

APPLICATION INSTRUCTIONS

FOR

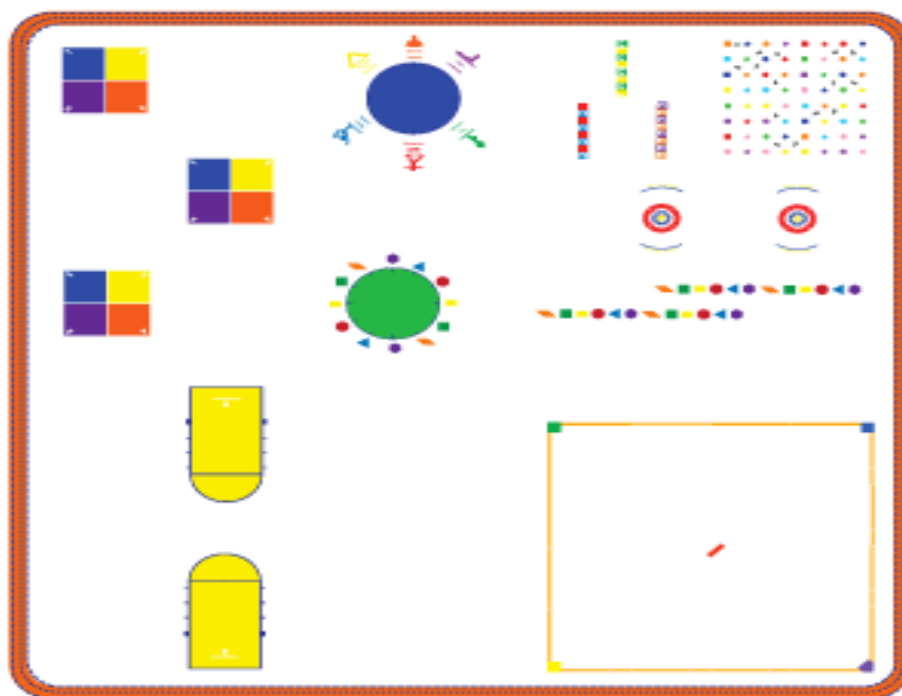
PE SHAPE UP REUSABLE STENCIL PACKAGE

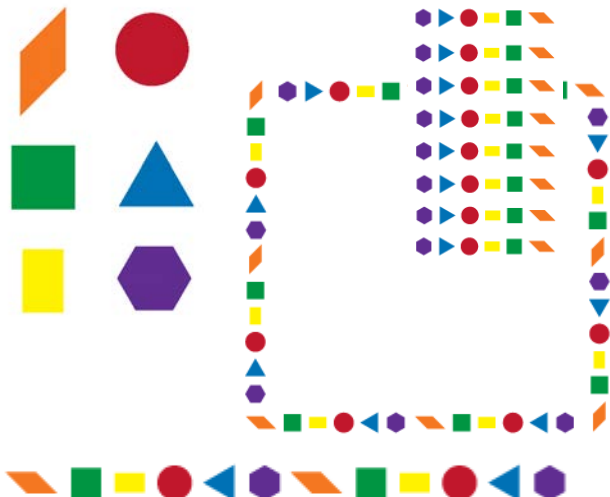
Product Number: SP-SH-012

Completely read "General Instructions." Prepare surfaces as recommended before painting.

This document contains Application Instructions for the following Reusable Stencils included in the **PE SHAPE UP REUSABLE STENCIL PACKAGE**:

1. GEOMETRIC SHAPES: Product Number: 16-1W-054
2. CIRCLE UP (LARGE): Product Number: 11-2W-010
3. BULLSEYE: Product Number: 17-2W-059
4. YOGA POSES: Product Number: 16-6W-049
5. FITNESS AGILITY LADDER™: Product Number: 13-1W-041
6. FOUR SQUARE / BOXBALL (LARGE): Product Number: 11-2W-015
7. RACETRACK: Product Number: 11-2W-019
8. BASKETBALL COURT KEY: Product Number: 11-3W-035
9. PE SPOT & ARROW: Product Number: 17-1W-058
10. KICKBALL SET: Product Number: 17-1W-056





APPLICATION INSTRUCTIONS FOR THE **GEOMETRIC SHAPES**

Product Number: 16-1-054

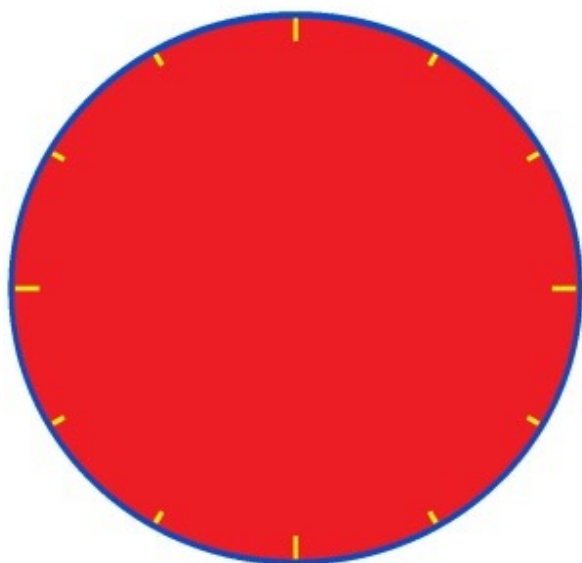
SIZE: approximately 11 -20 inches each

ESTIMATED PAINT TIME: depends on selected pattern

READ FIRST: Completely read "General Instructions". Prepare surfaces as recommended before painting.

1. Using various sized brushes or rollers, paint each stencil as shown. Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Allow to dry for 24 hours before use.

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APPLICATION INSTRUCTIONS

FOR THE

CIRCLE UP (LARGE)

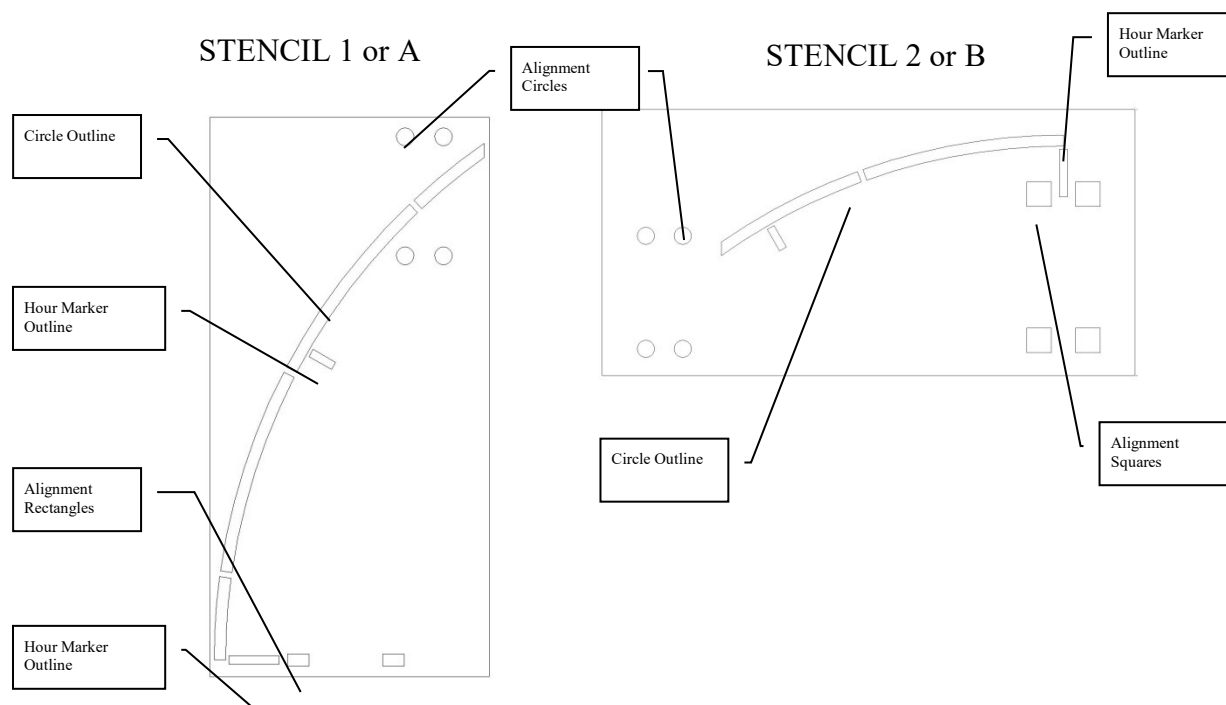
Product Number: 11-2W-010

SIZE: diameter (width) approximately 18 feet

ESTIMATED PAINT TIME: approximately 2 – 4 people for 1 – 2 hours.

