



NASM Certification in Pakistan

Candidate Information Pack & Frequently Asked Questions

Legends Fitness (Legends Arena) · Authorised NASM International Partner · Version 1.0, July 2026

HOW TO USE THIS DOCUMENT

Part A covers everything you should know *before* you enrol, including the two examination pathways and how payment plans work.

Part B explains the three ways to study. **Part C** covers what happens after you enrol: your keys, your examination and your support.

If your question is not answered here, ask us. There is no question too small.

Part A | Before you enrol

The credential, how it compares, and what it costs

ABOUT THE CREDENTIAL

What is NASM, and why does it matter?

The National Academy of Sports Medicine has spent over 35 years building its reputation as the gold standard in fitness and wellness education. When NASM began, there was effectively no global credentialing authority in the field, and much of what the wider industry now treats as standard practice was shaped by work NASM pioneered. Its evidence-based programs span personal training, nutrition coaching, corrective exercise and sports performance.

- More than **1.9 million professionals** educated across **100+ countries**
- Delivered through more than **14,000 gyms and health clubs** worldwide
- **100% of NBA teams and 100% of NFL teams** have at least one NASM certified professional on staff
- The Certified Personal Trainer program alone was built and peer-reviewed by **33 expert contributors, 18 holding doctoral degrees**, supported by **1,223 scholarly references**

Is this the same NASM credential recognised internationally?

Yes. Every NASM credential earned through Legends Fitness carries the exact same international recognition as one earned anywhere else. Legends Fitness is an authorised NASM International Partner, and **the credential is issued by NASM directly, not by Legends Fitness**. You study on NASM's own portal, sit NASM's own examination, and receive NASM's own certificate. Nothing is re-taught, re-branded or substituted.

How is NASM different from other certifications available locally?

The difference is one of category, not degree. The clearest way to judge any certification, including this one, is to check it rather than take anyone's word for it. NASM's Certified Personal Trainer examination holds **NCCA**

accreditation, which is granted by one independent United States commission to a small, named group of certification programs published in a public directory anyone can search at credentialingexcellence.org. “Internationally recognised” is a phrase rather than an accreditation, and it appears on no such list. We would encourage you to verify both this credential and any alternative you are considering.

Legends Fitness itself is listed as Pakistan's partner in NASM's own public directory at nasm.org/resources/international-partners. Please look us up.

ENROLLING FROM PAKISTAN

Why can I not simply enrol with NASM in the United States?

Because that route is not open to you. NASM's pricing on nasm.org is intended for the United States market and requires a US address and a US payment method. A candidate enrolling from Pakistan cannot access that pricing, cannot enrol directly, and cannot access installment options through that route. The discounted US price was never an option available to a Pakistani candidate. The real comparison is not our price against a US discount; it is access to this credential against no practical access at all.

Even where it appears possible, going direct requires a US-based credit card, which means someone else ends up paying on your behalf. NASM then sees a payment name that does not match your portal name or your government identification, and that mismatch surfaces at the proctored examination, at the worst possible moment. Enrolling through Legends keeps your account, your payment and your identification aligned from day one.

Is NASM available outside Karachi?

Yes. Self-Study enrolment is fully online and available anywhere in Pakistan. Structured Track and Cohort Guided delivery is expanding across multiple cities as the network grows.

YOUR EXAMINATION PATHWAY – PLEASE READ BEFORE ENROLLING

Do all NASM examinations work the same way?

No, and this is one of the most important things to understand before you enrol. NASM offers accredited and international variants of certain examinations. Both result in a recognised, NASM-issued credential, but the terms differ materially. Legends Fitness will tell you which variant applies to your enrolment, and it is stated in your personalised welcome letter.

THE TWO CERTIFIED PERSONAL TRAINER PATHWAYS

NCCA-accredited CPT — carries formal NCCA accreditation. Proctored, 120 questions, two hours, a **single attempt** within a 180-day window, and a **CPR/AED certification prerequisite** you must hold before you can sit.

International CPT — not NCCA accredited. Open book, **three attempts** across a full year, and no prerequisite.

Specializations (CES, PES, WFS, WLS, CNC) — typically 100 questions, 90 minutes, three attempts within one year.

The passing score is **70%** across all certifications currently offered.

If the accreditation point above matters to your decision, and for many professionals it does, then ask us which variant your intended enrolment carries **before** you pay. We would far rather have that conversation early than have you discover it later.

