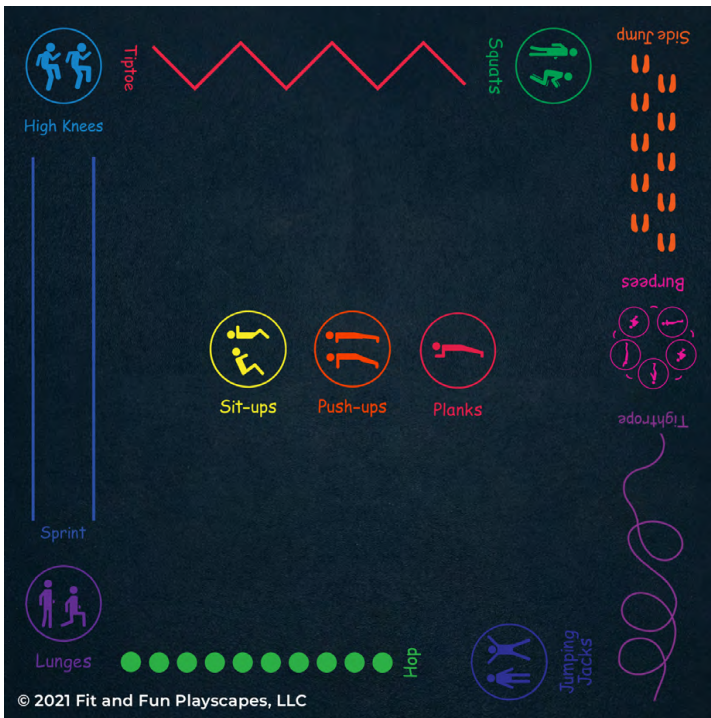




# **ST 5508 FITNESS ACTIVITY CIRCUIT™ DELUXE PACKAGE**

## APPLICATION INSTRUCTIONS



## **STENCILS INCLUDED IN YOUR PACKAGE: 13 Stencils**

ST 5076 Side Jump | ST 5075 Hop

ST 5078 Tightrope Loop | ST 5079 Sprint

ST 5077 Tiptoe | ST 5069 Squats

ST 5071 Jumping Jacks | ST 5070 Lunges

ST 5080 High Knees | ST 5081 Burpees

ST 5073 Push-ups | ST 5074 Sit-ups

ST 5072 Planks



## ST 5076

## SIDE JUMP

### APPLICATION INSTRUCTIONS

#### SIZE

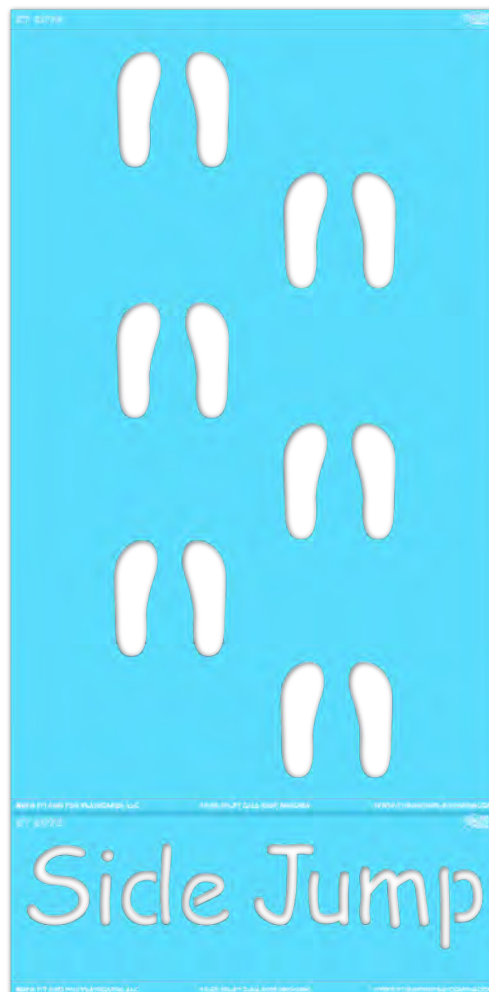
approx. 3 feet 6 inches wide, each footprint set is approx. 11 inches

