

LEGENDS ARENA • NASM

Certification Pages Copy Deck

Paste-ready descriptions for all seven certifications

What this is: a complete, paste-ready description for every NASM certification Legends offers, written for the dedicated certification pages in the change document. Your editor can copy each green block straight onto its page. Every block includes an SEO page title, a meta description, the headline, and the full body copy, so nothing has to be written from scratch.

Where the content comes from: the course structures and chapter names are NASM's current official curriculum, verified against NASM's own product pages, not copied from any competitor. The exam terms, prerequisites and renewal status follow NASM and your locked FAQ pack. Group fitness is presented as the ICGFI you deliver, with the accredited AFAA-CGFI offered on request.

How to read each certification

Each certification has two parts. The **Editor note** at the top is guidance and the MEFITPRO benchmark, for you, not for the website. Below it, the **green box** is the paste-ready page copy. Copy only the green box onto the site.

On pricing: each block carries a Price line, shown inclusive of 8% SST (Sindh Sales Tax on Services) as your policy requires. Figures I could read from your site are pre-filled and marked "confirm"; the rest are bracketed for you to insert from the live pricing table. Only wholesale costs and discount rates are omitted entirely - those never belong on a candidate-facing page.

The seven certifications in this deck

Code	Certification	Curriculum shown
CPT	Certified Personal Trainer	6 sections (NCCA-accredited or International pathway)
PES	Performance Enhancement Specialist	6 sections
CES	Corrective Exercise Specialist	4 sections, 18 modules
CNC	Certified Nutrition Coach	3 sections, 24 chapters
WLS	Weight Loss Specialist	5 sections, 15 chapters
WFS	Women's Fitness Specialist	Full 14-chapter list
ICGFI	International Group Fitness Instructor	4 sections

The MEFITPRO evaluation, in short

MEFITPRO (NASM's Dubai partner) presents each course on a Shopify product page in a consistent shape: a bulleted topic list, a textbook chapter count, a set of learning videos, an in-person practical workshop at their Dubai institute, and accreditation framing built on REPs, EREPS and CIMSPA. It is well presented, but two parts of it are theirs, not ours: the in-person workshop is baked into their price, and the REPs framing is a UK and Europe register story.

What we take from it: the discipline of listing the actual curriculum, chapter by chapter. What we do differently, and better, is show NASM's current section structure by name for every certification, state exam terms accurately, and keep the framing honest to a self-paced, online delivery with local support. Where their pages tend to blur the accredited and international group-fitness variants, ours states the difference plainly.

CPT • Certified Personal Trainer

Editor note - benchmark and guidance (do not paste)

MEFITPRO lists their CPT (branded "NASM-ICPT") as a topic list plus "23 in-depth chapters," 140+ guided learning hours and in-person workshops at their Dubai institute, positioned on REPs/EREPS/CIMSPA accreditation. Two things to note: their "23 chapters" is the older textbook chapter count; NASM's current CPT is organised into the six sections above,

which is what we should show. And their in-person workshop and REPs framing belong to their product, not ours. Our story is cleaner: NCCA accreditation plus the International option, self-paced, with local support.

PASTE-READY · certification page copy - copy everything inside the green box

SEO page title: NASM Certified Personal Trainer (CPT) in Pakistan | Legends Fitness

Meta description: Become an NASM Certified Personal Trainer in Pakistan with Legends Fitness, the authorised NASM International Partner. NCCA-accredited, self-paced study, PKR payment plans and local support.

NASM Certified Personal Trainer (NASM-CPT)

The gold-standard credential every professional fitness career is built on.

Overview: The NASM Certified Personal Trainer is NASM's flagship certification and the foundation of a professional career in fitness. It is built on NASM's Optimum Performance Training (OPT™) Model, the evidence-based system used to assess clients, design safe and effective programmes, and coach lasting results. Your credential is issued by NASM directly. Legends Fitness is your authorised NASM International Partner in Pakistan, which means you study on NASM's own platform, sit NASM's own exam, and receive NASM's own certificate, with local guidance and PKR payment plans from us.