Is the International CPT a watered-down version of the credential?

This comes up often, and it deserves a direct answer. **No, the education is not reduced.** NASM's own published position is that the program content is the same for both testing options: candidates receive identical study materials and identical content regardless of which examination they sit. What differs is the examination protocol, not what you are taught.

It is also worth knowing that the open-book examination route was not created for international markets, for Pakistan, or by Legends Fitness. It is NASM's own global option, introduced so that a proctored examination does not become a barrier to entering the profession, and it is offered to candidates in the United States on exactly the same basis. This is a NASM product decision, available across its network, rather than a regional compromise.

What genuinely differs is this. NCCA accreditation attaches to the **examination process**, its psychometric rigor, its proctoring and its prerequisites, rather than to the quality of the course material. So the accredited route carries a formal accreditation the open-book route does not, and some employers, particularly larger commercial gyms in certain markets, specifically ask for it.

Which of these matters depends entirely on where you intend to work. **If your plans include employers who require NCCA accreditation, tell us before you enrol and we will place you on the accredited pathway.** We would rather guide you to the right examination at the start than have you hold the wrong one later.

Do I need CPR/AED certification?

Only if your enrolment carries the NCCA-accredited CPT examination. Without it you cannot sit that exam regardless of how well prepared you are. The international variants carry no prerequisite. Where it applies, we will advise on where to obtain CPR/AED certification in Karachi. Please do not leave this until the end of your study period, as sourcing it takes time.

THE INVESTMENT

Why is NASM priced higher than some local certifications?

Because it is a different category of credential, and it comes with a different set of things you keep. With NASM you gain a globally recognised qualification, five full years of access to the NASM digital program and video library, and the backing of an institution that has set the standard for over three decades. The pricing is genuinely competitive against other international certifications available in Pakistan.

It helps to think of it the way any profession thinks of the instruments of its craft. A photographer invests in the camera, a surgeon in years of training, a chef in learning before they ever cook for a guest. It is worth being honest about what that instrument does and does not do. It does not earn for you on its own. What it guarantees is that when the opportunity comes, you are equipped to meet it properly.

Do you offer payment plans, and how are they structured?

Yes. Every certification can be paid in stages across a maximum of six months. No plan runs longer than that, and within that window it can be tailored to you.

HOW THE PAYMENT PLAN WORKS

CPT, CES, PES, CNC and WLS — 40% to start, then five equal monthly installments.

CGFI and WFS — 50% to start, with the balance spread across the plan.

The **total price is identical** whether you pay at once or in stages. There is no financing charge.

Pay by credit card, or by bank deposit in Pakistani rupees.

Your **rate is locked on the day of deposit**, so you are unaffected if the dollar climbs afterwards.

Please note: your examination key is released once your installment plan is completed in full. Your course content is available from day one and you are not losing exam time while you study, but you cannot sit the examination until the plan is complete. This applies to every candidate without exception, and we state it here so that it is never a surprise.

Is it worth the investment?

Consider what you are acquiring. A globally recognised credential valid in over 100 countries from the day you earn it, and five full years of access to the NASM library, which makes it an asset you return to rather than a one-time purchase. A qualification that lets a trainer in Karachi be considered for a role in Dubai or London on the same footing as any internationally certified professional.

We cannot and do not promise any specific income outcome. What we can say plainly is that this credential opens doors a local certificate cannot, and that it prepares you for the client the market is already producing.

I am already doing well without a certification. Why do I need this?

Every established profession has a credential that quietly becomes the baseline for entering it. Fitness is moving in the same direction. For now, holding a globally recognised credential still sets a professional apart; in time it will simply be expected, and being without it will be the thing that stands out.

There is also the client to consider. More of them arrive with specific health conditions, metabolic concerns, and questions shaped by how fitness is practised internationally. A trainer who understands assessment, program design and the science behind what they prescribe is equipped for that client in a way experience alone does not guarantee.

I have built an audience on social media. How does a credential help me?

A strong professional profile is only as durable as the substance beneath it. NASM offers not one qualification but a set of certifications and specializations, each a distinct professional identity you can build a niche around, grounded in a recognised standard rather than presentation alone. The credential does not compete with a strong profile; it is the foundation a serious profile should be built on.

Part B | How you study

Three pathways to the same credential

What are the three ways to study?