FIRST READ: Completely read "General Instructions". Prepare surfaces as recommended before painting.

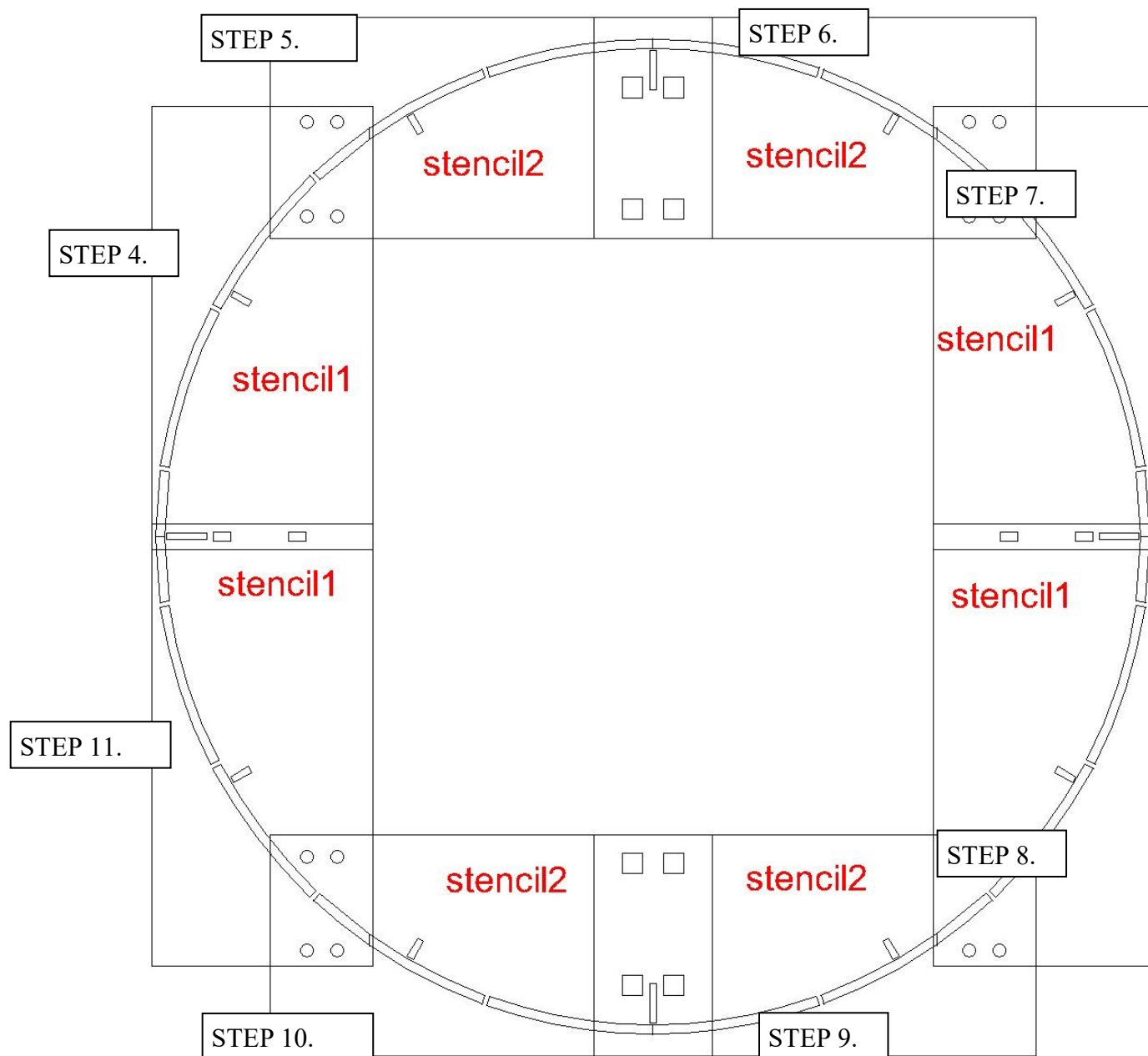
1. This stencil is composed of two (2) stencils as shown below. Familiarize yourself with the markings before proceeding as labeled below.



2. Locate the center point of the circle. To mark where the circle would generally be laid out take a piece of 9' string. Hold one end of the string at the centerpoint and position a piece of chalk at the other end of the string. While holding the end at the center point, and keeping the string taught, create a circle by rotating around the center point. This is recommended to ensure the approximate desired position of the stencils.
3. The next several steps require that the stencil be positioned, painted, dried and re-oriented (flipping over horizontally and vertically). Please note the following:

- a. When removing stencils, use one person positioned at each end of the stencil and lift at the same time. Do not roll the stencil or lift unevenly.
 - b. Use a 2" brush to paint the Circle Outline.
 - c. Use a 2" brush to paint the Hour Marker Outlines.
 - d. Re-paint the outline 1-2 more times at each step to achieve desired vividness.
 - e. Wipe stencil dry after each step and upon completion.
 - f. Familiarize yourself with the sequence of laying out the stencils as indicated on the following page and use during application for reference.
4. Position STENCIL 1/A to align along the marked line on the pavement. This is the starting stencil. Mark the Alignment Circles and Alignment Rectangles using chalk. Paint STENCIL 1/A, remove, lay on tarp and dry. Allow paint to dry.
 5. Take STENCIL 2/B and place adjacent to painted STENCIL 1/A, exactly matching the Alignment Circles. Mark the Alignment Squares with chalk. Paint STENCIL 2/B, remove, lay on tarp and dry. Allow paint to dry.
 6. Take STENCIL 2/B and flip over, making sure the surfaces are completely dry. Position STENCIL 2/B adjacent to painted STENCIL 2/B exactly matching the Alignment Squares. Mark the Alignment Circles with chalk. Paint STENCIL 2/B, remove, lay on tarp and dry.. Allow paint to dry.
 7. Take STENCIL 1/A and flip over, making sure the surfaces are completely dry. Position STENCIL 1/A adjacent to painted STENCIL 2/B exactly matching the Alignment Circles. Mark the Alignment Rectangles with chalk. Paint STENCIL 1/A, remove, lay on tarp and dry. Allow paint to dry.
 8. Take STENCIL 1/A and flip over, making sure the surfaces are completely dry. Position STENCIL 1/A adjacent to painted STENCIL 1/A exactly matching the Alignment Rectangles. Mark the Alignment Circles with chalk. Paint STENCIL 1/A, remove, lay on tarp and dry. Allow paint to dry.
 9. Take STENCIL 2/B and flip over, making sure the surfaces are completely dry. Position STENCIL 2/B adjacent to painted STENCIL 1/A exactly matching the Alignment Circles. Mark the Alignment Squares with chalk. Paint STENCIL 2/B, remove, lay on tarp and dry.. Allow paint to dry.
 10. Take STENCIL 2/B and flip over, making sure the surfaces are completely dry. Position STENCIL 2/B adjacent to painted STENCIL 2/B exactly matching the Alignment Rectangles. Mark the Alignment Circles with chalk. Paint STENCIL 2/B, remove, lay on tarp and dry. Allow paint to dry. Put STENCIL 2/B on tarp.
 11. Take STENCIL 1/A and flip over, making sure the surfaces are completely dry. Position STENCIL 1/A between the starting painted STENCIL 1/A and painted STENCIL 2/B, exactly matching the Alignment Circles and Alignment Squares. Paint STENCIL 1/A, remove, lay on tarp and dry. Allow paint to dry.

SEQUENCE FOR LAYING OUT STENCILS





12. Touch-up the gaps between along the Circle Outline with paint, repeating 1-2 more times to achieve desired vividness.
13. Paint the field (inside) of the circle in any color you prefer. Use 9" paint rollers and as you approach the edges of the outlines, tip the roller, applying pressure to the end and carefully and slowly paint as close to the edge of the lines as possible. Repeat 1-2 more times to achieve desired vividness, drying after each application.
14. Allow all paint to dry for a minimum of 24 hours before use.