Who it is for: Anyone beginning a career in personal training, gym-floor trainers who want a globally recognised credential, and graduates entering the health and fitness industry. No prior experience is required to start.

Price: *[Self-Study, inclusive of 8% SST: USD 850 - confirm against the live pricing table. Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's current 6-section curriculum)

The CPT course is organised into six sections spanning the full NASM curriculum:

- **Section 1 - Professional Development and Responsibility.** Define your role, explore career paths, and coach ethically in today's fitness landscape.
- **Section 2 - Client Relations and Behavioral Coaching.** Build rapport, drive behaviour change, and coach with empathy for lasting client success.
- **Section 3 - Basic and Applied Sciences and Nutrition Concepts.** Anatomy, physiology, biomechanics and foundational nutrition, so you coach with precision.
- **Section 4 - Assessment.** Use movement, posture and performance assessments to personalise every programme.
- **Section 5 - Exercise Technique and Training Instruction.** Apply the OPT™ Model to coach movement confidently across all training modalities.
- **Section 6 - Program Design.** Design goal-driven, inclusive programmes tailored to each client's needs and conditions.

What you will be able to do

- Assess posture, movement and performance using NASM's protocols.
- Build individualised programmes on the OPT™ Model, from stabilisation to strength and power.
- Coach behaviour change and keep clients adhering to their programmes.
- Apply foundational nutrition within a trainer's scope of practice.

Format and delivery: 100% online and self-paced on the NASM student portal: instructional videos, chapter content, quizzes and full practice exams. Study on your own schedule, with support from Legends throughout.

Exam and pathways

- **NCCA-accredited CPT.** A closed-book, proctored exam of 120 questions, 2 hours, passing score 70%. A single attempt within a 180-day window that begins when your course key is activated. CPR and AED certification is required before you sit. Proctoring can be arranged on-site with Legends, remotely by our team, or through PSI.
- **International CPT.** An open-book, non-proctored online exam with three attempts across a one-year window and no CPR/AED prerequisite. The study content and the certificate are the same. This is NASM's own global testing option, not a regional substitute.

Prerequisites: To start: none. For the NCCA-accredited exam you need a high-school diploma or equivalent and CPR/AED certification before you sit. We recommend arranging CPR/AED early, as it can take time to schedule locally.

Validity and renewal: The NASM-CPT is a renewing certification. It is maintained through NASM continuing-education units on the standard two-year cycle. Content access runs five years from activation.

Where it leads: Personal trainer (gym, studio or independent), online coach, and the entry point to every NASM specialisation. NASM-credentialed professionals are on staff across 100% of NBA and NFL teams.

PES • Performance Enhancement Specialist

Editor note - benchmark and guidance (do not paste)

MEFITPRO presents PES within their broad education catalogue in the same format as their other courses (a topic list, a textbook chapter count, and in-person workshops). The substance a candidate wants, the actual course structure, is the six sections above, which we can state accurately and in full. Keep the framing self-paced and online; do not import their workshop step.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Performance Enhancement Specialist (PES) in Pakistan | Legends Fitness

Meta description: Train athletes at the highest level with the NASM Performance Enhancement Specialization, delivered in Pakistan by Legends Fitness. Self-paced, PKR payment plans, expert support.

NASM Performance Enhancement Specialization (NASM-PES)

For coaches who build faster, stronger, more resilient athletes.

Overview: The NASM Performance Enhancement Specialization is an advanced programme for professionals who want to train athletes and active clients at the highest level. It extends NASM's OPT™ Model into the Maximal Power phase and equips you with the sports science, assessment and coaching skills to develop strength, speed, agility, power and conditioning. It is issued by NASM and delivered to you in Pakistan through Legends Fitness.