All three pathways deliver the exact same internationally recognised NASM qualification. The difference is the depth of support around it, not the credential itself.

SELF-STUDY – ENROLLING NOW

Full NASM digital program and video library, studied at your own pace.
Chapter quizzes and multiple full-length practice exams pitched at the real thing.
Examination completed through NASM, from anywhere in Pakistan.
Certificate issued directly by NASM on passing.
Legends Fitness onboarding and portal activation support.

STRUCTURED TRACK – OPENING AUGUST, SELECT STREAMS

Everything in Self-Study, plus a guided 12-week study roadmap.
NASM-certified study coaches, and weekly weak-area drills with custom question banks.
Two live group sessions each month, recorded.
A one-to-one exam readiness assessment before you book your exam.
First streams: CPT, and Nutrition and Weight Management.

COHORT GUIDED – JANUARY INTAKE

Everything in Structured Track, plus full-day immersive sessions, two days a week for twelve weeks.
A personalised study plan reviewed every two weeks, and direct mentor access throughout.
Case studies, practical application and guest workshops.
A two-week intensive exam preparation phase with mock examinations.
Eligibility for a supervised, residency-style internship for top performing graduates.

Can I actually do this on my own?

Many committed professionals can. The NASM portal is genuinely well built: multiple full-length practice exams pitched at the level of the real thing, and a quiz after every chapter. It is designed to get a disciplined candidate through.

And if self-study does not feel like enough, that is no failing. It depends on how you study, not on how capable you are, which is precisely why there are three pathways and not one. Where a certification permits only a single attempt, preparation matters more than most candidates realise, and this is exactly what the Structured Track and Cohort Guided pathways exist for.

What is the internship and residency experience?

For Structured Track and Cohort Guided candidates, top performers become eligible for a supervised internship at a Legends Fitness partner facility, with the hours involved differing by track. This is designed as a genuine, residency-style professional experience rather than a token placement, with structured touchpoints across performance, women's fitness and clinical application. The intent is that a graduate leaves not only with a credential, but with the applied experience and professional habits that make the credential count in practice.

Part C | After you enrol

Keys, examinations, certificates and support

GETTING STARTED

Can Legends Fitness create my NASM account for me?

No. NASM requires that every candidate creates their own account using their own email address. This is a platform requirement and we are not permitted to do it on your behalf. Instructions are in the NASM manual attached to your onboarding pack.

What is the difference between my course key and my exam key?

Every NASM certification is issued as two separate enrolment keys. Your **course key** unlocks the learning content: chapters, videos, quizzes and downloadable materials, and you receive it at enrolment. Your **exam key** unlocks the examination itself, and is released once your installment plan is completed in full.

Does my exam access period start today?

No. Your examination access period begins when your exam key is activated, not when your course key is activated. You are not losing exam time while you study.

How long do I have access to the course content?

Five years from activation, for every certification Legends Fitness offers. Your exam access window is considerably shorter, and the two should not be confused. Your specific exam window is set out on the course description page for your certification in the NASM manual.

I have not received my enrolment key. What do I do?

Contact Legends Fitness directly. Please do not contact NASM. Keys are issued and managed by Legends Fitness as your authorised partner, and we hold the record of your enrolment.

YOUR EXAMINATION

Who proctors my exam?

For most certifications, Legends Fitness proctors directly, either on-site at our facility or remotely by our own team. PSI is not involved and you do not need to contact PSI or schedule anything yourself.

If you hold the NCCA-accredited CPT, you have an additional option: remote proctoring through PSI, NASM's official proctoring partner. Where this applies, your personalised welcome letter explains it in full, including the walkthrough call you must schedule with Legends Fitness **before** contacting PSI. If your welcome letter does not mention PSI, it does not apply to your certification.

I hold the NCCA CPT and want to sit remotely through PSI. What do I need?

- 24 hours' advance notice to PSI before your examination
- Your valid CPR/AED certification in hand at the time of the exam

- The name on your documentation matching your name on the NASM portal **exactly**

A mismatch in your name will cause a delay, so please check this carefully before you book. Before you contact PSI at all, schedule a walkthrough call with us. This step is required and comes first.

When will I know my exam date?

Legends Fitness will confirm your arrangements, including date, location and what identification to bring, ahead of your exam window. You do not need to arrange anything yourself.