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

Your finished Side Jump 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 5075

## HOP

### APPLICATION INSTRUCTIONS

#### SIZE

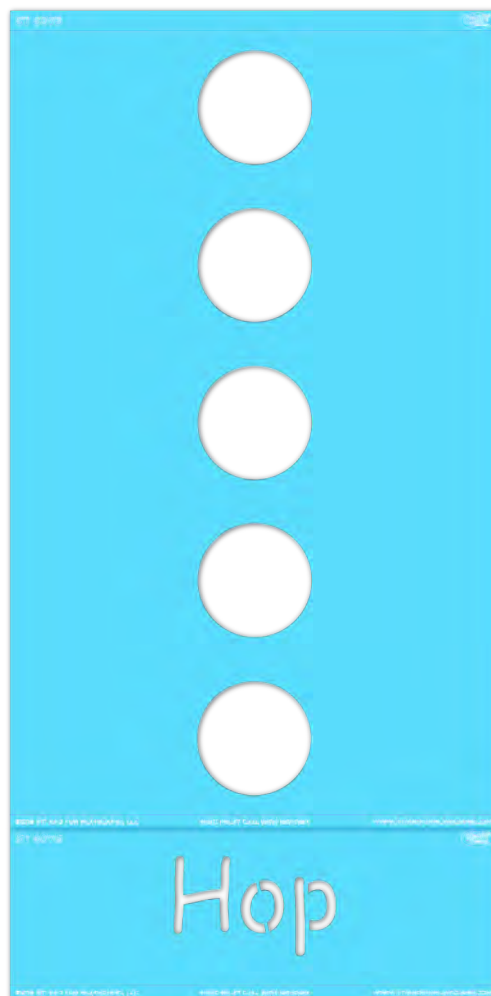
approx. 16 inches wide, circles are approx. 11 inches wide

#### PAINTERS & TIME

1-2 painters for less than 1 hr



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



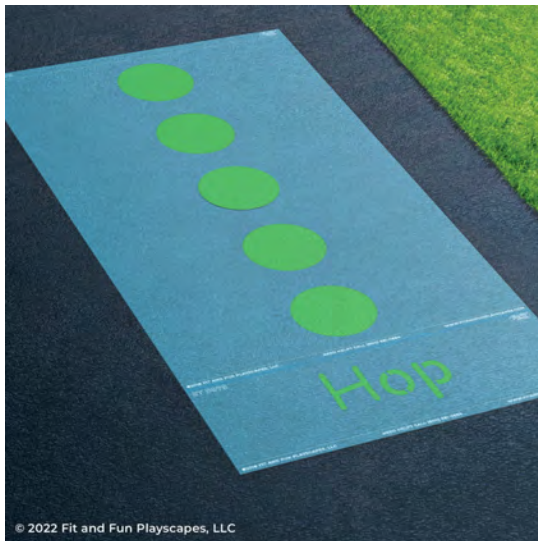
**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **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:**