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APPLICATION INSTRUCTIONS FOR THE **BULLSEYE**

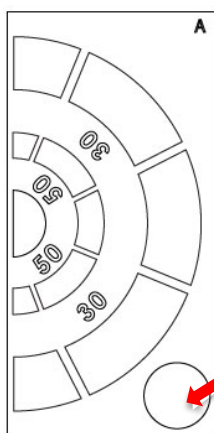
Product Number: 17-2W-059

SIZE: Bullseye diameter approximately 7 feet wide (diameter). Throw line approximately 4 feet from Bullseye edge.

ESTIMATED PAINT TIME: 1-2 people for 2-4 hours.

READ FIRST: Completely read "General Instructions". Prepare surfaces as recommended before painting.

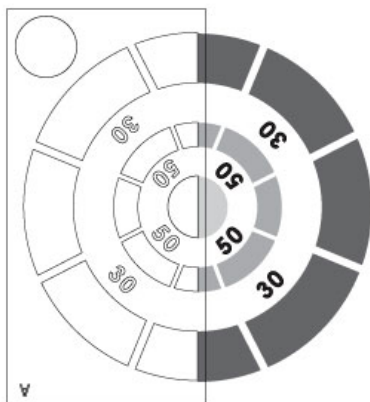
- Place STENCIL A in desired position as shown below left. Using various sized brushes or rollers, paint the curved cutouts and numbers as shown below right. **DO NOT PAINT SMALL CIRCLE AT BOTTOM RIGHT OF STENCIL A.** Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Pavement should like lower right.



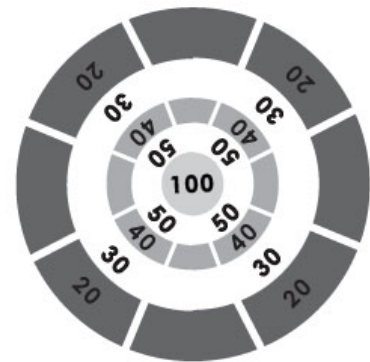
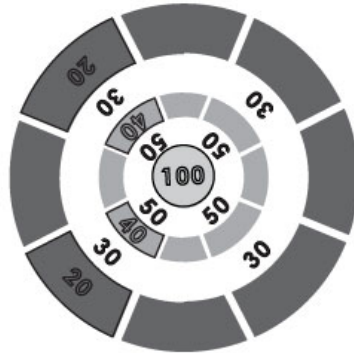
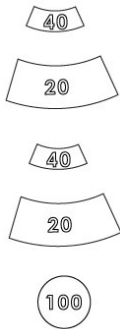
DO NOT PAINT
THIS CIRCLE



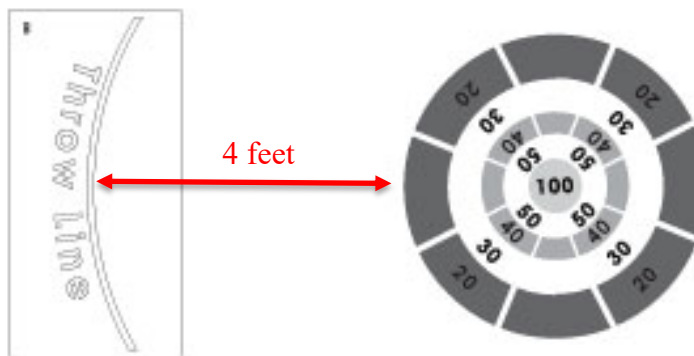
- Rotate STENCIL A and align to fully dry, painted pavement as shown below. Paint other side of curved sections and numbers. Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Pavement should like lower right.



- Take cutouts as shown below left, and place over painted curved sections as shown below middle. Using thin paint brushes, paint numbers with little paint on the brush. When dry, remove stencil cutouts and place on other side and paint numbers. When dry, remove stencil cutouts. Completed bullseye should look like below right.



- Using a tape measure and chalk align curve of STENCIL B 4 feet from the edge of the painted pavement. Using thin paint brushes, paint the Throw Line letters and curved line – use thin paint on brushes.



- Once completely dry, remove stencil. Painted pavement should appear as below.



6. If desired, additional Throw Lines can be painted as indicated below:



7. Allow to dry for 24 hours before use.

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APPLICATION INSTRUCTIONS

YOGA POSES: Layout 1 (Curved)

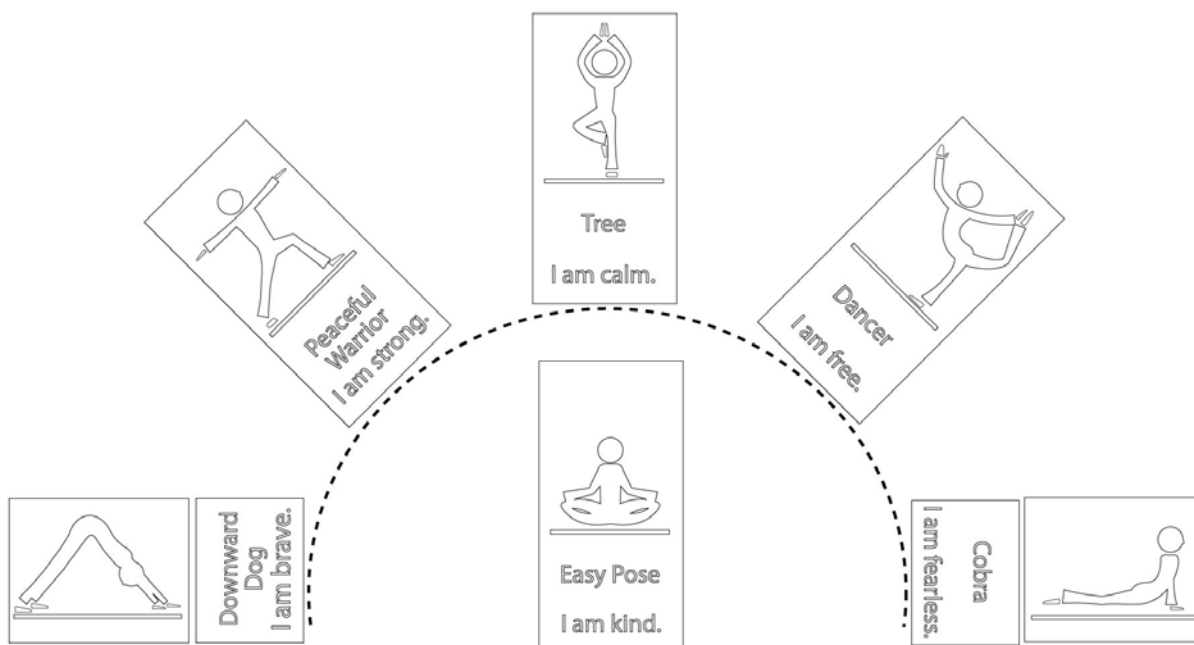
Product Number: 16-6W-049

SIZE: 5 feet-5 inches to 7 feet 8 inches each.

ESTIMATED PAINT TIME: 2-6 people for 1 – 3 hours.

READ FIRST: Completely read “General Instructions”.
Prepare surfaces as recommended before painting.

1. If desired, chalk out a line and align as shown below, which is one of many variations possible. (It should be noted that “bridges” to hold some of the cutouts may have been added to the stencils but not depicted below.)



2. Paint and repeat 1-2 more times to achieve desired vividness, drying after each application. Remove the STENCILS and paint gaps left from bridges, 1-2 more times to achieve desired vividness, drying after each application.
3. The stencil is complete as shown below. Allow all paint to dry for a minimum of 24 hours.



Tree
I am calm.



Downward
Dog
I am brave.



Easy Pose
I am kind.

I am fearless.

