



ST 5507 FITNESS ACTIVITY CIRCUIT™ PREMIUM PACKAGE APPLICATION INSTRUCTIONS

STENCILS INCLUDED IN YOUR PACKAGE: 10 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 5076

SIDE JUMP

APPLICATION INSTRUCTIONS

SIZE

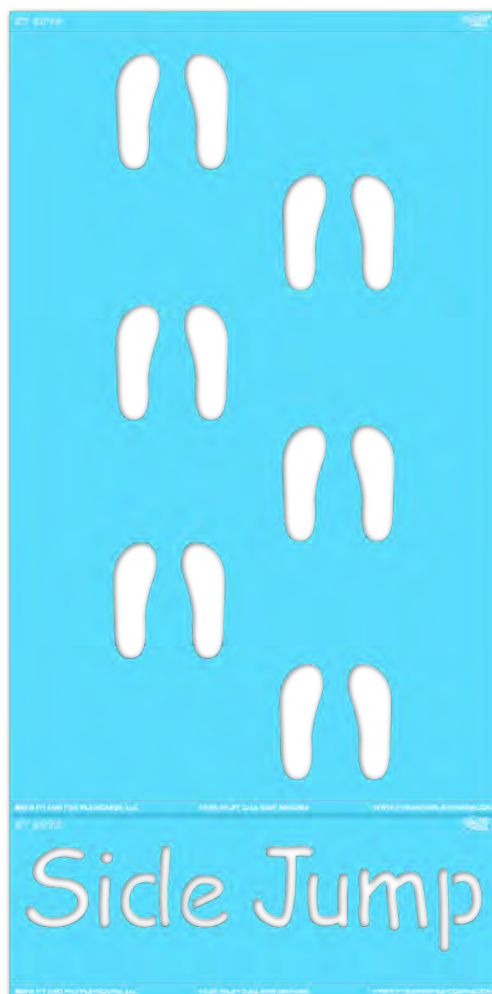
approx. 3 feet 6 inches wide, each footprint set is approx. 11 inches

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

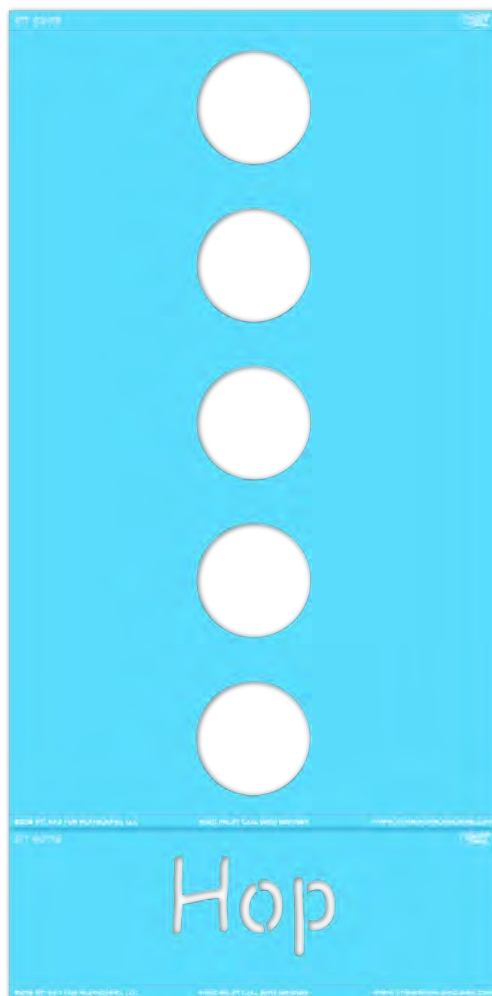
approx. 16 inches wide, circles are
approx. 11 inches wide