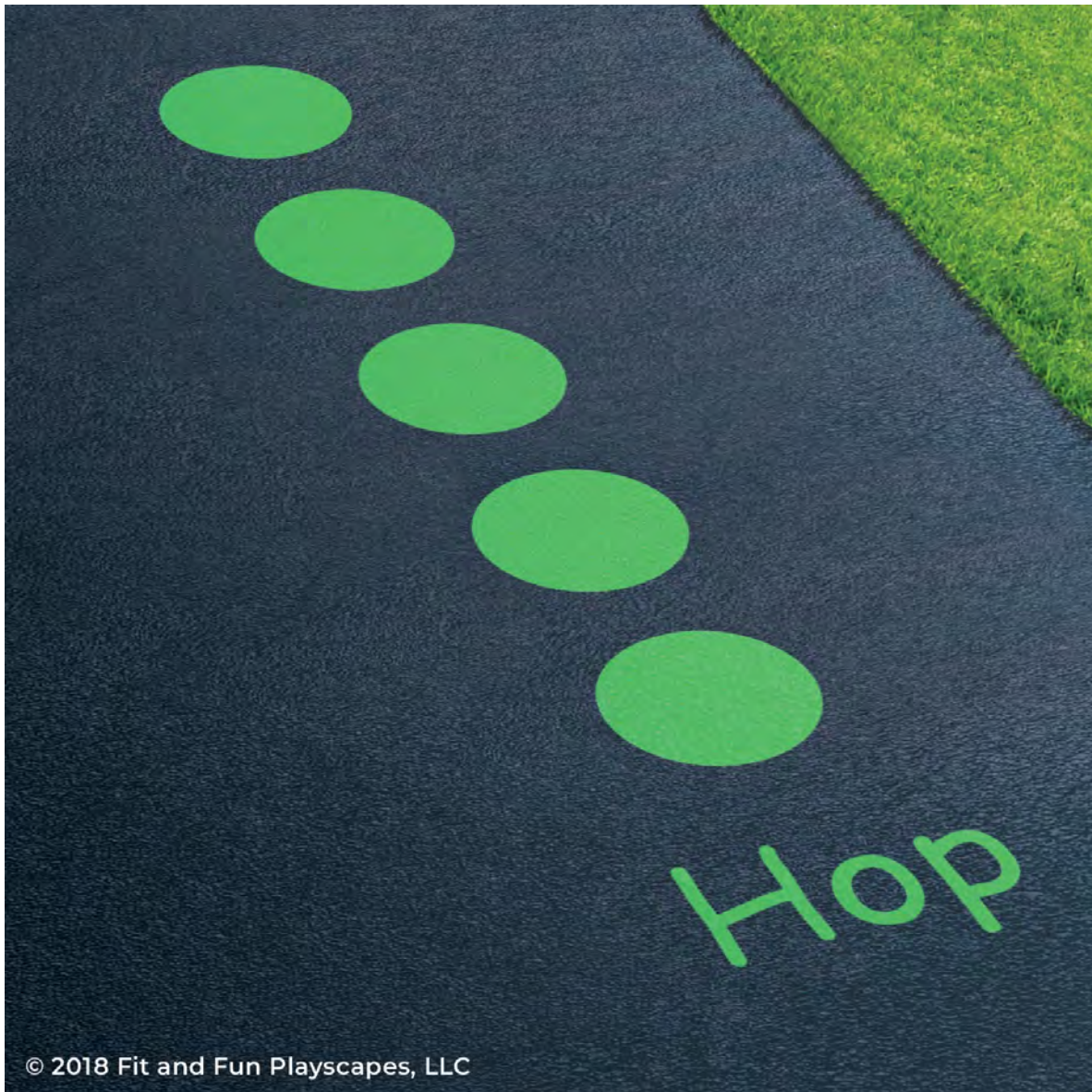
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