Cobra





APPLICATION INSTRUCTIONS

Yoga Poses: Layout 2 (Straight Line)

Product Number: 16-6W-049

SIZE: 5 feet-5 inches to 7 feet - 8 inches each

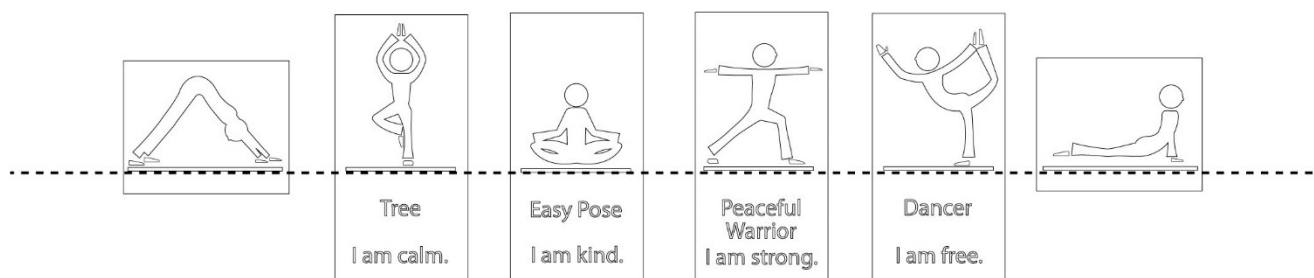
ESTIMATED PAINT TIME: 2-6 people for 1 – 3 hours

READ FIRST: Completely read "General Instructions".
Prepare surfaces as recommended before painting.

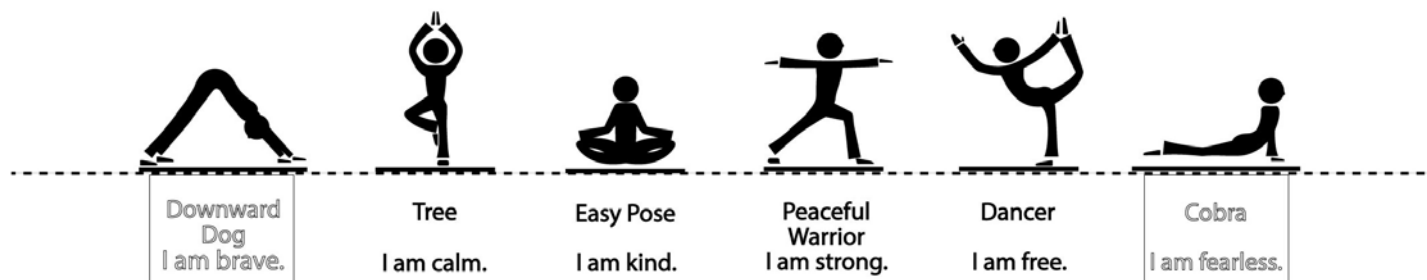
1. If desired, chalk out a straight line and align strip under each outline as shown below (do not align Downward Dog or Cobra word sheets yet). (It should be noted that "bridges" to hold some of the cutouts may have been added to the stencils but not depicted below.)

Downward
Dog
I am brave.

Cobra
I am fearless.



2. Paint and repeat 1-2 more times to achieve desired vividness, drying after each application. Remove the STENCILS. Once completely dry, align Downward Dog and Cobra word sheets as shown below. Remove the STENCILS and paint gaps left from bridges, 1-2 more times to achieve desired vividness, drying after each application.



3. Paint and repeat 1-2 more times to achieve desired vividness, drying after each application. Remove the STENCILS. The painted image should appear as shown below.



4. The stencil is complete as shown above. Allow all paint to dry for a minimum of 24 hours.

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APPLICATION INSTRUCTIONS FOR THE **FITNESS AGILITY LADDER**

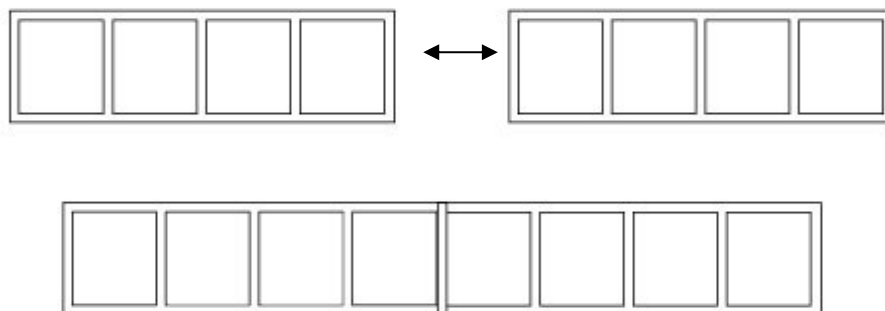
Product Number: 13-1W-041

SIZE: Approximately 1 foot 8 inches wide, length varies.

ESTIMATED PAINT TIME: 1-2 people for 1-2 hours.

READ FIRST: Completely read "General Instructions". Prepare surfaces as recommended before painting.

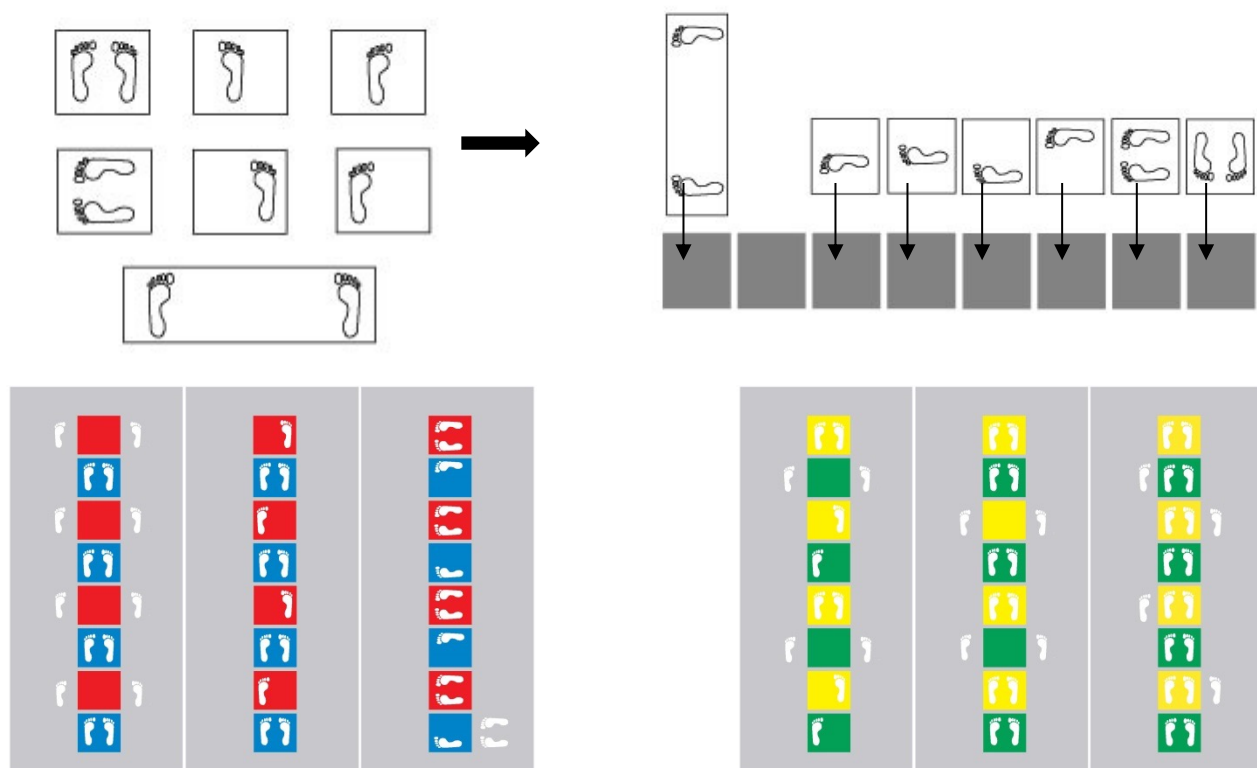
1. Position one or two of the grid "ladders" end to end as shown below. Tape should be used to secure edges.



2. Using brushes or small rollers, paint each stencil as desired, applying slowly along edges and pressing stencil gently down while painting. Apply a thin coat first and either remove stencil and apply another coat or keep stencil in place. Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Painted pavement should appear similar to below:

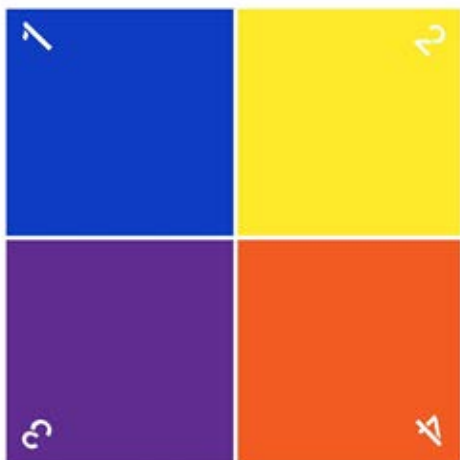


3. Only completely dry, position foot print stencils in desired pattern over painted boxes. The following are just a few samples of common patterns.



