

# Link Outreach Report



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 November 23rd, 2018

Total Backlinks

1

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Order Date:  
**October 29th, 2018**


Report Created:  
**November 23rd, 2018**

## Order Information

This is the information we received from you. The rest of this report is based on these inputs.

Backlink Placement Site Requirements

DA20+

 Our DA metrics are based off of Moz, as this search engine ranking score was developed by them.

Anchor Text	Target URL
aerobic vs anaerobic activity	<a href="https://beatstrong.com/aerobic-and-anaerobic-exercise-learning-the-difference">https://beatstrong.com/aerobic-and-anaerobic-exercise-learning-the-difference</a>



## Backlinks Created

Below are the links we acquired as a result of our outreach process. These in-content links are some of the best that you can get, driving natural authority to your site and helping you rank higher.

Total Backlinks

1

Post and Target URLs	Anchor Text	DA	Post Date
<a href="https://michaelwoodfitness.com/2018/11/22/an-accessible-guide-to-the-different-types-of-exercise-and-what-they-can-help-you-achieve/">https://michaelwoodfitness.com/2018/11/22/an-accessible-guide-to-the-different-types-of-exercise-and-what-they-can-help-you-achieve/</a> ↳ <a href="https://beatstrong.com/aerobic-and-anaerobic-exercise-learning-the-difference">https://beatstrong.com/aerobic-and-anaerobic-exercise-learning-the-difference</a>	aerobic vs anaerobic activity		November 23rd, 2018