

www.chadi-chaaya.com



FITNESS FOUNDATIONS

BY CHADI CHAAYA

From Setback to Comeback

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

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 near the woman's waist. The background is a dark, textured grey.

PROFILE

MESSAGE

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PROGRAMS

HELLO AND WELCOME TO FITNESS FOUNDATIONS!



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



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

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

Reps

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.

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.



**"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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STRENGTH AND RESILIENCE IS SCULPTED WITH PRECISION,
PASSION, AND PERSONALIZED CARE.

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