4. Allow to dry for 24 hours before use.

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APPLICATION INSTRUCTIONS

FOR THE

FOUR SQUARE (LARGE)

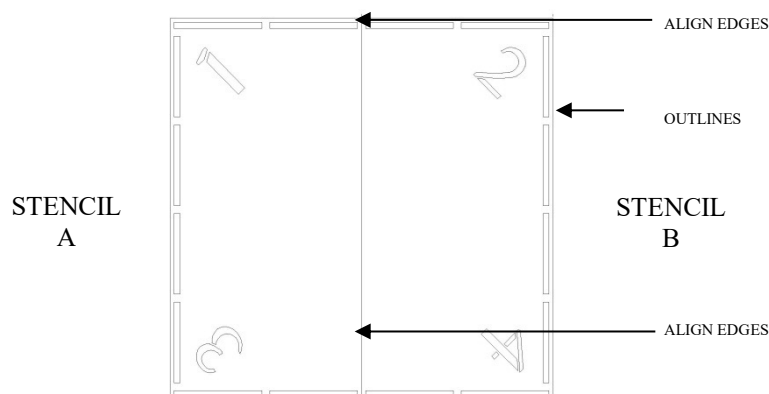
Product Number: 11-2W-015

SIZE: approximately 16 feet each side

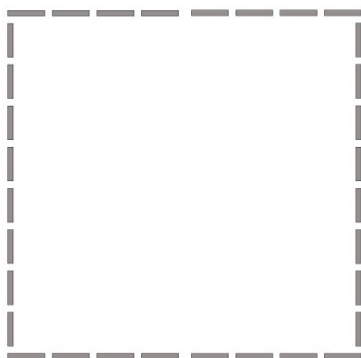
ESTIMATED PAINT TIME: approximately 2 – 4 people for 1 – 2 hours.

FIRST READ: Completely read "General Instructions". Prepare surfaces as recommended before painting.

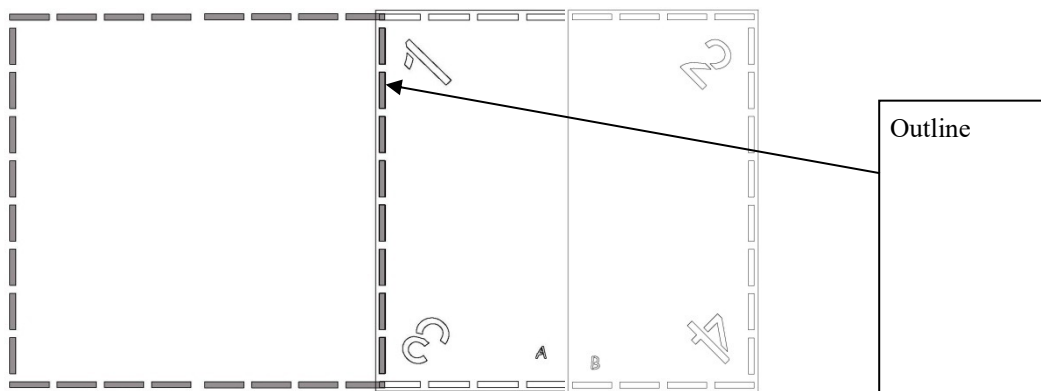
1. Align STENCIL A and B along the edges as shown below and tape.



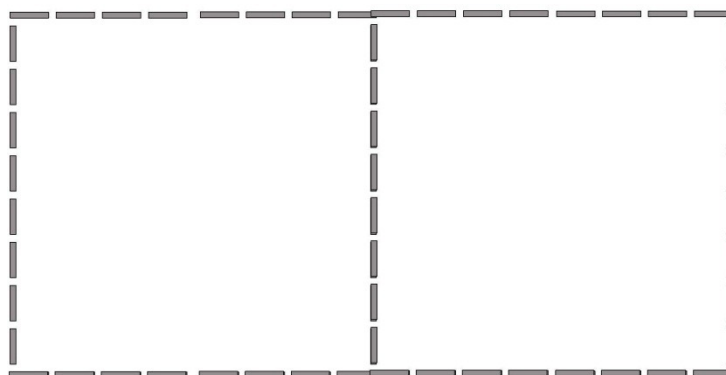
2. Paint **only** the outlines of each stencil. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then, when fully dry, remove stencils. It should look like as follows:



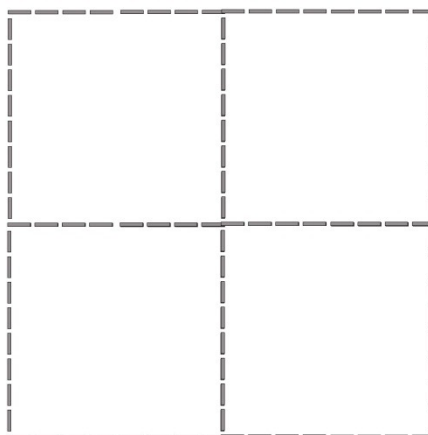
3. Locate and align outline of STENCIL A over one side of the painted outlines, lapping over the dried painted outline. Tape and then align STENCIL B to STENCIL A and tape as shown below:



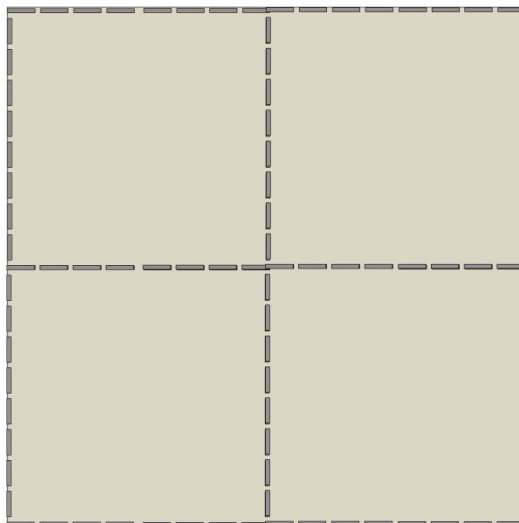
4. Paint **only** the outlines of each stencil. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then when fully dry, remove stencils. It should look like as follows:



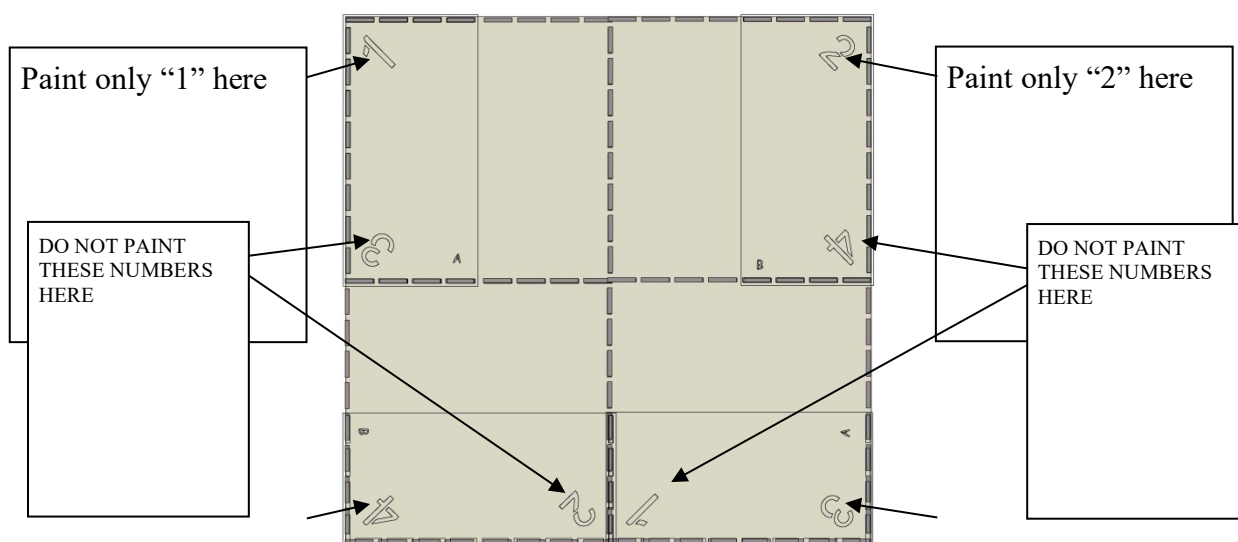
5. Complete other two quadrants of game as in steps 1-4 above until all four quadrants are painted. The painted pavement should look as follows:



