



# ST 5520 WELLNESS STATIONS

## DELUXE PACKAGE

### APPLICATION INSTRUCTIONS



## STENCILS INCLUDED IN YOUR PACKAGE: 12 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 5106 Tree Pose | ST 5110 Downward Dog Pose

ST 5112 Star Pose | ST 5041 Fitness Agility Ladder



# 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.



**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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**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 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 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 5081 BURPEES

## APPLICATION INSTRUCTIONS

### SIZE

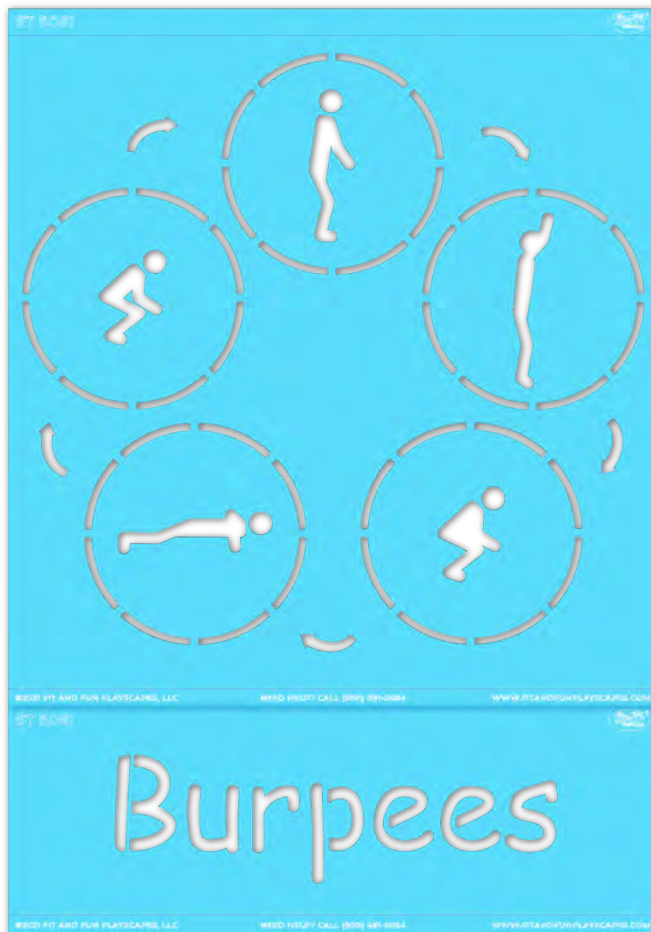
approx. 3 feet 7 inches wide x 4 feet 9 inches long

### PAINTERS & TIME

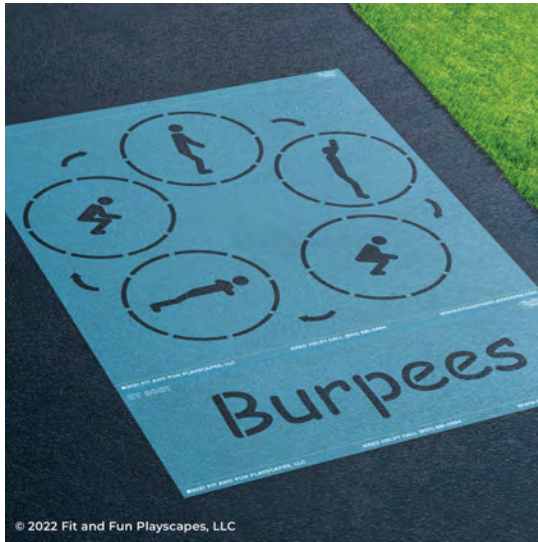
1-2 painters for less than 1 hr



**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.



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## ST 5106

## TREE POSE

### APPLICATION INSTRUCTIONS

#### SIZE

approx. 3 feet 2 inches wide x  
6 feet 4 inches long

#### PAINTERS & TIME

1-2 painters for less than 1 hr



**INCLUDED IN THE BOX: 1 Stencil Sheet (3 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 words along the perforation if you'd like. (For example, you can put the words 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 TREE POSE  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Tree Pose 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 5110 DOWNWARD DOG POSE

## APPLICATION INSTRUCTIONS

### SIZE

approx. 4 feet 5 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 (3 pieces)**



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



## **STEP 1:**

Separate the stencil pieces along the perforation. Rotate the illustration stencil piece clockwise.

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

\*\*You can put the words 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 DOWNWARD DOG POSE  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Downward Dog Pose should look like the image below.



