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# **FITNESS FOUNDATIONS**

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BY CHADI CHAAYA

From Setback to Comeback

**DISCOVER YOUR POTENTIAL.  
SIGN UP NOW!**

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A full-page photograph of a muscular couple. The woman on the left has long dark hair in a high ponytail with bangs, wearing a red sports bra and black shorts. The man on the right is shirtless, wearing grey shorts, and has a very defined physique. They are standing close together, with the man's hand on the woman's hip. The background is a dark, textured grey.

**PROFILE**

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# HELLO AND WELCOME TO FITNESS FOUNDATIONS!

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I'm Coach Chadi Chaaya and throughout my years in the fitness realm, I've come to understand that every individual's journey is as unique as their fingerprint. From the resilient souls recovering from injuries, to the brave hearts taking their first step into the world of fitness, and the dedicated athletes aiming for the pinnacle of their potential – each story is a testament to the human spirit's indomitable will.

What truly sets Fitness Foundations apart is our unwavering belief in the power of a strong foundation. Just as a skyscraper needs a deep-rooted base to reach soaring heights, your fitness journey requires a solid starting point, built on trust, knowledge, and genuine passion. Here, we don't just chase after short-lived results; we aim for sustainable transformation. We celebrate the small victories as fervently as the major milestones because we understand that every drop contributes to the ocean of your success.

My commitment to you is more than just a well-crafted fitness regimen. It's a promise of a partnership, where your goals become my mission. With evidence-based programs, a keen understanding of individual needs, and a heart that truly cares, I'm here to guide, support, and cheer for you at every twist and turn.

So, whether you're looking to rediscover your strength, sculpt a new version of yourself, or ignite a dormant passion for fitness, I invite you to join our community. Let's embark on this transformative journey together, laying each brick with care, dedication, and a shared vision of your best self.

Your potential is a vast, uncharted territory. Together, let's explore every inch of it.

With warmth and dedication,

*Coach Chadi*

FOUNDER, FITNESS FOUNDATIONS



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*“Building strength is all about lifting weights; That’s how we lift spirits, ambitions, and potentials. Let's elevate together.”*

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## ABOUT COACH CHADI

Meet Chadi, a beacon of dedication, resilience, and expertise in the realm of fitness and safety. As a Certified Personal Fitness Coach, Chadi's journey in the fitness industry is backed by a robust foundation from the Inspire Fitness Academy and a EREPS certification Level 4. But his prowess doesn't stop there. With over a decade of experience as a swimming instructor, Chadi seamlessly marries the worlds of land and water, ensuring a holistic approach to fitness.

Beyond the gym and pool, Chadi's commitment to safety and well-being is deeply ingrained in his role as a Sergeant firefighter at the Beirut Fire Department. With over 12 years dedicated to firefighting and maritime rescue, his sense of social responsibility is unparalleled. His fervor to not only save but educate individuals on safety practices is a testament to his profound desire to make a difference.