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

# CONGRATULATIONS!!!

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

Your finished Hop 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 5078

## TIGHTROPE LOOP

### APPLICATION INSTRUCTIONS

#### SIZE

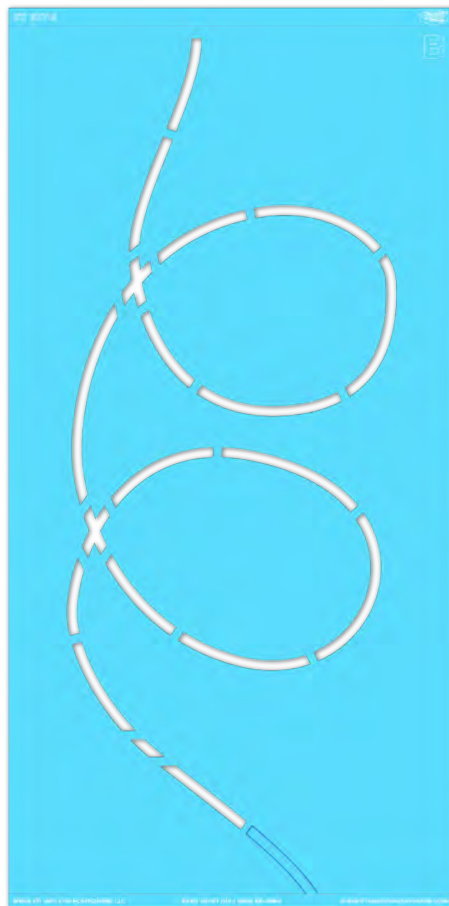
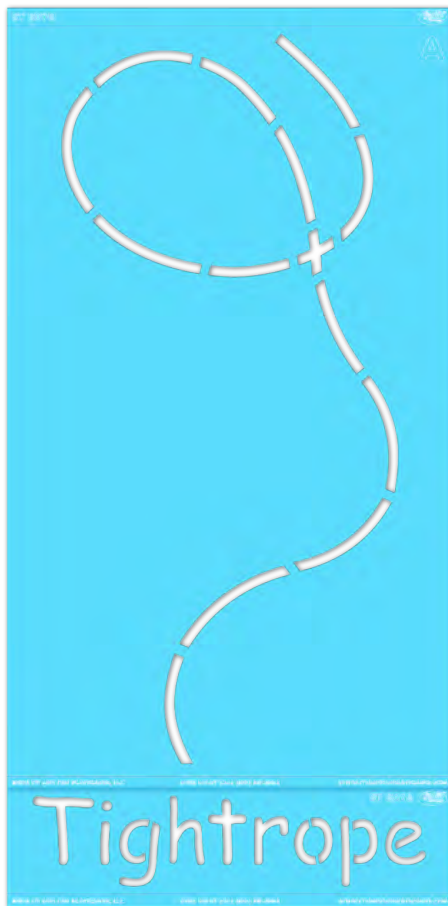
approx. 3 feet 4 inches wide x  
14 feet 4 inches long

#### PAINTERS & TIME

1-2 painters for 1-2 hrs



### INCLUDED IN THE BOX: 2 Stencil Sheets (3 pieces)





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



## STEP 1:

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



## STEP 3:

Align **STENCIL B** to the painted pavement, using the etch mark. Paint **STENCIL B**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove **STENCIL B**. 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 TIGHTROPE LOOP  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Tightrope Loop 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 5079

## SPRINT

### APPLICATION INSTRUCTIONS

#### SIZE

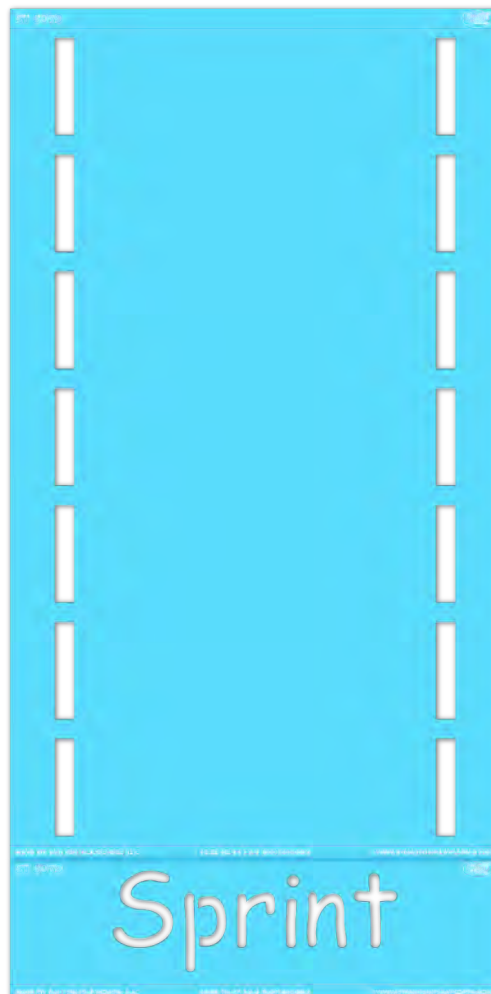
approx. 3 feet 2 inches wide,  
length varies