Who it is for: Personal trainers moving into athletic performance, strength and conditioning coaches, sports coaches at every level, and anyone who trains competitive or high-performing clients. No prerequisites, though an NASM-CPT or a health/fitness background is recommended.

Price: *[Self-Study, inclusive of 8% SST: USD 799 - confirm (derived from your CPT+PES bundle). Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's current 6-section curriculum)

The 2024 PES relaunch is organised into six sections:

- **Section 1 - Coaching and Sport Psychology.** Build trust, motivation and resilience using sport psychology and ethical coaching.
- **Section 2 - Introduction to Sport Science.** Apply the OPT™ Model and biomechanics to design smarter, results-driven programmes.
- **Section 3 - Assessments, Testing, and Monitoring.** Evaluate athletes with precision and track progress against individual goals.
- **Section 4 - Components of the Integrated Training Model.** Train across flexibility, power, speed, strength and recovery to build complete athletes.
- **Section 5 - Program Design.** Use biomotor development and periodisation to plan for peak performance and injury resistance.
- **Section 6 - Nutrition and Supplementation.** Apply evidence-based intake, hydration and safe supplementation strategies.

What you will be able to do

- Add the Maximal Power phase of the OPT™ Model to your programming.
- Assess athletic movement and testing data to individualise training.
- Periodise training across a season for strength, speed, power and conditioning.
- Reduce sports-injury risk and support recovery.

Format and delivery: 100% online and self-paced on the NASM portal, with instructional videos, a study guide and practice quizzes. Many candidates finish in 6 to 8 weeks alongside full-time work. Five years of content access.

Exam

- **Format.** An open-book online exam of 100 multiple-choice questions, 90 minutes, passing score 70%, with up to three attempts. You have one year from registration to sit it. There is no proctor to schedule and no CPR/AED requirement.

Prerequisites: None required. NASM recommends an accredited fitness certification (such as the NASM-CPT), a healthcare or wellness credential, or a related degree, but anyone can enrol.

Validity and renewal: A specialisation that does not expire. Once you pass, your NASM-PES is valid indefinitely with no renewal.

Where it leads: Sports performance coach, strength and conditioning support, and a strong complement to a personal-training or coaching career. 100% of NBA, NFL, MLB and MLS teams have an NASM-credentialed professional on staff.

CES • Corrective Exercise Specialist

Editor note - benchmark and guidance (do not paste)

CES is the page you originally benchmarked against MEFITPRO. Theirs lists a chapter-by-chapter curriculum, recommends prior credentials, and bundles a two-day in-person practical workshop into an AED 4,899 tax-inclusive price. The chapter names they show are simply NASM's own CES modules, which is exactly what we present above, accurately and in full. Our version is self-paced and online, so we state the four sections and the regional modules without claiming an in-person workshop we do not run.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Corrective Exercise Specialist (CES) in Pakistan | Legends Fitness

Meta description: Master movement assessment and corrective exercise with the NASM-CES, delivered in Pakistan by Legends Fitness. Self-paced study, PKR payment plans, expert support.

NASM Corrective Exercise Specialist (NASM-CES)

Become the professional who fixes how people move.

Overview: The NASM Corrective Exercise Specialist teaches you to identify movement inefficiencies, address the imbalances behind them, and build clients who move better, last longer and perform at their peak. It is built on NASM's proprietary Corrective Exercise Continuum, a systematic Inhibit, Lengthen, Activate and Integrate approach with over 100 corrective techniques. Issued by NASM, delivered to you in Pakistan through Legends Fitness.

Who it is for: Personal trainers who want to work with movement dysfunction and post-rehabilitation clients, and professionals across the health and wellness field, from coaches to allied-health practitioners. No prerequisites, though an active fitness or healthcare credential is recommended.