PAINTERS & TIME

1-2 painters for less than 1 hr



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



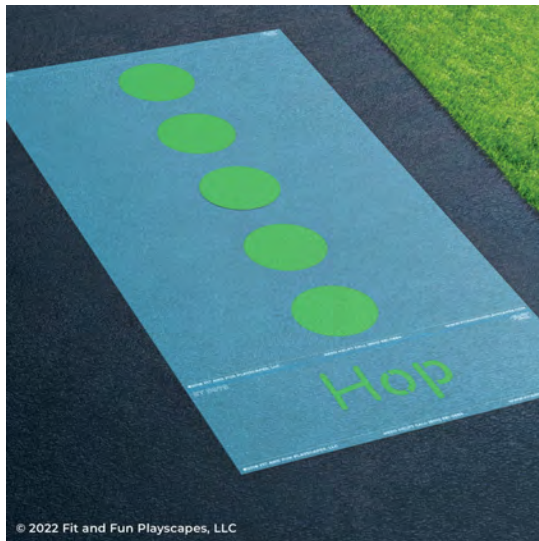
BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



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

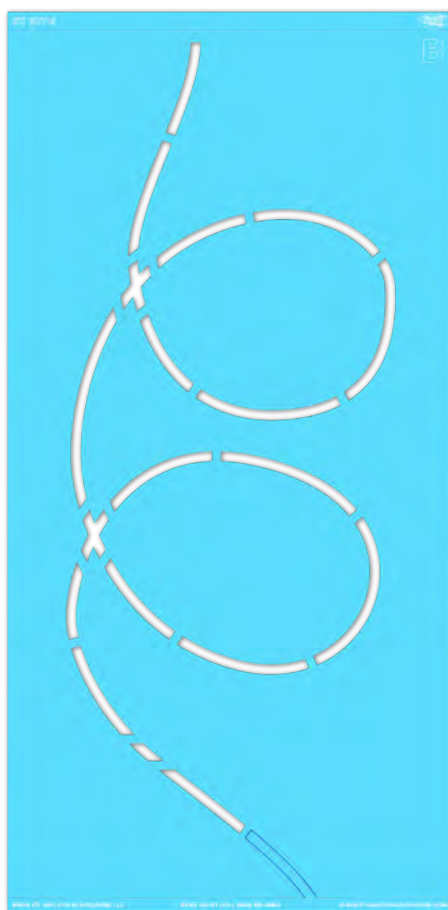
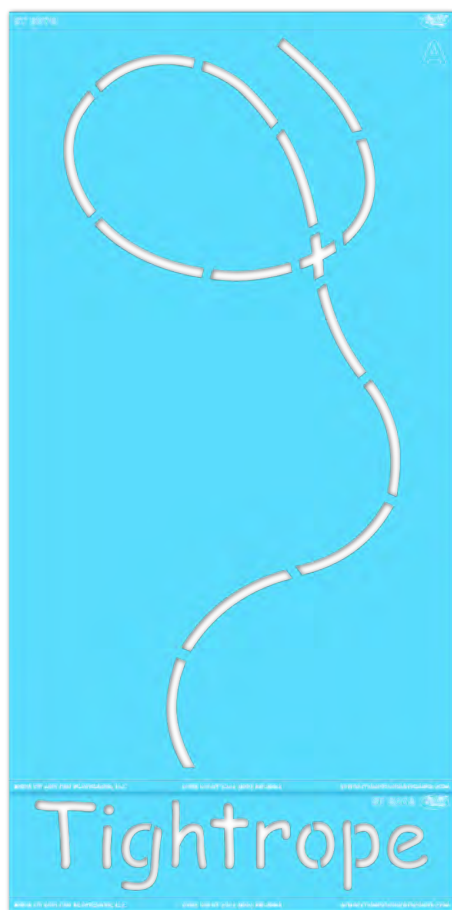
PAINTERS & TIME

1-2 painters for 1-2 hrs



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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.