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## ST 5112

## STAR POSE

### APPLICATION INSTRUCTIONS

#### SIZE

approx. 1 foot 6 inches wide x  
3 feet long

#### PAINTERS & TIME

1-2 painters for less than 1 hr



### INCLUDED IN THE BOX: 1 Stencil Sheet (3 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 words along the perforation if you'd like. (For example, you can put the words 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 STAR POSE  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Star Pose 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 5041 FITNESS AGILITY LADDER

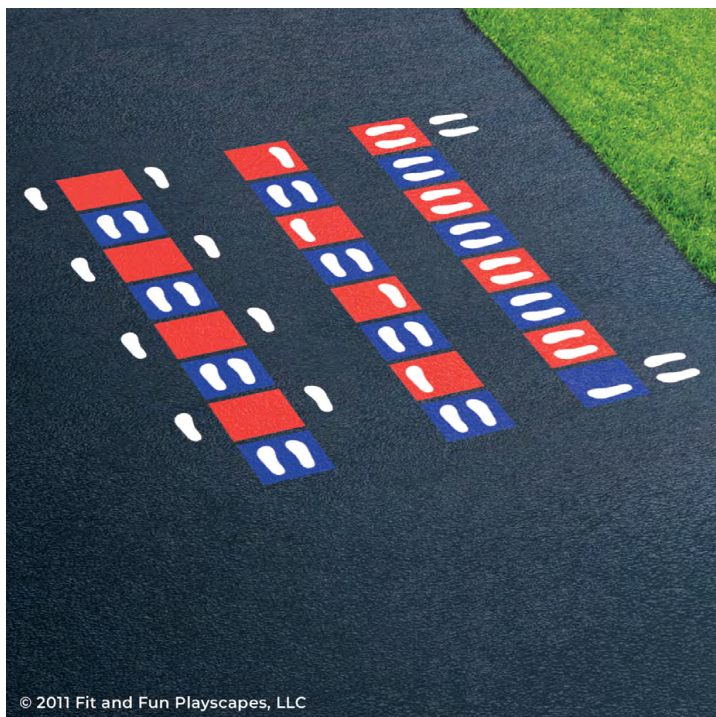
## APPLICATION INSTRUCTIONS

### SIZE

Squares are approx. 19 inches wide & length of pattern varies

### PAINTERS & TIME

1-2 painters for less than 1 hr

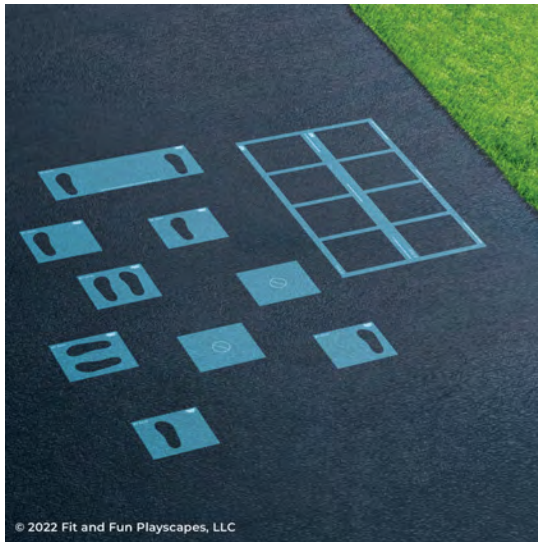


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**INCLUDED IN THE BOX: 1 Stencil Sheet (3 pieces & 8 inserts)**



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

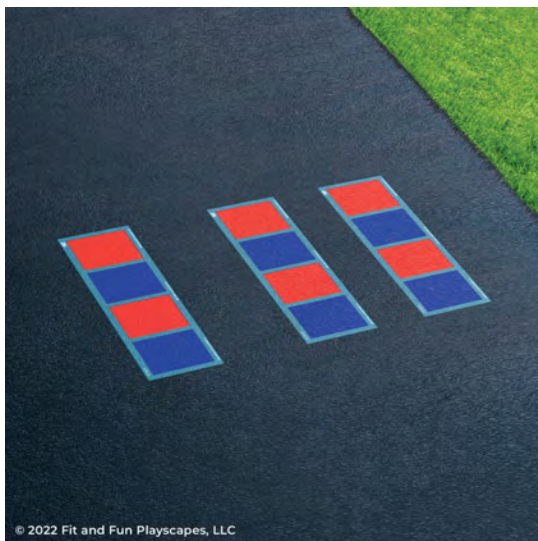


### **STEP 1:**

Separate the two wide feet at the top and pop out the individual square inserts along the perforation.

Pop out and remove the blank square inserts from your **STENCIL** then put aside and discard them (**refer to discard symbol on stencil**).

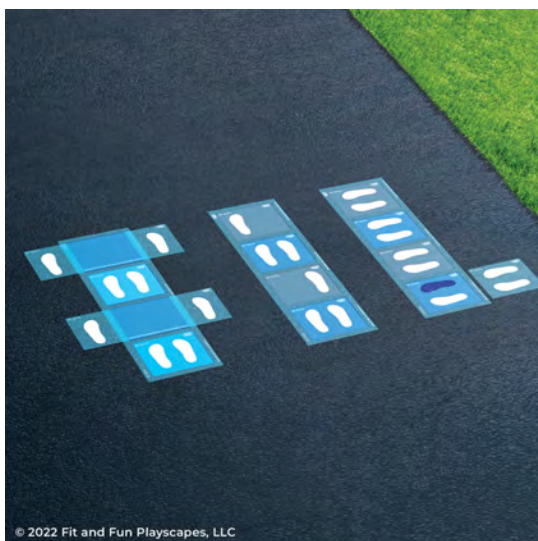
 = **discard symbol**



### **STEP 2:**

You can make any pattern you would like, here are some examples to reference.