#### PAINTERS & TIME

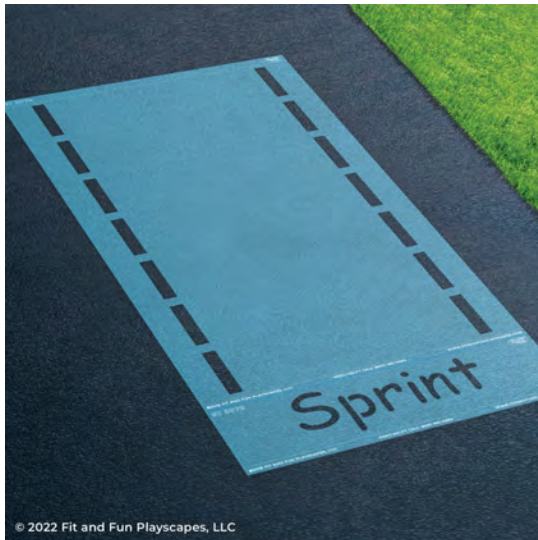
1-2 painters for less than 1 hr



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



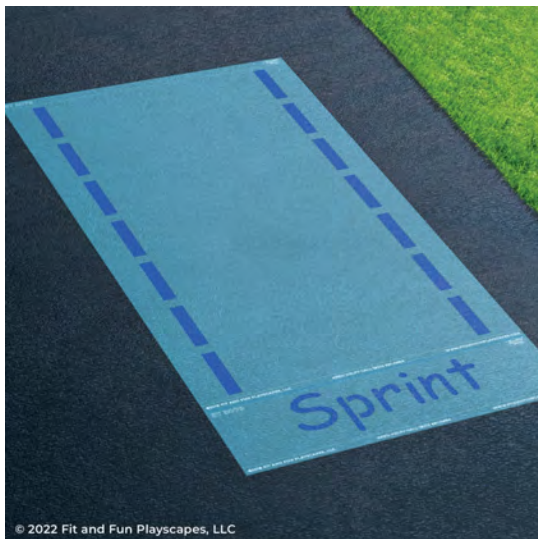
**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **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.**



## **TO MAKE LONGER:**

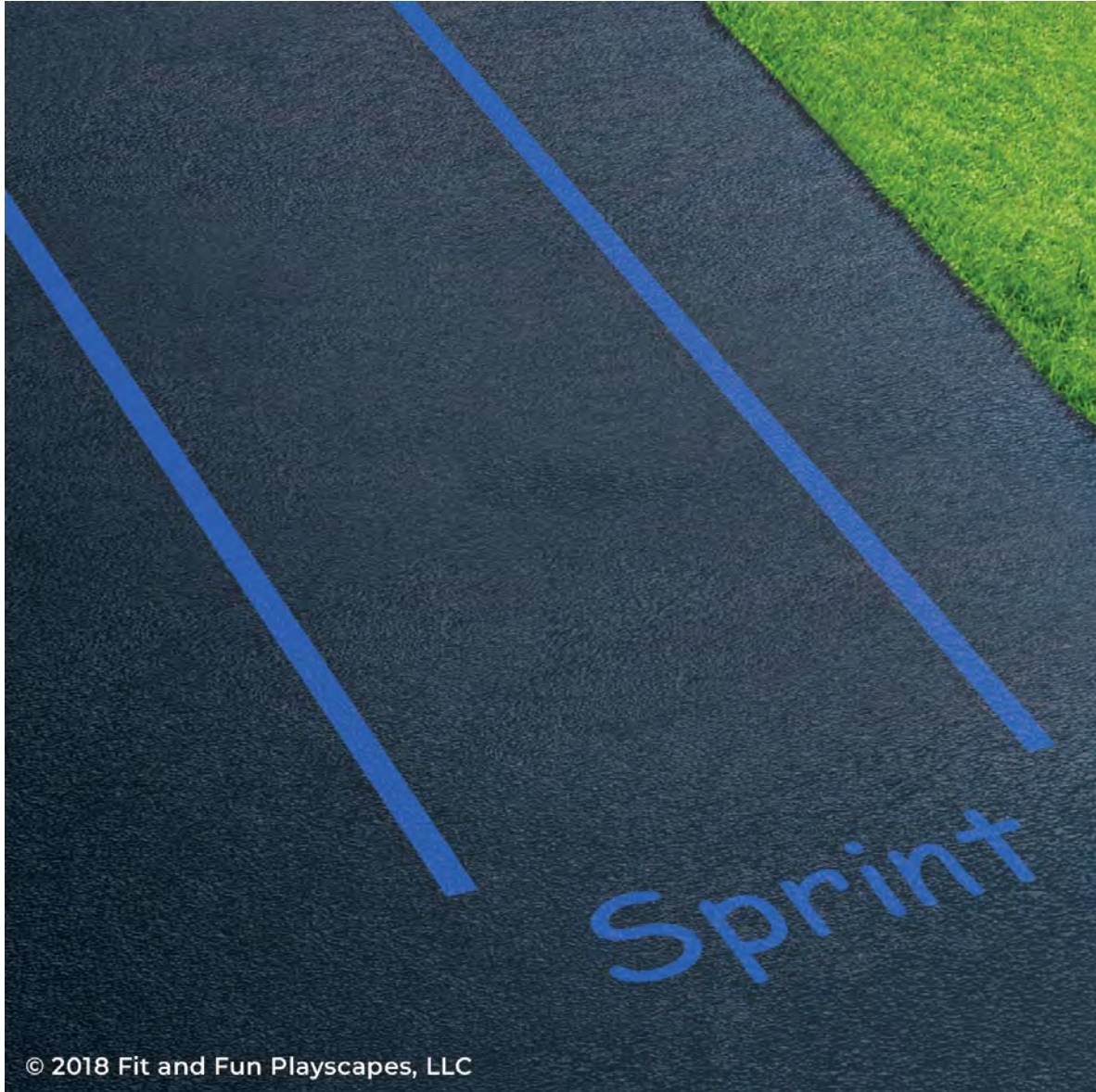
First, ensure that your **STENCIL** and pavement are completely dry. Separate the word along the perforation. Align your **STENCIL** with the painted pavement and paint. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete. Continue as long as you'd like.

