

Certified Here. Recognised Everywhere.

The honest, no-jargon guide before you enrol.

The most expensive decision a fitness professional in Pakistan can make is believing real recognition has to be earned abroad. It does not. This is what NASM actually is, how it is verified anywhere on earth, what it costs in plain terms, and how to start. No hype. Just the facts you need to decide.

1.9M+

PROFESSIONALS
EDUCATED GLOBALLY

100+

COUNTRIES OF
RECOGNITION

35+

YEARS THE GOLD
STANDARD

14K+

PARTNER GYMS & CLUBS

Legends Fitness is Pakistan's authorised **NASM International Partner** · verify us at nasm.org/resources/international-partners

01 What NASM is, in one minute

The National Academy of Sports Medicine has spent over 35 years as the gold standard in evidence-based fitness education. When you certify through Legends Fitness, the credential is **issued by NASM directly, not by us**. You study on NASM's own portal, sit NASM's own exam, and receive NASM's own certificate. Nothing is re-taught, re-branded or substituted.

- The certificate says **NASM** - the same letters that open doors in Dubai, London, Toronto and New York. It does not say "Pakistan edition."
- Any hiring manager, anywhere, can verify your credential on NASM's global portal in about thirty seconds. That is what international recognition means - a verifiable fact, not a promise.
- NASM-credentialed professionals are on staff across 100% of NBA and NFL teams.

02 The myths, answered straight

"Is this really the same NASM as the one earned abroad?"

Yes. Identical global recognition. The credential is issued by NASM itself; Legends is the authorised partner that keeps your account, payment and ID aligned from day one.

"Why not just enrol with NASM directly in the US?"

That route is not open to a Pakistani candidate - the US pricing needs a US address and US payment method, and no installment access. Going direct means someone else's card pays, so the payment name will not match your ID, and that mismatch surfaces at the proctored exam at the worst moment.

"Is the open-book exam a watered-down credential?"

No. The education is identical for both testing options - same materials, same content. Only the exam protocol differs. The open-book route is NASM's own global option, offered on the same basis in the US, not a regional compromise.

03 Know your exam pathway before you pay

This is the single most important thing to understand up front. Some NASM exams come in an accredited and an international variant. Both give you a recognised, NASM-issued credential - but the terms differ. We tell you which applies, in writing, in your welcome letter.

NCCA-accredited CPT

CARRIES FORMAL NCCA ACCREDITATION

- Proctored, 120 questions, two hours
- **Single attempt** within a 180-day window
- CPR/AED certification required before you sit
- Asked for by some larger commercial employers

International CPT & specializations

NOT NCCA-ACCREDITED

- Open book, non-proctored online
- **Three attempts** across a full year
- No CPR/AED prerequisite
- Same study content and same certificate

Passing score is 70% across all certifications. If your plans include an employer who requires NCCA accreditation, tell us *before* you enrol and we will place you on the accredited pathway. Better to have that conversation early than discover it later.

04 The certifications available now

Seven programmes are live in Pakistan - three certifications and four specializations - each a distinct professional identity you can build a niche around. Additional NASM programmes are available on inquiry.

Code	Certification	Who it is for
CPT	Certified Personal Trainer	The foundation of every professional fitness career.
PES	Performance Enhancement Specialist	Coaching athletes and building speed, power and agility.
CES	Corrective Exercise Specialist	Assessing movement, correcting imbalances, preventing injury.
CNC	Certified Nutrition Coach	Evidence-based nutrition coaching and behaviour change.
WLS	Weight Loss Specialist	The science and psychology of sustainable fat loss.
WFS	Women's Fitness Specialist	Programming for women across every life stage.
ICGFI	International Group Fitness Instructor	Leading group exercise classes. No CPR/AED prerequisite.

Certifications renew (CPT, CNC, ICGFI); specializations (PES, CES, WLS, WFS) are valid indefinitely once earned. Content access: 5 years from activation. Exam windows and attempts vary by certification - ask us for the detail on yours.

05 What it costs, and how you pay

Every certification can be paid in full or in stages across a maximum of six months. The total is identical either way - there is no financing charge, and nothing extra at checkout.

PAYMENT PLANS

- **CPT, PES, CES, CNC, WLS:** 40% to start, then five equal monthly payments.
- **Women's Fitness & Group Fitness:** 50% to start, balance across the plan.
- Pay by card, or by bank deposit in Pakistani rupees.

GOOD TO KNOW

- **All prices are inclusive of 8% SST.** No surprises later.
- Your PKR rate is **locked on the day of your first deposit** - you are unaffected if the dollar climbs after.
- Course content opens day one. Your exam key releases once the plan is paid in full, so you never lose study time.

Prices are quoted in USD and settled in PKR at the State Bank rate on your deposit day. Founding benefit: the first 50 candidates receive a 5% enrolment benefit - ask if seats remain.

06 How to begin

STEP 1

Tell us your goal

Message us on WhatsApp or email with where you are professionally and what you want to build.

STEP 2

Pick your path

We confirm the right certification, the exam variant, and your PKR price and plan - in writing.

STEP 3

Enrol & study

Your NASM portal opens within days. Study, prepare, sit your exam, and get certified by NASM.

Ready, or just want to ask?

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

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