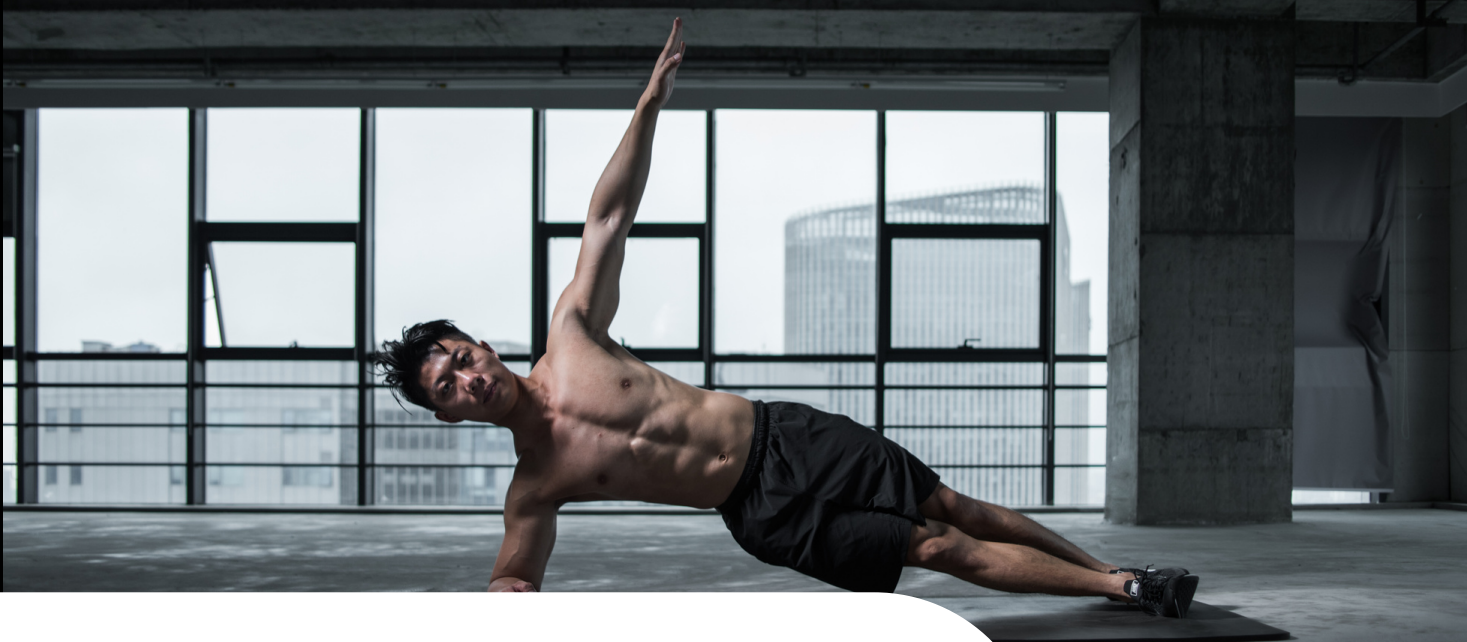


Chadi's deep understanding of Anatomy, Physiology, Kinesiology, and Nutrition, coupled with his extensive certifications, positions him as a maestro in crafting tailored exercise and nutrition programs.

#### Certifications:

- Sports Injury
- Personal Fitness Coach level 4
- Fitness and sports nutrition
- Squats and knee pain
- Lower back pain and physical exercises
- Thoracic Mobility - Shoulders and overhead exercises
- Ereps

Join Chadi in a transformative journey where fitness meets safety, and passion meets purpose. Immerse yourself in a world where every workout is a step towards a healthier, safer, and more empowered version of you. Let Chadi's knowledge light your path to a lifestyle where well-being is not just a goal, but a way of life.



# From Setback to Comeback



## Mission

At Fitness Foundations, we empower individuals on tailored fitness journeys, emphasizing trust, evidence-based methods, and holistic well-being. Our commitment is to guide, support, and celebrate every step of your transformation.



## Vision

We aim to redefine virtual fitness, fostering a global community where holistic well-being, personal growth, and genuine relationships are at the forefront. Fitness Foundations aspires to be your trusted partner in lifelong health and passion.

# Our Values



## Integrity

At Fitness Foundations, we believe in honesty and transparency in every interaction. Our commitment is genuine, our methods are evidence-based, and our promises are always grounded in reality. We prioritize the trust placed in us above all else.



## Personalization

Recognizing the uniqueness of each individual, we craft bespoke fitness plans that cater to specific needs, goals, and histories. Every journey is different, and we ensure our approach is as unique as the individual undertaking it.



## Community

Beyond fitness, we're building a supportive community. We value the power of relationships, fostering an environment where members uplift, motivate, and inspire one another, creating bonds that extend beyond the virtual realm.



## Continuous Growth

We are committed to the constant evolution of our methods, knowledge, and offerings. As the world of fitness advances, so do we, ensuring our members always receive the best, most up-to-date guidance and support.