Price: *[Self-Study, inclusive of 8% SST: USD 799 - confirm against the live pricing table. Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's 4-section curriculum, 18 modules)

The CES course is organised into four sections built on the Corrective Exercise Continuum:

- **Section 1 - Introduction to Corrective Exercise Training.** Connect functional anatomy and the Human Movement System to injury-risk reduction and performance.
- **Section 2 - Corrective Exercise Techniques.** Apply the four techniques of the Continuum: release, stretch, activate and integrate.
- **Section 3 - Assessment.** Pinpoint dysfunction with posture, movement and mobility assessments.
- **Section 4 - Programming Strategies.** Design region-specific corrective programmes that improve alignment, stability and recovery.

Regional corrective strategies covered

The programming modules work systematically through the body: foot and ankle, knee, lumbo-pelvic-hip complex, shoulder, wrist and elbow, and the cervical spine, closing with self-care and recovery and the real-world application of corrective strategies.

What you will be able to do

- Run a full corrective assessment and interpret the findings.
- Apply the Inhibit-Lengthen-Activate-Integrate Continuum to real clients.
- Build region-specific corrective programmes for common movement dysfunctions.
- Integrate corrective work into a broader training programme.

Format and delivery: 100% online and self-paced on the NASM portal, with instructional videos, assessment demonstrations and practice quizzes. Five years of content access.

Exam

- **Format.** An open-book online exam of 100 multiple-choice questions, 90 minutes, passing score 70%, with up to three attempts. You have one year to sit it. There is no proctor to schedule and no CPR/AED requirement.

Prerequisites: None required. NASM recommends an accredited fitness certification or a licensed healthcare or wellness credential, but anyone can enrol.

Validity and renewal: A specialisation that does not expire. Once you pass, your NASM-CES is valid indefinitely with no renewal.

Where it leads: Corrective exercise specialist, movement and posture coach, and a high-value niche that sets you apart in any training setting.

CNC • Certified Nutrition Coach

Editor note - benchmark and guidance (do not paste)

MEFITPRO presents nutrition within their catalogue in their standard product format. The meaningful content, the three sections and the 24-chapter span above, is what we should list. It positions our CNC as a serious, complete credential rather than a short add-on.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Certified Nutrition Coach (CNC) in Pakistan | Legends Fitness

Meta description: Coach nutrition with evidence and confidence. The NASM-CNC, delivered in Pakistan by Legends Fitness. Self-paced study, PKR payment plans, expert support.

NASM Certified Nutrition Coach (NASM-CNC)

Turn nutrition science into coaching that changes habits.

Overview: The NASM Certified Nutrition Coach is NASM's flagship standalone nutrition credential. It combines the science of nutrition with proven behaviour-change coaching, so you can help healthy clients build practical, sustainable habits, within a coach's scope of practice. Issued by NASM, delivered to you in Pakistan through Legends Fitness.

Who it is for: Personal trainers and fitness professionals who want to add nutrition coaching, and anyone who wants an evidence-based foundation to coach everyday nutrition. No prerequisites.

Price: *[Self-Study, inclusive of 8% SST: USD 749 - confirm (derived from your CPT+CNC bundle). Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's 3-section curriculum, 24 chapters)

The CNC course spans 24 chapters across three sections:

- **Section 1 - Nutritional Sciences.** Metabolism, macronutrients and micronutrients, hydration, nutrient timing and supplements.
- **Section 2 - Behavior Change Strategies.** The psychology of change, coaching and communication, motivational interviewing and goal setting.
- **Section 3 - Nutrition Coaching.** Dietary and body-composition assessment, navigating diets and fads, plateaus, and putting a programme together.

What you will be able to do

- Explain metabolism, macros, micros, hydration and supplementation with confidence.
- Run dietary and body-composition assessments and set realistic goals.
- Apply behaviour-change methods, including motivational interviewing.
- Build and deliver a practical nutrition-coaching programme.

Format and delivery: 100% online and self-paced on the NASM portal, with videos, coaching demonstrations, downloadable handouts and practice quizzes. Many finish in 4 to 6 weeks alongside full-time work. Five years of content access.

