



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.



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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.



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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 5081 BURPEES

APPLICATION INSTRUCTIONS

SIZE

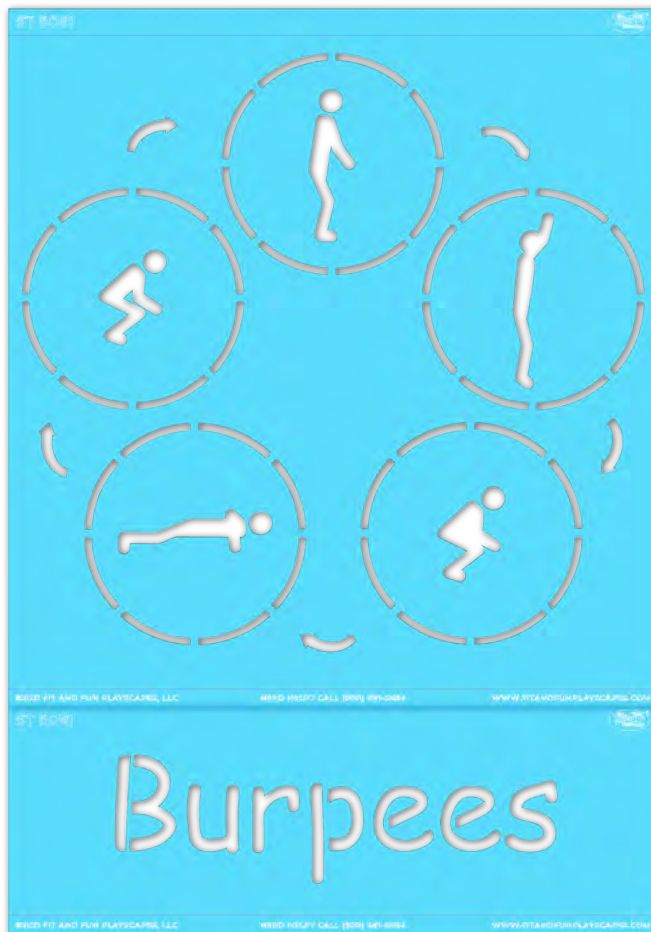
approx. 3 feet 7 inches wide x 4 feet 9 inches long

PAINTERS & TIME

1-2 painters for less than 1 hr



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



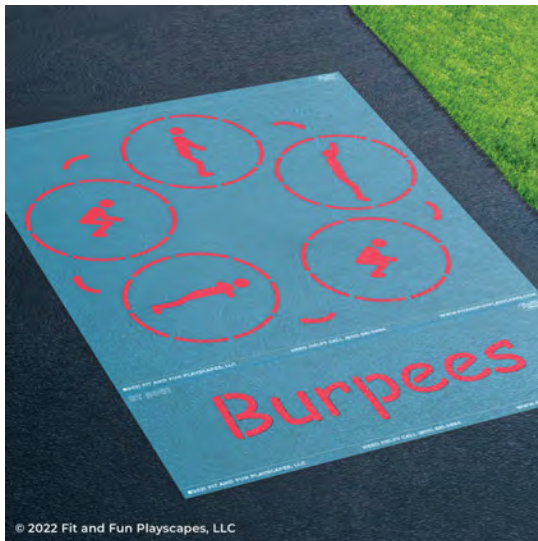
BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



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:

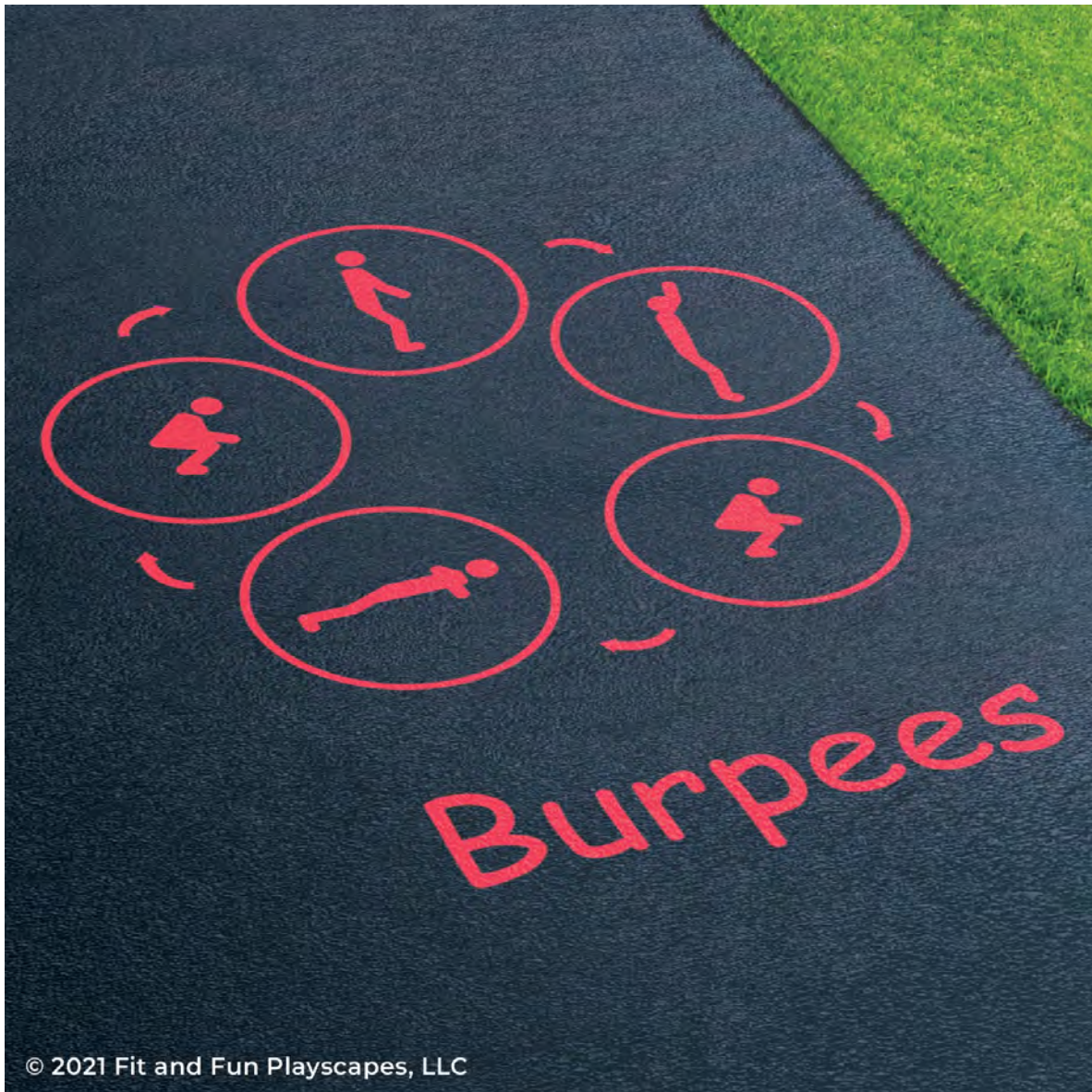
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

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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