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ST 5079

SPRINT

APPLICATION INSTRUCTIONS

SIZE

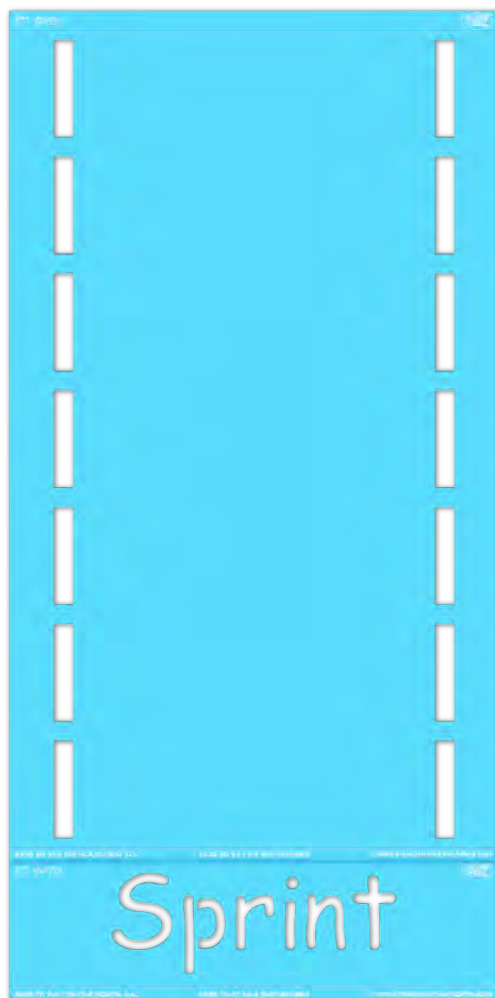
approx. 3 feet 2 inches wide,
length varies

PAINTERS & TIME

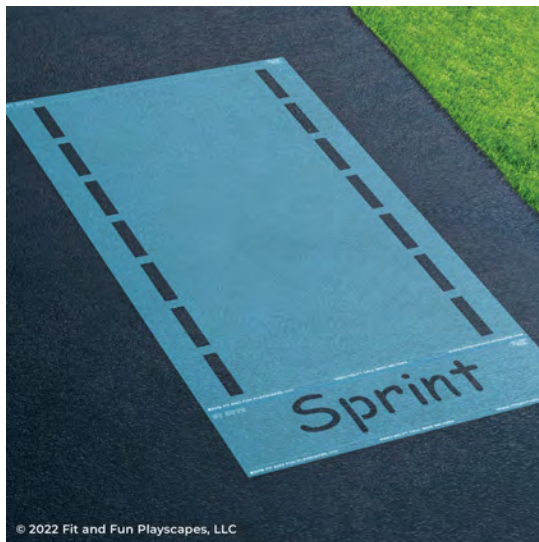
1-2 painters for less than 1 hr



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



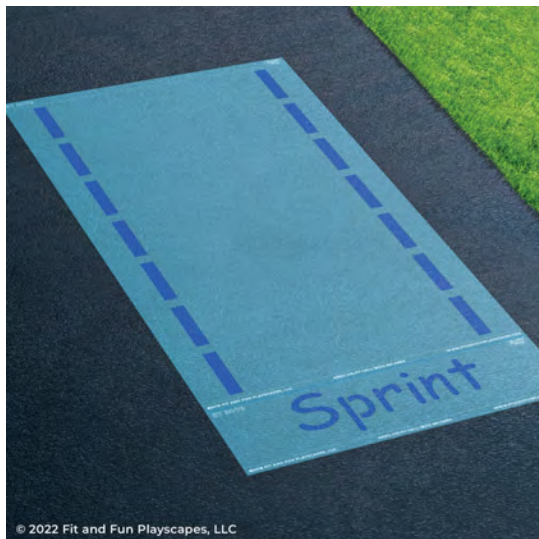
BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