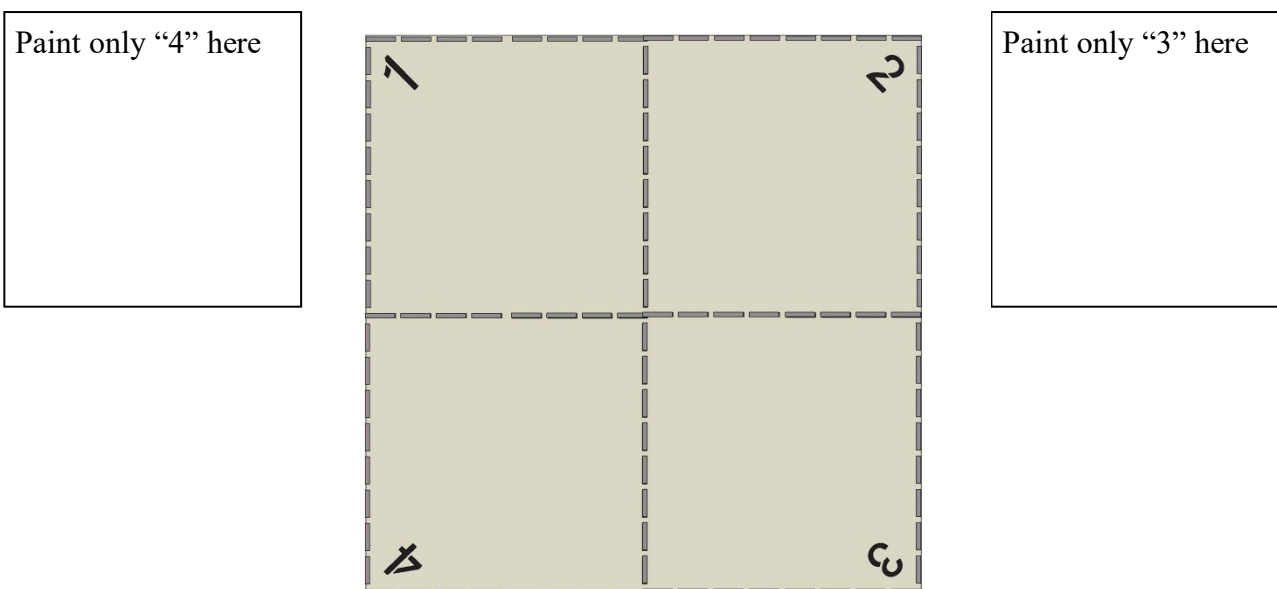
6. Use 9" rollers to fill in the fields of each quadrant with desired paint. Repeat paint to achieve desired vividness, drying after each application.



7. Take STENCIL A and STENCIL B and align corners over painted pavement as shown below, one at a time. (Note that there are different sequences of numbers that are typically used – some position the “1” across from the “4”). Use small brushes to paint numbers, repeating to desired vividness and drying after each application. Remove each stencil when fully dry.

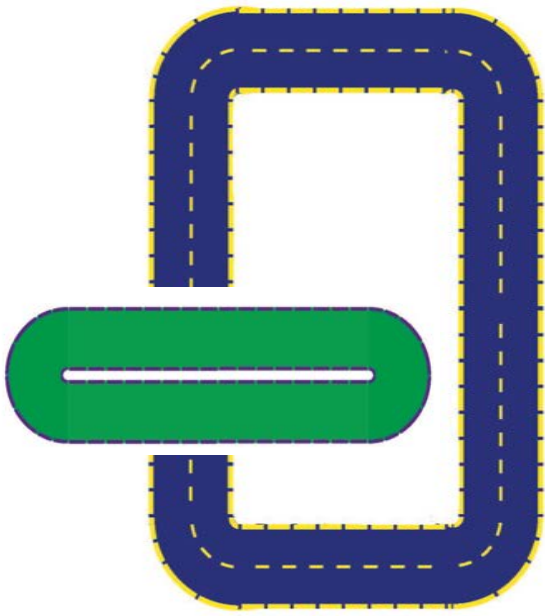


8. It should then look like illustration below. Use small brushes to fill in the gaps along outlines if desired.



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

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APPLICATION INSTRUCTIONS FOR THE

RACETRACK

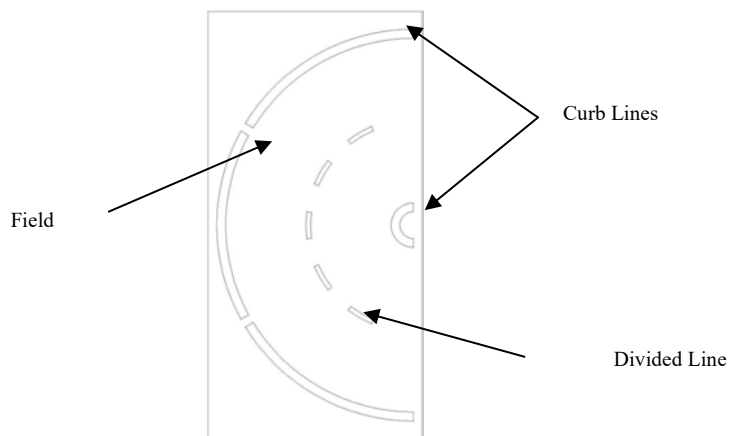
Product Number: 11-2W-019

SIZE: Varies depending on desired pattern. Straight Track approximately 4 feet wide x 8 feet high. Half Circle approximately 4 feet wide x 8 feet high – Half Circle used to make Quarter Circle.

ESTIMATED PAINT TIME: depends on design.

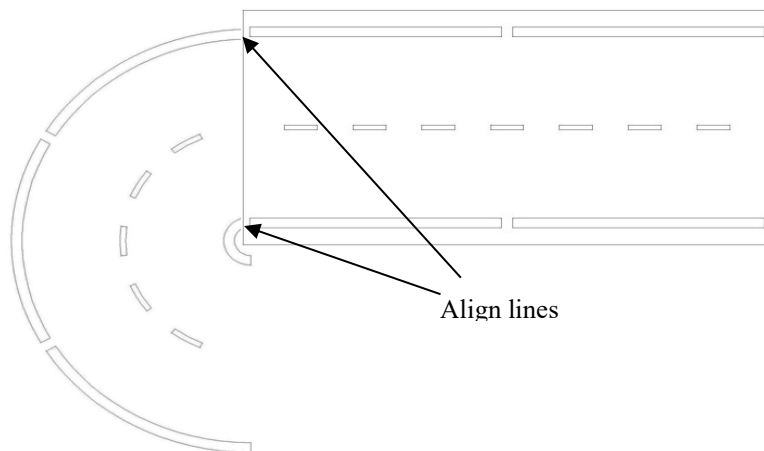
FIRST READ: Completely read "General Instructions". Prepare surfaces as recommended before painting.

1. Place semi-circular stencil (STENCIL 1 or A) in the desired location.

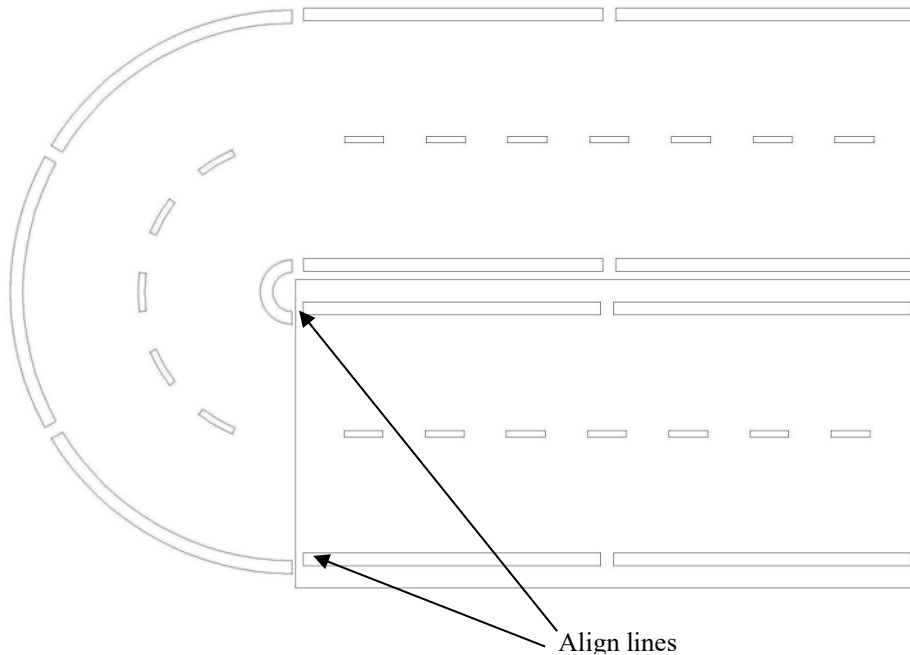


2. Paint Curb Lines and Divided Line. Repeat 1-2 more times to achieve desired vividness, drying after each application and then remove.