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

# CONGRATULATIONS!!!

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

Your finished Sprint should look like the image below.



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## ST 5077

## TIPTOE

### APPLICATION INSTRUCTIONS

#### SIZE

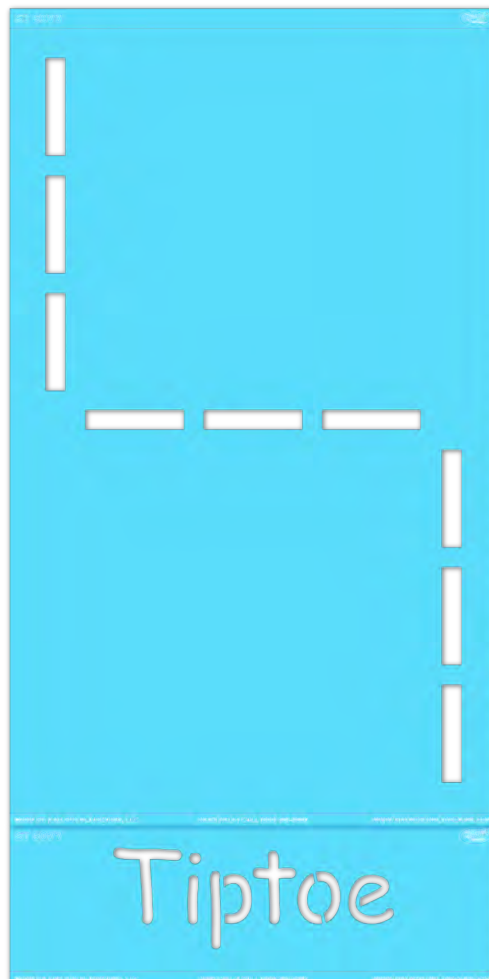
approx. 3 feet 3 inches wide,  
length varies

#### PAINTERS & TIME

1-2 painters for less than 1 hr



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



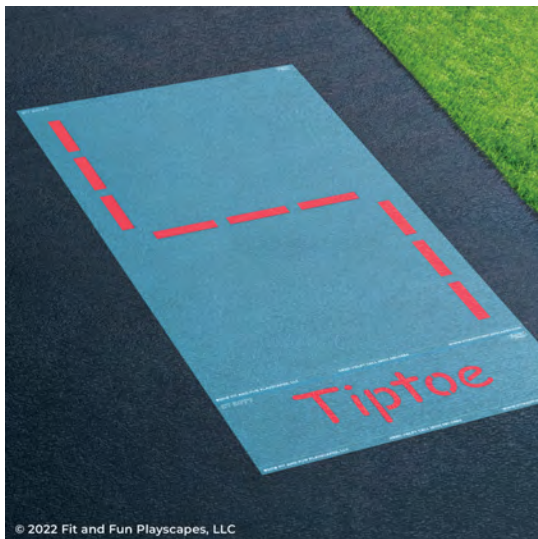
**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **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.**