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

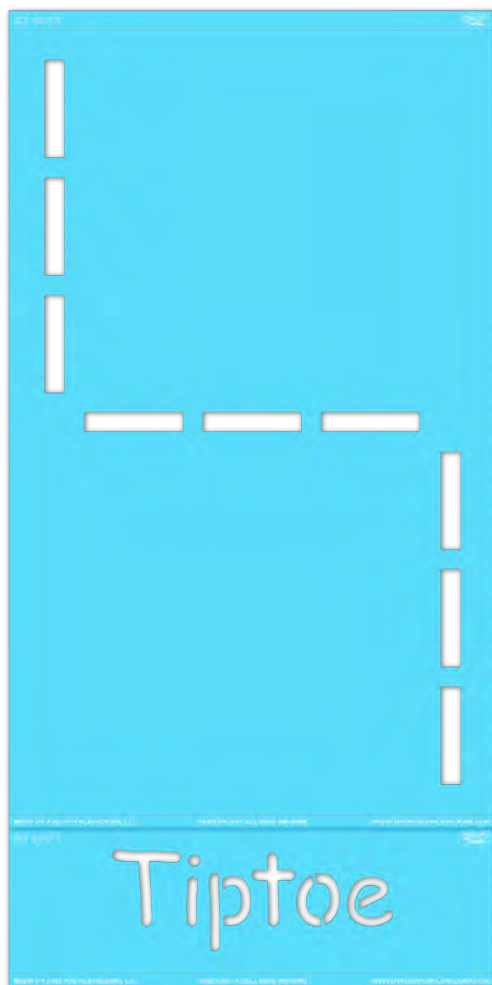
approx. 3 feet 3 inches wide,
length varies

PAINTERS & TIME

1-2 painters for less than 1 hr



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



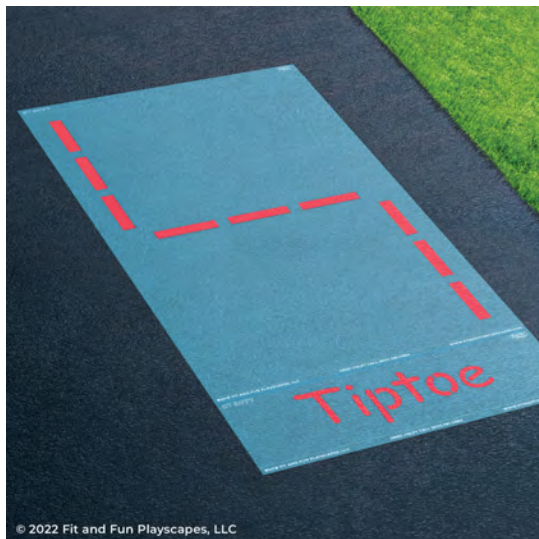
BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



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.



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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.



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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.



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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

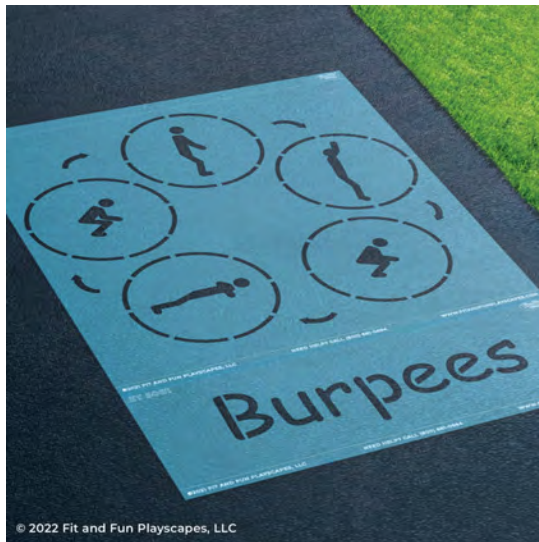
1-2 painters for less than 1 hr



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



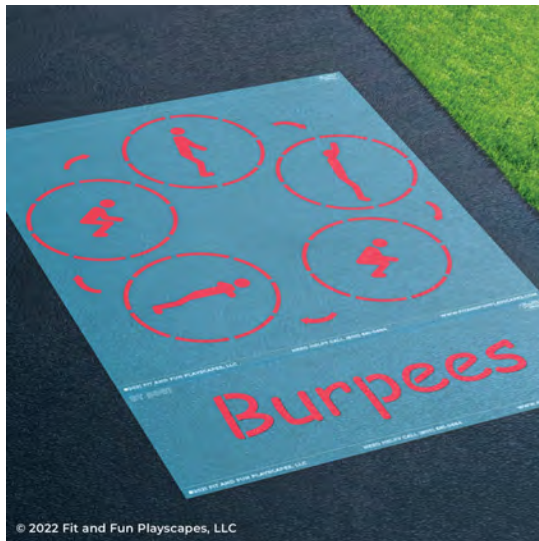
BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



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.