Place your **STENCIL** in your desired location. Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**.



### **STEP 3:**

Place your **STENCIL** inserts on top of the dry painted pavement to create a pattern. Paint your **STENCIL** inserts. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL** inserts. Repeat to achieve your desired pattern.

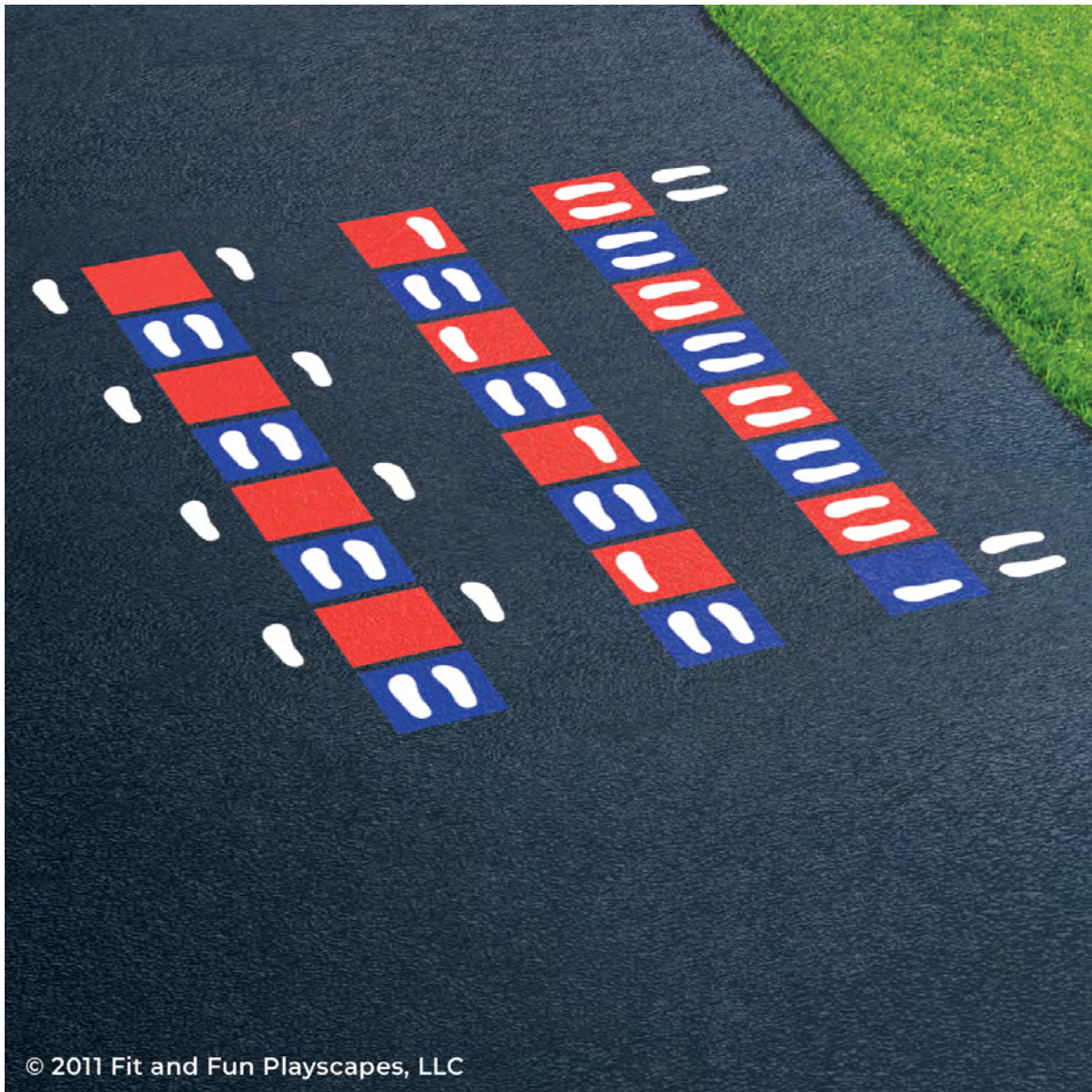
**Allow the paint to dry for a minimum of 24 hours before use.**



# CONGRATULATIONS!!!

**YOU FINISHED PAINTING FITNESS AGILITY LADDER  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Fitness Agility Ladder should look similar to 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 DELUXE PACKAGE

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

Your finished Wellness Stations 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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