## **TO MAKE LONGER:**

First, ensure that your **STENCIL** and pavement are completely dry. Separate the word along the perforation. Flip and align your **STENCIL** with the painted pavement and paint. 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. Continue as long as you'd like.

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

# CONGRATULATIONS!!!

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

Your finished Tiptoe 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 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 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.



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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.



**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



**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

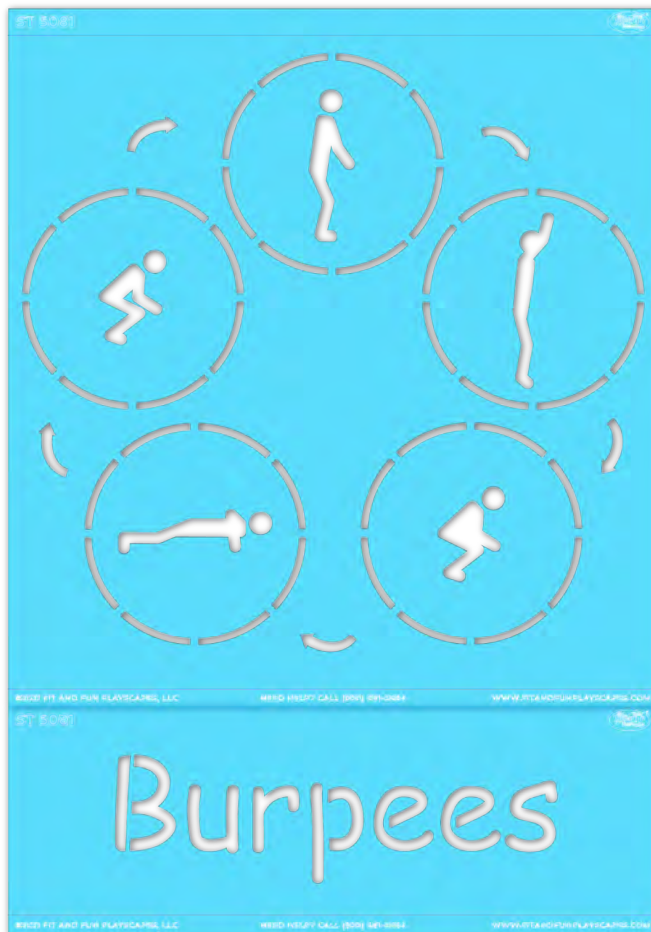
approx. 3 feet 7 inches wide x 4 feet 9 inches long

### PAINTERS & TIME

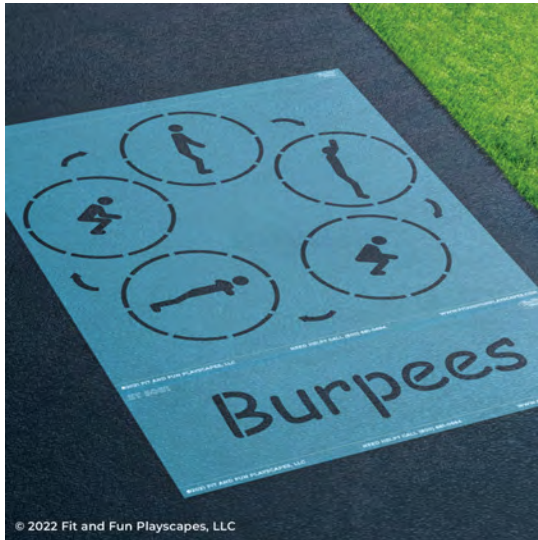
1-2 painters for less than 1 hr



**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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**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.