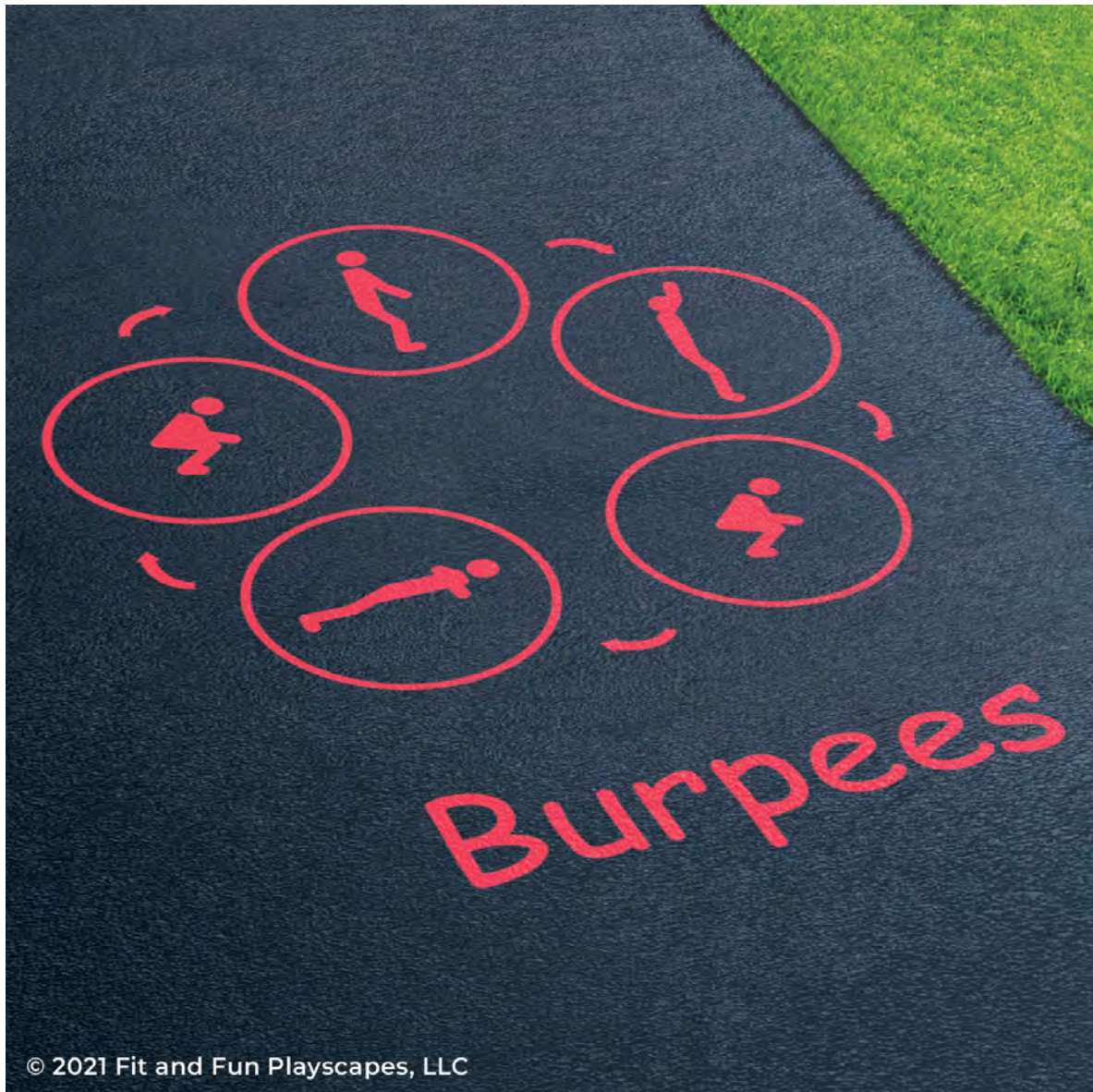
Allow the paint to dry for a minimum of 24 hours before use.

CONGRATULATIONS!!!

YOU FINISHED PAINTING BURPEES

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

Your finished Burpees should look like the image below.



