



Shadia Bseiso

Jordanian Fitness Coach

Jordanian - Jordan

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Who is Shadia Bseiso

Shadia Bseiso is a Jordanian athlete and media personality who rose to regional fame as the first Arab woman to sign a professional contract with WWE. This groundbreaking achievement established her as a trailblazer for Arab women in sports traditionally dominated by men. Before entering the world of professional wrestling, Shadia was a champion in Brazilian Jiu-Jitsu, earning medals at international tournaments. Her combat sports background gave her a strong foundation and the confidence to break into wrestling. Beyond the ring, Shadia Bseiso has worked as a sports presenter and TV host, honing her communication and motivational skills. Her commanding on-screen presence has allowed her to inspire women to pursue sports fearlessly. Through her social media platforms, Shadia shares insights into her daily training—whether it's strength and endurance workouts to maintain her fitness as a professional wrestler or yoga sessions to enhance her flexibility and mental focus. She also posts photos from Jiu-Jitsu competitions and short wrestling training videos, giving her audience a behind-the-scenes look at these competitive sports. Today, Shadia Bseiso is recognized as one of the leading female sports figures in the Arab world. She was selected as a brand ambassador for global sports brands like Nike, working on the "Just Do It" campaign in the region to encourage youth participation in sports. She has also taken part in local initiatives in Jordan to teach girls the basics of self-defense, believing that sports empower and build confidence. Shadia's inspiring journey has broken barriers, expanded opportunities for women, and proven that no dream is too unconventional to pursue.

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