# WHY CHOOSE FITNESS FOUNDATIONS?

*“Opt for Fitness Foundations, the brainchild of Coach Chadi Chaaya. With Chadi's vast expertise and passion at its core, we offer evidence-backed, tailor-made programs, ensuring every individual receives a regimen precisely crafted for their needs.*

*Dive into an experience where commitment meets unparalleled expertise. Supported by a community of like-minded enthusiasts and guided by the seasoned insights of Coach Chadi, we're not just about fitness; we're about crafting lasting transformations. Choose excellence. Choose Fitness Foundations.”*







*"FROM THE ECHOES OF PAIN, WE CRAFT THE SYMPHONY OF STRENGTH. EVERY SETBACK IS BUT A SETUP FOR YOUR GREATEST COMEBACK."*

*Coach Chadi*

FOUNDER AT FITNESS FOUNDATIONS

# OUR SERVICES



## Personalized Fitness Plans

Tailored workout regimens designed to cater to individual needs, goals, and medical histories.



## Sports Injuries: Post-Rehab Program

Specialized programs to aid recovery and regain strength, mobility, and confidence after injuries.



## Hypertrophy Training

Targeted workouts to promote muscle growth and development, ensuring safe and effective results.



## Virtual Training Sessions

Live online sessions with Coach Chadi or other trainers, allowing clients to train from anywhere.



## Progress Tracking & Consultations

Regular check-ins and consultations to track progress, address concerns, and adjust programs as needed.



# Personalized Fitness Plans

At the heart of Fitness Foundations' offerings is our commitment to individualized care, best exemplified through our Personalized Fitness Plans. Recognizing that every individual is unique—with distinct goals, challenges, and starting points—we've made bespoke fitness planning our signature service.

OUR SERVICES



## Key Features:

- 1. Deep Dive Assessment:** Before crafting any plan, we conduct a comprehensive assessment. This includes understanding your medical history, current fitness level, lifestyle habits, and specific goals. It's our way of ensuring the plan is truly yours.
- 2. Goal-Oriented Approach:** Whether you're aiming for weight loss, muscle gain, improved stamina, or any other fitness goal, your plan is tailored to drive results in your chosen direction.
- 3. Flexibility & Adaptability:** Life is unpredictable. Our plans are designed with flexibility in mind, allowing for adjustments based on your changing circumstances, be it travel, health issues, or any other disruptions.
- 4. Holistic Integration:** Beyond just workouts, our plans integrate nutritional guidance, recovery techniques, and mental well-being practices, ensuring a 360-degree approach to your health.
- 5. Progress Tracking:** Regular check-ins and updates ensure that as you evolve, so does your plan. We monitor your progress and tweak the plan to ensure continued growth and to meet new challenges head-on.
- 6. Direct Access to Coach Chadi:** Benefit from the vast expertise of Coach Chadi Chaaya. He plays an instrumental role in crafting and overseeing the personalized plans, ensuring you're getting the best guidance possible.
- 7. Digital Support:** Through our virtual platform, you'll have access to your plan anytime, anywhere. This includes workout videos, diet charts, progress trackers, and more.

Choosing a Personalized Fitness Plan with Fitness Foundations means opting for a journey curated just for you. It's not about following generic regimens; it's about embracing a path carved out with your aspirations at its core. With us, you're not just another client; you're a unique individual deserving of a unique fitness blueprint.



## Sports Injuries: Post-Rehab Program

**Injuries, whether minor or significant, can be a daunting setback in one's fitness journey. At Fitness Foundations, we understand the physical and emotional toll it can take. Our Post-Injury Rehabilitation program, spearheaded by Coach Chadi Chaaya, is designed to help individuals regain their strength, mobility, and confidence, ensuring a safe and effective return to optimal function.**

