



## 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



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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 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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