Exam

- **Format.** An open-book online exam of 100 multiple-choice questions, 90 minutes, passing score 70%, with up to three attempts. You have one year to sit it. There is no proctor to schedule and no CPR/AED requirement.

Prerequisites: None. The programme is designed for fitness and wellness professionals but is open to anyone.

Validity and renewal: A renewing certification. The NASM-CNC is maintained on a two-year cycle through NASM's renewal process.

Where it leads: Nutrition coach, or a nutrition layer added to personal training and weight-loss coaching. Note the scope: a nutrition coach guides healthy clients and is distinct from a licensed dietitian.

WLS • Weight Loss Specialist

Editor note - benchmark and guidance (do not paste)

MEFITPRO offers weight-loss content in their standard format. Listing the five sections and the chapter arc above, from the science of obesity through to maintenance and sustainability, gives our page more genuine depth than a topic list, and it is all accurate to NASM's course.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Weight Loss Specialist (WLS) in Pakistan | Legends Fitness

Meta description: Coach sustainable fat loss with the NASM Weight Loss Specialization, delivered in Pakistan by Legends Fitness. Self-paced study, PKR payment plans, expert support.

NASM Weight Loss Specialist (NASM-WLS)

The science and psychology of weight loss that lasts.

Overview: The NASM Weight Loss Specialization equips you to coach sustainable fat loss, and, just as importantly, to help clients keep it off. It integrates evidence-based nutrition, exercise and behaviour-change strategy around the realities of obesity and long-term weight management. Issued by NASM, delivered to you in Pakistan through Legends Fitness.

Who it is for: Personal trainers, nutrition and wellness coaches, and health professionals who want a dedicated, defensible approach to weight-loss coaching. No prerequisites.

Price: *[Self-Study, inclusive of 8% SST: USD ____ - insert from the live pricing table. Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's 5-section curriculum, 15 chapters)

The WLS course spans 15 chapters across five sections. Representative chapters include:

- **Introduction and scope.** Course structure and client personas, the Weight Loss Specialist's scope of practice, and the state of obesity.
- **The science of obesity.** The physiology of obesity and the psychosocial factors, including mental health, social influences and eating behaviours.
- **Nutrition and exercise strategies.** Evidence-based nutrition for weight management and integrated exercise programming.
- **Client intake and assessment.** Screening, dietary and physical assessments, and how to build a baseline.
- **Programming and sustainability.** Designing the integrated programme, then weight maintenance and long-term sustainability.

What you will be able to do

- Explain the physiology and psychology of weight gain and loss.
- Screen and assess weight-loss clients responsibly, within scope.
- Build integrated nutrition-and-training programmes for fat loss.
- Coach maintenance so results last beyond the programme.

Format and delivery: 100% online and self-paced on the NASM portal, with videos and practice quizzes. Five years of content access.

Exam

- **Format.** An open-book online exam of 100 multiple-choice questions, 90 minutes, passing score 70%, with up to three attempts. You have one year to sit it. There is no proctor to schedule and no CPR/AED requirement.

Prerequisites: None. Designed for fitness and health professionals but open to anyone.

Validity and renewal: A specialisation that does not expire. Once you pass, your NASM-WLS is valid indefinitely with no renewal.

Where it leads: Weight-loss coach, and a natural pairing with the Certified Nutrition Coach for a complete nutrition-and-fat-loss offering.

WFS • Women's Fitness Specialist

Editor note - benchmark and guidance (do not paste)

MEFITPRO presents women's fitness in their standard format. Because the full 14-chapter list is public NASM course content, we can show every chapter by name, which reads as far more complete and credible than a short topic summary.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Women's Fitness Specialist (WFS) in Pakistan | Legends Fitness

Meta description: Programme for women across every life stage with the NASM Women's Fitness Specialization, delivered in Pakistan by Legends Fitness. Self-paced study, PKR payment plans.