**OUR SERVICES**



## Key Features:

- 1. Thorough Injury Assessment:** Every rehabilitation journey begins with a detailed evaluation of the injury. We analyze its nature, severity, and the impact it has on overall mobility and function.
- 2. Customized Recovery Protocols:** Based on the assessment, a bespoke recovery plan is crafted. This plan is tailored to address specific challenges posed by the injury, ensuring a gradual and safe return to fitness.
- 3. Integrated Therapeutic Exercises:** Our program incorporates a range of therapeutic exercises designed to restore mobility, improve strength, and enhance flexibility around the injured area, reducing the risk of re-injury.
- 4. Pain Management Techniques:** Beyond physical recovery, we employ various techniques to manage and alleviate pain, ensuring comfort and enhancing the healing process.
- 5. Progressive Loading:** As the recovery progresses, we introduce controlled resistance and loading to the injured area, ensuring it regains its former strength and resilience.
- 6. Guidance from Coach Chadi:** With his vast experience in post-injury fitness, Coach Chadi offers invaluable insights, guidance, and support throughout the rehabilitation process.
- 7. Education & Prevention:** A crucial component of our program is educating clients on injury prevention. We provide insights into proper techniques, warm-up routines, and lifestyle habits to minimize the risk of future injuries.

Embarking on the Post-Injury Rehabilitation journey with Fitness Foundations means placing trust in a team that views your recovery as its paramount mission. We're not just focused on getting you back to where you were before the injury; our goal is to guide you to a place of enhanced strength, awareness, and resilience.

A man with a beard and tattoos is lying on a black bench, performing a bench press with a large black dumbbell. He is wearing a white t-shirt and a silver chain necklace. The background is dark, suggesting a gym setting.

# Hypertrophy Training

Muscle growth, or hypertrophy, is more than just an aesthetic goal; it's a testament to strength, dedication, and the human body's incredible adaptability. At Fitness Foundations, our Hypertrophy Training program, meticulously curated by Coach Chadi Chaaya, is designed to help individuals achieve optimal muscle growth, combining scientific principles with practical application for maximum results.

OUR SERVICES



## Key Features:

- 1. Personalized Training Regimens:** Recognizing that every individual's body responds differently, we craft hypertrophy programs tailored to one's genetics, metabolism, and fitness level.
- 2. Progressive Overload Principles:** Central to muscle growth is the principle of progressive overload. Our program ensures a systematic increase in resistance, ensuring continuous muscle adaptation and growth.
- 3. Nutritional Guidance:** Muscle growth isn't just stimulated in the gym; it's sculpted in the kitchen. We provide comprehensive nutritional plans, focusing on macronutrient ratios, calorie intake, and meal timing to complement and enhance the hypertrophy process.
- 4. Recovery & Rest Protocols:** Overtraining can hinder muscle growth. Our program emphasizes the importance of rest and recovery, ensuring muscles have ample time to repair and grow.
- 5. Technique & Form Coaching:** Proper form is paramount. Under the watchful eye of Coach Chadi, individuals are guided to execute each movement with precision, minimizing injury risk and maximizing muscle engagement.
- 6. Compound & Isolation Exercises:** A balanced mix of compound and isolation exercises ensures comprehensive muscle development, targeting both major muscle groups and specific areas for a well-rounded physique.
- 7. Periodization Strategies:** To prevent plateaus and ensure continuous growth, our hypertrophy training incorporates periodization, varying the intensity, volume, and type of exercises over specific cycles.
- 8. Supplementation Advice:** While whole foods remain the foundation, the right supplements can enhance hypertrophy results. We offer guidance on safe and effective supplementation to complement the training regimen.

Embarking on the Hypertrophy Training journey with Fitness Foundations means diving deep into the science and art of muscle building. With Coach Chadi's expertise and a program rooted in evidence-based practices, individuals are set on a path to not just grow muscles, but to understand, appreciate, and nurture their body's incredible potential.





# Virtual Training Sessions

In today's digital age, the boundaries of location and time are being redefined. Fitness Foundations' Virtual Training Sessions, championed by Coach Chadi Chaaya, bring the gym experience directly to you, wherever you are, ensuring that your fitness journey remains uninterrupted and as dynamic as ever.