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

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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 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



**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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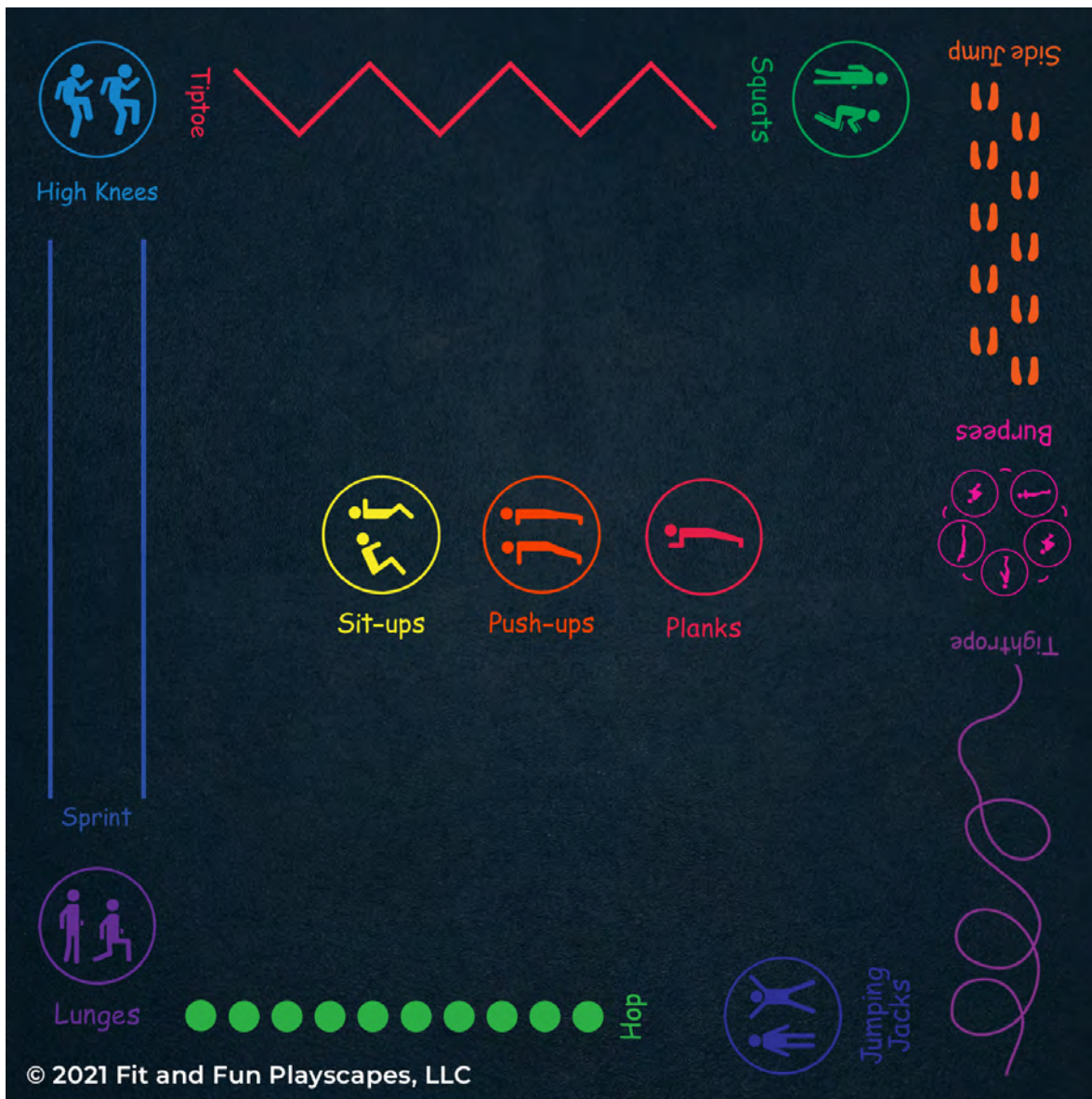


# CONGRATULATIONS!!!

## YOU FINISHED PAINTING THE FITNESS ACTIVITY CIRCUIT™ DELUXE PACKAGE

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

Your finished Fitness Activity Circuit™ Deluxe 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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