NASM Women's Fitness Specialist (NASM-WFS)

Evidence-based training for women, across every life stage.

Overview: The NASM Women's Fitness Specialization gives you the science and the programming skills to train women safely and effectively through every stage of life, from the everyday to pregnancy, postnatal and menopause. Issued by NASM, delivered to you in Pakistan through Legends Fitness.

Who it is for: Personal trainers, group-fitness instructors, nutrition and wellness coaches, and anyone who trains female clients and wants to do it with real expertise. No prerequisites.

Price: *[Self-Study, inclusive of 8% SST: USD ____ - insert from the live pricing table. Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (NASM's full 14-chapter curriculum)

The WFS course covers a welcome orientation and 14 chapters:

- Chapter 1 - Current Status of Women's Health
- Chapter 2 - Neuromuscular, Skeletal, Cardiorespiratory and Endocrine Considerations
- Chapter 3 - Hormones and Weight Control
- Chapter 4 - Pregnancy and Postnatal Considerations
- Chapter 5 - Menopause Considerations
- Chapter 6 - Fitness Assessments for Women
- Chapter 7 - Flexibility Training for Women
- Chapter 8 - Cardiorespiratory Training for Women
- Chapter 9 - Core, Balance, Plyometric and SAQ Training for Women
- Chapter 10 - Resistance Training for Women
- Chapter 11 - Integrated Program Design for Women
- Chapter 12 - Nutrition Guidelines for Women
- Chapter 13 - Psychological and Motivational Considerations
- Chapter 14 - Business and Professionalism

What you will be able to do

- Understand female physiology across puberty, pregnancy, postnatal and menopause.
- Assess and programme safely for women at each life stage.
- Apply women-specific nutrition and motivational strategies within scope.
- Build and market a women's-fitness offering professionally.

Format and delivery: 100% online and self-paced on the NASM portal, with videos and practice quizzes. Five years of content access.

Exam

- **Format.** An open-book online exam. There is no proctor to schedule and no CPR/AED requirement. Your welcome letter confirms the question count and window that apply to you.

Prerequisites: None. Intended for trainers, instructors and coaches, but open to anyone.

Validity and renewal: A specialisation that does not expire. Once you pass, your NASM-WFS is valid indefinitely with no renewal.

Where it leads: Women's fitness specialist, pre- and postnatal-aware trainer, and a clear point of difference in a fast-growing market.

ICGFI • International Certified Group Fitness Instructor

Editor note - benchmark and guidance (do not paste)

MEFITPRO sells group fitness within their catalogue in their standard format. The important distinction for us to state clearly, which their generic pages tend not to, is the difference between the accredited AFAA-CGFI and the international ICGFI: their curriculum is the same four sections, but the exam terms and the CPR/AED requirement differ. We lead with the ICGFI we deliver and offer the accredited route on request.

PASTE-READY • certification page copy - copy everything inside the green box

SEO page title: NASM Group Fitness Instructor (ICGFI) in Pakistan | Legends Fitness

Meta description: Lead group exercise classes with the NASM/AFAA Group Fitness Instructor credential, delivered in Pakistan by Legends Fitness. Self-paced study, PKR payment plans.

International Certified Group Fitness Instructor (ICGFI)

Lead energising, safe and well-designed group classes.

Overview: The Group Fitness Instructor credential gives you the skills to plan, design and lead group exercise classes with confidence, in the gym or online. Legends delivers the International Certified Group Fitness Instructor (ICGFI) variant, which carries no CPR/AED prerequisite and is examined online without a proctor. It is built on the same AFAA/NASM group-fitness curriculum, issued by NASM/AFAA, and delivered to you in Pakistan through Legends Fitness.

Who it is for: Aspiring and working group-fitness instructors, studio and gym staff, and personal trainers who want to add group instruction to what they offer. No prerequisites.