3. Align Curb Lines in straight stencil (STENCIL 2 or B) with Curb Lines painted on ground.

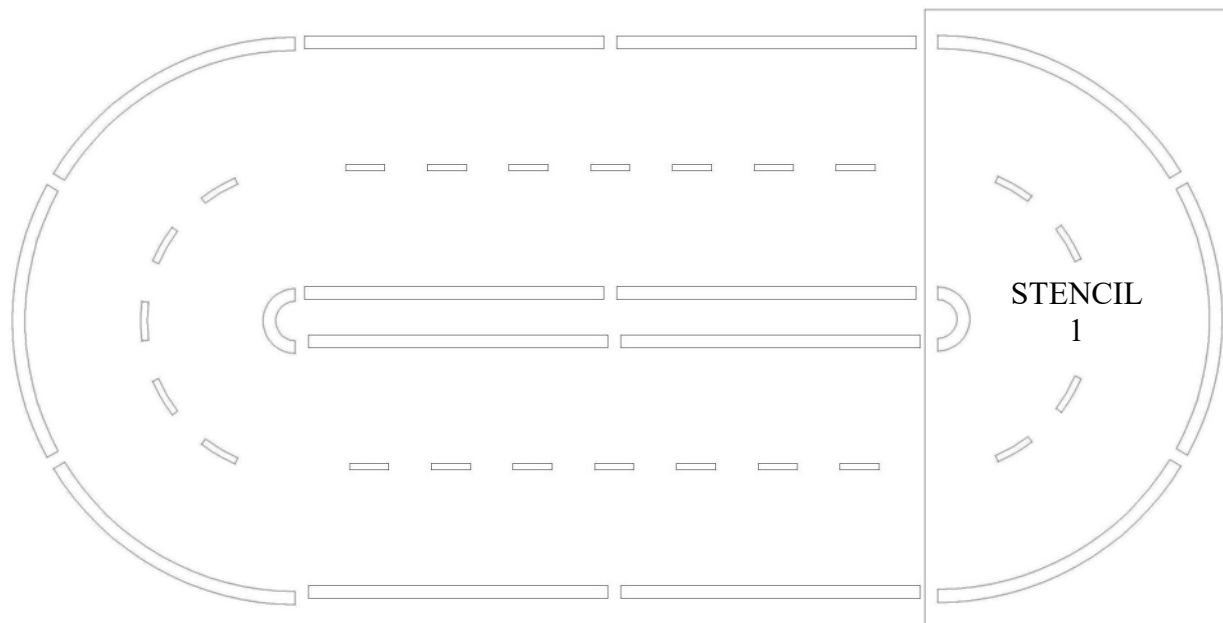


4. Paint straight stencil. Repeat 1-2 more times to achieve desired vividness, drying after each application and remove.
5. Repeat as desired, with one example shown below.



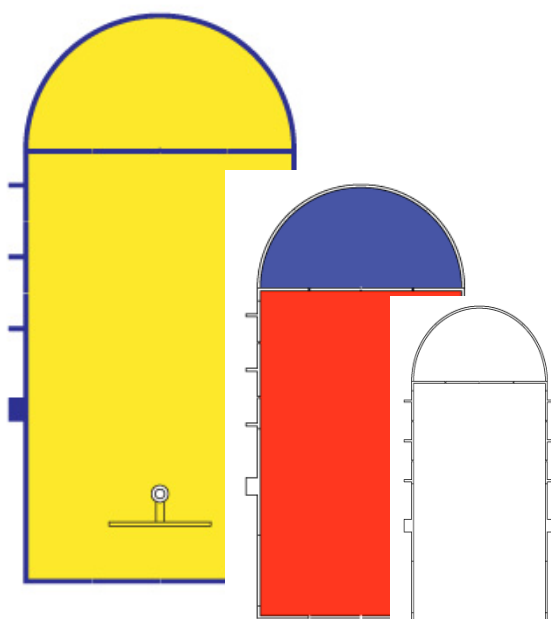
6. Repeat preceding steps until desired straight- run length of Racetrack is achieved.

7. To close Racetrack, align Curb Lines of semi-circular stencil with Curb Lines of painted pavement as illustrated below:



8. Take a 2" brush to paint gaps along Curb Lines and Divided Lines. Paint the fields, in any color you prefer. Use 9" paint rollers and as you approach the edges of the lines, tip the roller, applying pressure to the end and carefully and slowly paint as close to the edge of the lines as possible. Repeat 1-2 more times to achieve desired vividness, drying after each application. Let completely dry.
9. Allow all paint to dry for a minimum of 24 hours before use.

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APPLICATION INSTRUCTIONS

FOR THE

BASKETBALL COURT KEY

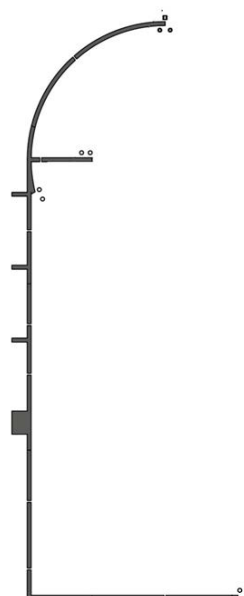
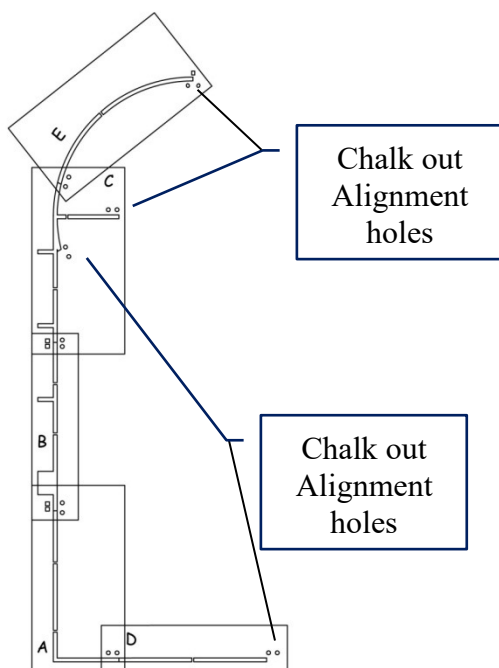
Product Number: 11-3W-035

SIZE: approximately 25 feet long x 12 feet wide

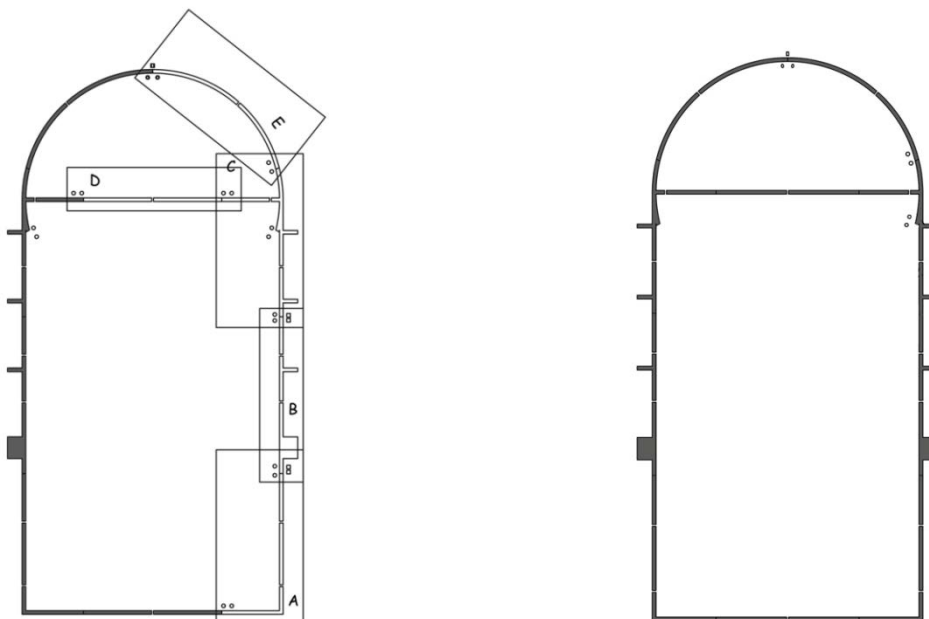
ESTIMATED PAINT TIME: approximately 2-4 people for 1-2 hours.