How many attempts do I get?

This varies by certification and the difference is significant, as set out in Part A. Certain examinations permit a single attempt within a fixed 180-day window; others permit three attempts across a full year. Your personalised welcome letter states the terms that apply to your specific enrolment. If you are in any doubt, ask us before you begin.

What happens if I do not pass?

Speak with us. Your options depend on your certification and how many attempts remain on your enrolment. Where a certification permits only a single attempt, this is precisely why our Structured Track and Cohort Guided support exists.

AFTER YOU CERTIFY

How do I get my certificate, and what is a digital badge?

Your certificate is downloadable directly from your NASM account, with instructions linked in the Course and Exam Information section of the NASM manual. Your digital badge is a verifiable credential you can display on LinkedIn, your website or your email signature; it links back to NASM and confirms your certification is genuine.

Does my certification expire?

It depends on what you hold. NASM issues both certifications, which renew, and specializations, which do not.

- **Do not renew, valid indefinitely once earned:** Corrective Exercise Specialist, Performance Enhancement Specialist, Women's Fitness Specialist, Weight Loss Specialist
- **Renew:** Certified Personal Trainer, International Certified Group Fitness Instructor, Certified Nutrition Coach

Recertification is handled through NASM's recertification portal and requires continuing education units. A guide is linked in the Recertification Information section of the NASM manual.

TECHNICAL AND PLATFORM

The platform is not working. What should I try?

- Restart your device
- Try a different browser, as Chrome or Firefox are recommended
- Clear your browser cache and cookies

- Check your internet speed, as low speeds affect video playback
- If using a tablet, note that some do not fully support PDF viewing without an additional app

The NASM manual also lists a step about Adobe Flash Player. Flash was discontinued in 2020 and that instruction is outdated. Please ignore it.

None of that worked. Now what?

Contact Legends Fitness. You may also contact NASM Member Services directly at nasmcares@nasm.org or visit support.nasm.org, but we would ask that you come to us first. We can usually resolve it faster, and we would rather know that you are having difficulty.

SUPPORT AND YOUR RELATIONSHIP WITH US

What support do I actually get?

- Technical onboarding, covering account setup, key activation and platform access
- Academic support throughout your study period
- Guidance on exam readiness and preparation
- Confirmation and management of your exam arrangements
- A direct answer to any question about content, exam structure or your pathway

All of this is included. None of it costs extra.

I am struggling with the material. Is that normal?

Yes, and you should tell us. NASM is academically rigorous, which is precisely why the credential carries weight. Candidates who ask for help early do considerably better than those who do not. There is nothing to be embarrassed about, and we would far rather hear from you in week three than in week twenty.

Part D | About us, and how to begin

Who is behind this, and what happens next

Who is behind Legends Fitness and NASM in Pakistan?

Legends Fitness (Legends Arena) is one of Pakistan's nationally present fitness brands, and is the country's authorised NASM International Partner. This is not simply the sale of a certification; it is an ecosystem being built around it.

The NASM vertical is led by **Dr. Muhammad Ahmed Siddiqui**, a physician and public health professional trained at Johns Hopkins, with over fifteen years across major international programs including USAID, UNICEF, DFID and the Gates Foundation. Around this leadership, Legends Fitness is building a team of qualified educators and a delivery infrastructure intended to give every genuine, hardworking student not only NASM's scientific rigor, but the backing of a credible institution and a name they can stand behind.

What does being an authorised International Partner actually mean?

A NASM certification is delivered through official institutional partners in each country. Legends Fitness is that partner for Pakistan, in the same global network as Life Time in the United States, whose academy trains 3,500+ staff on NASM, the Saudi Academy for Sports Sciences, Gold's Gym across Egypt and the wider MENA region, and universities and government bodies teaching NASM curricula worldwide. You can verify our listing at nasm.org/resources/international-partners.

How do I enrol?

Self-Study enrolment is open now. To enrol, or to ask any question at all about certifications, pricing, bundles or payment plans, contact us directly. There is no question too small.

READY TO BEGIN

Enrol online: www.legendsarena.pk/nasm

Email: ahmed@legendsarena.pk • **WhatsApp:** +92 326 8499894 • **Direct:** +92 321 8010190

Institutions, universities, gyms and bulk enrolment: nasm@legendsarena.pk

Or speak with any member of the Legends Fitness team at reception.