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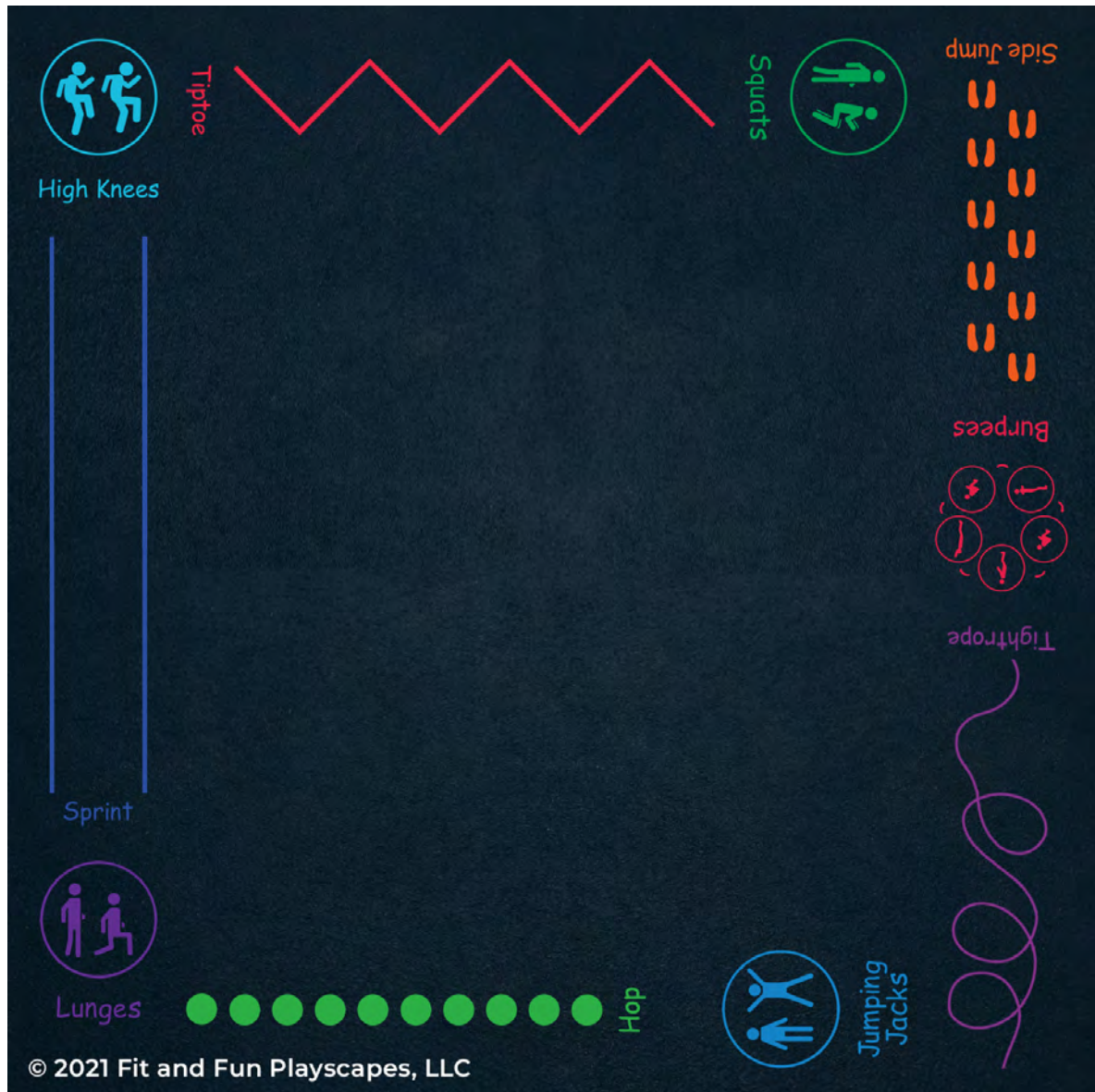
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CONGRATULATIONS!!!

YOU FINISHED PAINTING THE FITNESS ACTIVITY CIRCUIT™ PREMIUM PACKAGE

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

Your finished Fitness Activity Circuit™ 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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