ms
• Other resources	24.1KB	0ms
TIKTOK	140KB	0ms
• https://analytics.tiktok.com/i18n/pixel/static/main.MTdkNGE4ZTU0MA.js	93.7KB	0ms
• https://analytics.tiktok.com/i18n/pixel/static/identify_7bf75739.js	39.2KB	0ms
• Other resources	7.18KB	0ms
VWO	119KB	0ms
• https://dev.visualwebsiteoptimizer.com/cdn/web/djlkdGU6Ny4wOmFzeW5jJWdxWVyeSVzYWZhcmk=/tag-4c472443b22d28fca5f2aed1e5d6d587br.js	55.5KB	0ms
• https://dev.visualwebsiteoptimizer.com/cdn/web/djlkYTo0LjA6bm9qcXVlcnksdHI6Ny4w/tag-17c15d1f5d024d8b034b6802eb03ea7fbr.js	38.4KB	0ms
• https://dev.visualwebsiteoptimizer.com/cdn/analysis/4.0/worker-70faafffa0475802f5ee03ca5ff74179br.js	13.1KB	0ms
• https://dev.visualwebsiteoptimizer.com/settings.js?a=601783&settings_type=1&vn=7.0&exc=1 22 46 48	6.95KB	0ms
FACEBOOK	75.1KB	0ms
• https://connect.facebook.net/en_US/fbevents.js	60.1KB	0ms
• https://connect.facebook.net/signals/config/365078060362433?v=2.9.170&r=stable&domain=www.equinox.com&hme=d82868061a8c707cd31395a3055e7449daa03bd520872727258c39e6af34523e&exm=70%2C120%2C106%2C110%2C61%2C4%2C99%2C69%2C16%2C96%2C88%2C51%2C54%2C171%2C174%2C186%2C182%2C183%2C185%2C29%2C100%2C53%2C77%2C184%2C166%2C169%2C179%2C180%2C187%2C130%2C41%2C34%2C142%2C15%2C50%2C193%2C192%2C13	14.7KB	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
2%2C18%2C40%2C1%2C43%2C65%2C66%2C67%2C71%2C92%2C17%2C14%2C95%2C91%2C90%2C107%2C52%2C109%2C39%2C108%2C30%2C93%2C26%2C167%2C170%2C139%2C28%2C11%2C12%2C13%2C6%2C7%2C25%2C22%2C23%2C57%2C62%2C64%2C75%2C101%2C27%2C76%2C9%2C8%2C80%2C48%2C21%2C103%2C102%2C104%2C97%2C10%2C20%2C3%2C38%2C74%2C19%2C85%2C56%2C83%2C33%2C73%2C0%2C94%2C32%2C82%2C87%2C47%2C46%2C86%2C37%2C5%2C89%2C81%2C44%2C35%2C84%2C2%2C36%2C63%2C42%2C105%2C45%2C79%2C68%2C111%2C60%2C59%2C31%2C98%2C58%2C55%2C49%2C78%2C72%2C24%2C112		
ATTENTIVE	44.8KB	0ms
• https://cdn.attn.tv/tag/4-latest/unified-tag.js?v=4-latest_263507365a	41.1KB	0ms
ADFORM	33.7KB	0ms
• https://s2.adform.net/banners/scripts/st/trackpoint-async.js	31.1KB	0ms
ADROLL	29.7KB	0ms
• https://s.adroll.com/j/7KHC3LTPVHY7NCSDVQZNI/roundtrip.js	29.1KB	0ms
CLARITY	29.6KB	0ms
• https://www.clarity.ms/s/0.7.48/clarity.js	27.0KB	0ms
SNAPCHAT	24.5KB	0ms
• https://sc-static.net/scevent.min.js	23.6KB	0ms
PODSIGHTS	22.1KB	0ms
• https://cdn.pdst.fm/ping.min.js	22.1KB	0ms
GOOGLE ANALYTICS	21.1KB	0ms
• https://www.google-analytics.com/analytics.js	21.1KB	0ms
BING ADS	17.2KB	0ms
• https://bat.bing.com/bat.js	14.5KB	0ms
LINKEDIN ADS	15.4KB	0ms
• https://snap.licdn.com/li.lms-analytics/insight.min.js	14.5KB	0ms
THE TRADE DESK	12.9KB	0ms
• https://js.adsrvr.org/up_loader.1.1.0.js	12.6KB	0ms
APPNEXUS	11.3KB	0ms
• https://acd.n.adnxs.com/dmp/up/pixie.js	9.20KB	0ms
GOOGLE/DOUBLECLICK ADS	8.61KB	0ms
RESETDIGITAL.CO	7.34KB	0ms
• https://meta.resetdigital.co/Scripts/smart.js?px=1000129	6.64KB	0ms
MOUNTAIN.COM	4.77KB	0ms
• https://dx.mountain.com/spx?dxver=4.0.0&shaid=32248&tdr=&plh=https%3A%2F%2Fwww.equinox.com%2F&cb=14935287918351658term=value	4.58KB	0ms
CRITEO	1.34KB	0ms
TRKN.US	1.24KB	0ms
OTHER GOOGLE APIS/SDKS	1.10KB	0ms
ADOBE EXPERIENCE CLOUD	851B	0ms
RESETSRV.COM	486B	0ms
AGGREGATE KNOWLEDGE	478B	0ms
EYEOTA	418B	0ms
DATONICS	350B	0ms
TRIPLELIFT	279B	0ms
BIDSWITCH	275B	0ms
CROWD CONTROL	206B	0ms
MERKLE PAID SEARCH	189B	0ms

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
FOUND.IO	102B	0ms
LIVERAMP IDENTITYLINK	98B	0ms
PUBMATIC	0B	0ms
YAHOO!	0B	0ms
MINUTEMEDIA-PREBID.COM	0B	0ms
I-BEHAVIOR	0B	0ms

N/A

User Timing marks and measures

17 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME	TYPE	START TIME	DURATION
Next.js-before-hydration	Measure	0ms	1.9s
Next.js-hydration	Measure	1.9s	52ms
beforeRender	Mark	1.9s	0ms
afterHydrate	Mark	2.0s	0ms
fbevents:start:estPageViewProcessing	Mark	3.0s	0ms
fbevents:end:estPageViewProcessing	Mark	3.0s	0ms
fbevents:start:unwantedDataProcessing_365078060362433	Mark	3.0s	0ms
fbevents:end:unwantedDataProcessing_365078060362433	Mark	3.0s	0ms
fbevents:start:unwantedParamsProcessing_365078060362433	Mark	3.0s	0ms
fbevents:start:validateUrlProcessing_365078060362433	Mark	3.0s	0ms
fbevents:end:validateUrlProcessing_365078060362433	Mark	3.0s	0ms
fbevents:start:standardParamChecksProcessing_365078060362433	Mark	3.0s	0ms
snaptr	Mark	3.9s	0ms
attn.tag-core.loaded	Mark	4.8s	0ms
attn.tag-creatives.loaded	Mark	4.8s	0ms
attn.fetch-creatives.start	Mark	5.2s	0ms
attn.fetch-creatives.end	Mark	5.4s	0ms

N/A	Eliminate render-blocking resources FCP LCP
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Nothing to do here, good job!