OUR SERVICES



### Key Features:

- 1. Live Interaction:** Our virtual sessions are not pre-recorded videos. They are live, interactive sessions with Coach Chadi or other expert trainers, allowing for real-time feedback, adjustments, and guidance.
- 2. Flexible Scheduling:** Understanding the demands of modern life, our virtual sessions can be scheduled at times that suit you, ensuring that fitness seamlessly integrates into your routine.
- 3. Tailored Workouts:** Each session is crafted based on your goals, current fitness level, and available equipment. Whether you have a full home gym or just a yoga mat, we ensure you get a comprehensive workout.
- 4. Instant Feedback:** The live nature of our sessions means that any form corrections or modifications can be made on the spot, ensuring safety and effectiveness.
- 5. Comprehensive Library:** Members have access to a growing library of recorded sessions, tutorials, and demonstrations, allowing them to revisit workouts or learn at their own pace.
- 6. Community Building:** Regular group sessions and challenges foster a sense of community, ensuring that even in a virtual space, you're not alone in your fitness journey.
- 7. Accessible & Inclusive:** Our virtual platform is designed to be user-friendly, ensuring that individuals of all tech proficiency levels can easily join and benefit. Additionally, sessions cater to various fitness levels, from beginners to advanced.

Choosing Virtual Training Sessions with Fitness Foundations means opting for a modern, flexible, and comprehensive approach to fitness. With the expertise of Coach Chadi just a click away, and a platform designed to mimic the intimacy and effectiveness of in-person training, you're set to experience a fitness journey that's both convenient and transformative.

A woman with blonde hair tied back, wearing a pink and grey athletic top and white earbuds, is looking at a tablet in a gym. The tablet screen shows a line graph with an upward trend, labeled 'Steps' and '1.7K Steps'. The background is a blurred gym setting with various pieces of equipment.

# Progress Tracking & Consultations

The journey to optimal fitness is a dynamic one, filled with milestones, challenges, and evolving goals. At Fitness Foundations, we believe that consistent monitoring and open communication are pivotal. Our Progress Tracking & Consultations, under the expert guidance of Coach Chadi Chaaya, ensure that you're not just moving, but moving forward with clarity, purpose, and measurable results.

OUR SERVICES



## Key Features:

- 1. Detailed Assessments:** Periodic assessments capture a comprehensive picture of your fitness level, measuring everything from strength and endurance to flexibility and body composition.
- 2. Digital Tracking Tools:** Leveraging state-of-the-art digital platforms, members can log workouts, monitor their nutrition, and track changes in real-time, ensuring they remain informed and engaged.
- 3. Personalized Feedback:** Post-assessment, Coach Chadi provides detailed feedback, highlighting areas of improvement, celebrating milestones, and offering insights into potential adjustments for enhanced results.
- 4. Goal Re-evaluation:** As you evolve, so do your goals. Regular consultations ensure that your fitness objectives are always aligned with your current aspirations, challenges, and lifestyle.
- 5. Nutritional Analysis:** Beyond just workouts, consultations dive deep into your nutritional habits, ensuring that your diet complements your fitness regimen for optimal results.
- 6. Injury Prevention:** By monitoring your progress and technique, potential areas of concern are identified early on, allowing for timely interventions and modifications to prevent injuries.
- 7. Motivational Boost:** Regular check-ins serve as a motivational boost, reminding you of how far you've come and reigniting the passion and commitment to push further.
- 8. Open Communication:** These sessions are a platform for open dialogue. Whether you have concerns, questions, or need clarity on any aspect of your fitness journey, Coach Chadi is there to guide, reassure, and advise.

Opting for Progress Tracking & Consultations at Fitness Foundations means embracing a journey of self-awareness and continuous growth. With Coach Chadi's expertise and a system designed to keep you informed, inspired, and in-tune with your progress, you're not just working towards your goals; you're witnessing your transformation every step of the way.



**"EVERY CHALLENGE IS A STEPPING  
STONE; WITH EACH STRIDE, WE BUILD A  
LEGACY OF STRENGTH AND  
DETERMINATION." - COACH CHADI**



**FITNESS FOUNDATIONS**



# HOW TO REACH US



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BY CHADI CHAAYA

From Setback to Comeback

JOIN US AT FITNESS FOUNDATIONS, WHERE YOUR JOURNEY TO  
STRENGTH AND RESILIENCE IS SCULPTED WITH PRECISION,  
PASSION, AND PERSONALIZED CARE.

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