



# **ST 5519 WELLNESS STATIONS PREMIUM PACKAGE**

## APPLICATION INSTRUCTIONS



### **STENCILS INCLUDED IN YOUR PACKAGE: 8 Stencils**

ST 5072 Planks

ST 5073 Push-ups

ST 5074 Sit-ups

ST 5069 Squats

ST 5070 Lunges

ST 5071 Jumping Jacks

ST 5080 High Knees

ST 5081 Burpees



**ST 5069**

**SQUATS**

APPLICATION INSTRUCTIONS

**SIZE**

approx. 3 feet 4 inches wide x  
4 feet 8 inches long

**PAINTERS & TIME**

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**



**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**



# CONGRATULATIONS!!!

## YOU FINISHED PAINTING SQUATS

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Squats should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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# ST 5070

# LUNGES

## APPLICATION INSTRUCTIONS

### SIZE

approx. 3 feet 4 inches wide x  
4 feet 8 inches long

### PAINTERS & TIME

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**





**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**

# CONGRATULATIONS!!!

## YOU FINISHED PAINTING LUNGES

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Lunges should look like the image below.



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**ST 5071**

## **JUMPING JACKS**

### APPLICATION INSTRUCTIONS

#### **SIZE**

approx. 3 feet 4 inches wide x  
5 feet 4 inches long

#### **PAINTERS & TIME**

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**





**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**

# CONGRATULATIONS!!!

**YOU FINISHED PAINTING JUMPING JACKS  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Jumping Jacks should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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## ST 5072 PLANKS

### APPLICATION INSTRUCTIONS

#### SIZE

approx. 3 feet 5 inches wide x  
4 feet 7 inches long

#### PAINTERS & TIME

1-2 painters for less than 1 hr



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**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**



**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**



# CONGRATULATIONS!!!

## YOU FINISHED PAINTING PLANKS

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Planks should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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**ST 5073**

**PUSH-UPS**

APPLICATION INSTRUCTIONS

**SIZE**

approx. 3 feet 5 inches wide x  
4 feet 8 inches long

**PAINTERS & TIME**

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**





**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**

# CONGRATULATIONS!!!

## YOU FINISHED PAINTING PUSH-UPS

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Push-ups should look like the image below.



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**ST 5074**

**SIT-UPS**

APPLICATION INSTRUCTIONS

**SIZE**

approx. 3 feet 5 inches wide x 4 feet 8 inches long

**PAINTERS & TIME**

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**



**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**



# CONGRATULATIONS!!!

**YOU FINISHED PAINTING SIT-UPS  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Sit-ups should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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**ST 5080**

**HIGH KNEES**

APPLICATION INSTRUCTIONS

**SIZE**

approx. 3 feet 5 inches wide x  
5 feet long

**PAINTERS & TIME**

1-2 painters for less than 1 hr



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**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**





**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**

# CONGRATULATIONS!!!

## YOU FINISHED PAINTING HIGH KNEES

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished High Knees should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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## **ST 5081**

# **BURPEES**

### APPLICATION INSTRUCTIONS

#### **SIZE**

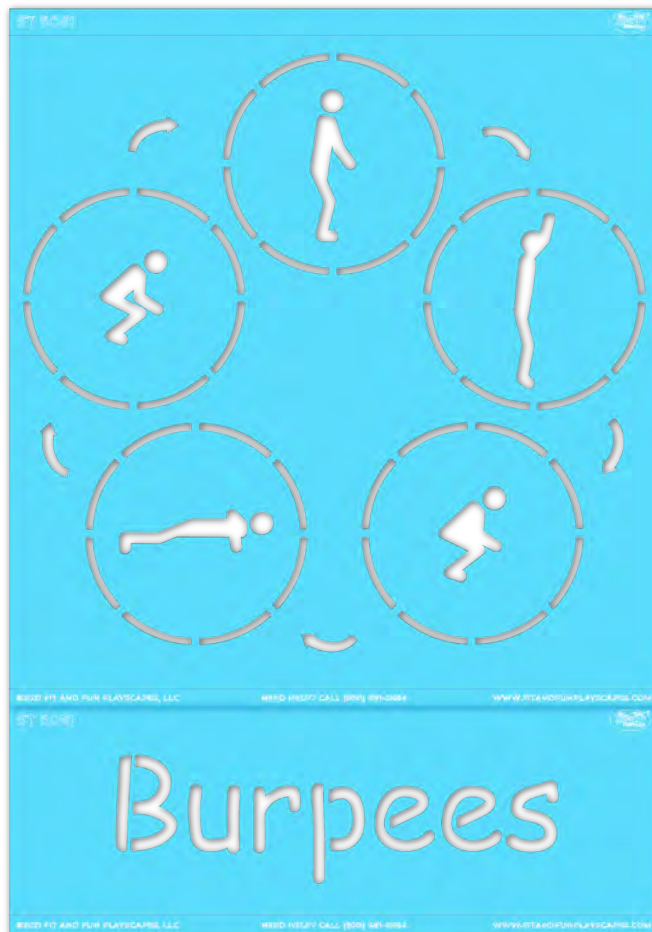
approx. 3 feet 7 inches wide x 4 feet 9 inches long

#### **PAINTERS & TIME**

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (2 pieces)**



**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Layout your **STENCIL** in your desired location.

Separate the word along the perforation if you'd like. (For example, you can put the word above, or to the left/right of the illustration.)



## **STEP 2:**

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**Allow the paint to dry for a minimum of 24 hours before use.**



# CONGRATULATIONS!!!

## YOU FINISHED PAINTING BURPEES

### YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Burpees should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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# CONGRATULATIONS!!!

## YOU FINISHED PAINTING THE WELLNESS STATIONS PREMIUM PACKAGE

**YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Wellness Stations Premium Package should look like the image below.



**Have any questions?** We're here to help – call us at (800) 681-0684!

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