Price: *[Self-Study, inclusive of 8% SST: USD ____ - insert from the live pricing table (your pathway "from \$299" anchor suggests ICGFI may be the entry price - confirm). Structured Track and Immersive Cohort tiers also apply.]*

What you will learn (the 4-section group-fitness curriculum)

The programme is organised into four sections:

- **Section 1 - Professionalism.** Your role, scope and responsibilities as a group fitness instructor.
- **Section 2 - Fundamentals of Exercise Science.** The applied science you need to keep a class safe and effective.
- **Section 3 - Class Design and Planning.** Structure, formats, music and sequencing to design a great class.
- **Section 4 - Class Instruction and Presentation.** Cueing, communication and stage presence to lead and energise a room.

What you will be able to do

- Plan and structure a safe, effective group class.
- Apply exercise-science fundamentals to mixed-ability rooms.
- Cue, coach and motivate a group with confidence.
- Teach in the gym or online.

Format and delivery: 100% online and self-paced on the NASM/AFAA portal, with instructional videos, a study guide and practice quizzes.

Exam

- **ICGFI (the version Legends delivers).** An international online examination with no CPR/AED prerequisite and no proctor to schedule. Your welcome letter confirms the exact question count, window and attempts that apply to you.
- **Accredited AFAA-CGFI (on request).** For anyone who needs NCCA accreditation, the accredited variant is a closed-book, third-party-proctored exam of 120 questions, 2 hours, 70% to pass, taken within 180 days, with CPR/AED required before you sit. Tell us before you enrol if you need this route.

Prerequisites: None to start. The ICGFI carries no CPR/AED prerequisite. CPR/AED is required only if you choose the accredited AFAA-CGFI route.

Validity and renewal: A renewing certification, maintained on the standard NASM/AFAA continuing-education cycle.

Where it leads: Group fitness instructor across formats, studio and gym class leader, and a natural add-on to a personal-training career.

Shared blocks - paste the same on every page

These blocks keep the site consistent with each other and with the social slides. Paste each as-is. The pathways block belongs on the main /nasm page and can repeat on each certification page.

PASTE-READY · tax line - place next to every price and the exchange-rate line

All prices are inclusive of the 8% Sindh Sales Tax on Services (SST). There are no additional charges at checkout. Prices are quoted in USD and settled in PKR at the State Bank rate on the day of your first deposit, and your rate is locked from that day.

PASTE-READY · how it is delivered - short strip near the top of each page

How it works

- 1. Learn.** Study on NASM's own portal at your own pace: videos, chapters, quizzes and practice exams.
- 2. Prepare.** Move at your own speed, with optional guided support from Legends and a readiness check before you sit.
- 3. Certify.** Sit NASM's exam. On passing, NASM issues your certificate, verifiable on its global portal.

PASTE-READY · how you study - the three pathways (main /nasm page, and each certification page)

Three ways to the same credential

Every pathway ends at the same NASM certification, issued by NASM. Only the depth of support around it changes.

SELF-STUDY · ENROLLING NOW · FROM \$299 (INCL. 8% SST)

The full NASM digital program and video library at your own pace, chapter quizzes and practice exams, with onboarding and portal activation support from Legends.

STRUCTURED TRACK · OPENING AUGUST

Everything in Self-Study, plus a 12-week roadmap, NASM-certified study coaches, weekly weak-area drills, twice-monthly live group Q&A sessions online or on-site, and a one-to-one exam readiness check.

IMMERSIVE COHORT · INTAKE Q1 2027

Full weekly immersive classes across the course, direct mentor access, intensive exam preparation, and a supervised internship for top-performing graduates.

PASTE-READY · call to action - close every page with this

Ready, or just want to ask?

Tell us where you are professionally and what you want to build. We will tell you exactly which certification fits, what it costs in PKR, and how quickly you can start. There is no question too small.

Enrol or ask: www.legendsarena.pk/nasm · ahmed@legendsarena.pk · WhatsApp +92 326 8499894 · +92 321 8010190