FIRST READ: Completely read "General Instructions". Prepare surfaces as recommended before painting.

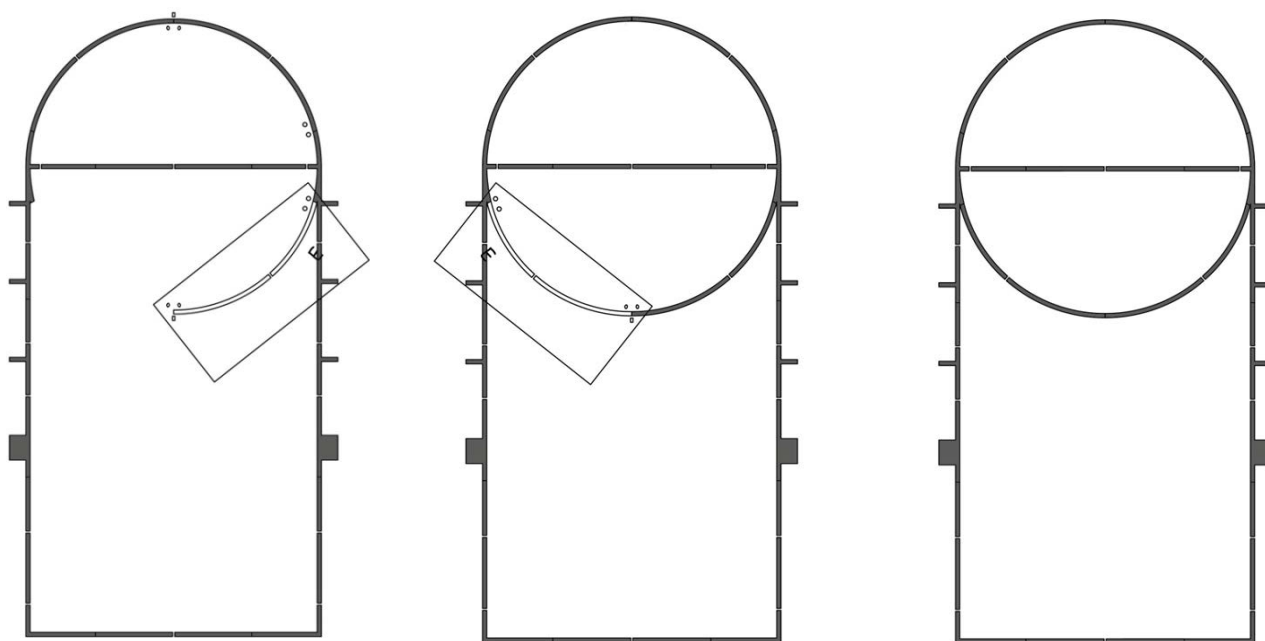
1. Locate "out of bounds" line which should be 4 feet behind the backboard and parallel to the backboard. For best application, use a chalk lines to mark out the bottom and sides of the basketball key. The court key should be 12 feet wide.
2. Align stencils as shown below to left, matching alignment holes as indicated. If using chalk lines, align outside lined cut outs of stencil to chalked lines. Tape all parts together if desired. Paint lines in place, repeating 1-2 more times to achieve desired vividness, drying after each application. Chalk out alignment holes on STENCILS C, E and end of D. Remove stencils. There will be gaps in the painted lines where the stencils overlap. To complete lines, re-align same stencils one at a time and paint incomplete lines using preceding stencils. The pavement should appear similar to illustration below right.



3. Beginning with STENCIL A, flip over and arrange stencils as shown below. Repeat directions from step 2. The pavement should appear similar to illustration below right. If full circle is desired, continued to step 4.



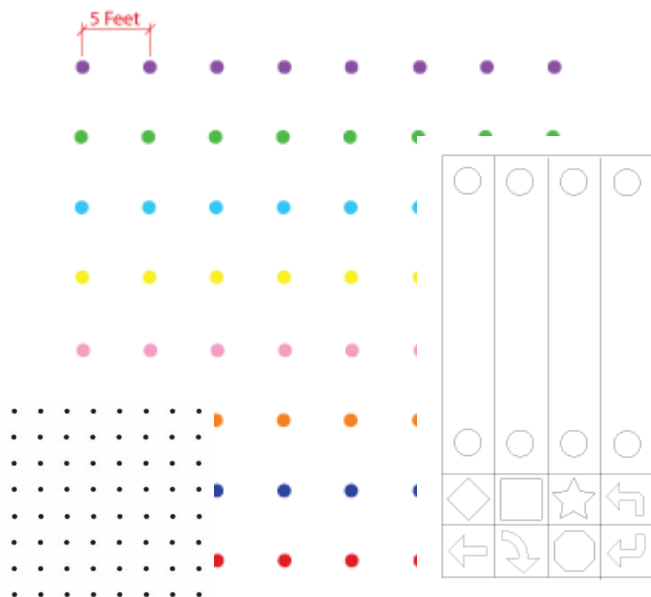
4. To complete circle, take STENCIL E and align and paint, as shown in steps below.



5. Allow to completely dry for at least 24 hours before use.

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APPLICATION INSTRUCTIONS

FOR THE

PE SPOT & ARROW SET

Spot Application

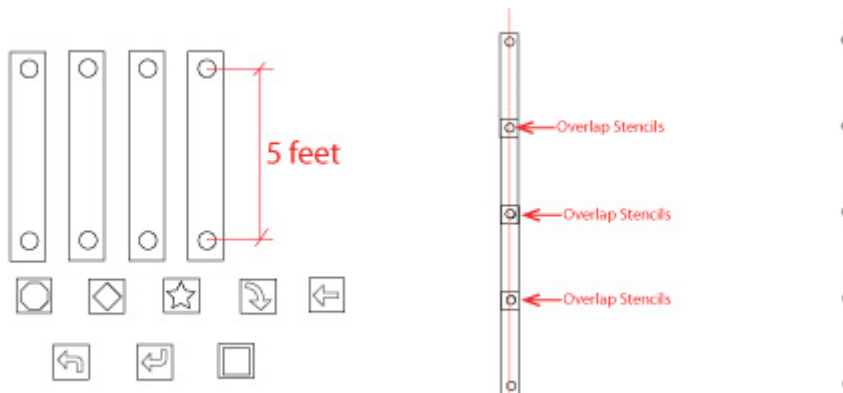
Using Product Number: 17-1W-058

SIZE: Spots are 6 inches in diameter; layout as shown is 35 ft by 35 ft, layout can be any size

ESTIMATED PAINT TIME: 1-2 people for 2-4 hours

FIRST READ: Completely read "General Instructions". Prepare surfaces as recommended before painting.

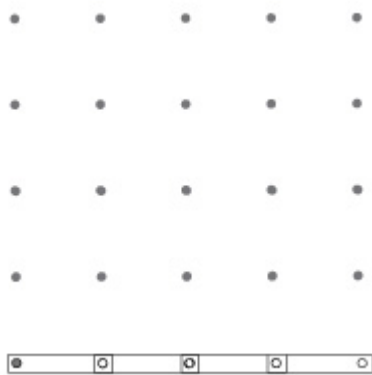
- Layout out stencils as shown below. Chalk a line to desired length and align strips of spots at shown below center, overlapping the spots to ensure proper 5 foot spacing. Paint spots desired color, let dry and remove stencils. Painted pavement should look as shown below right.



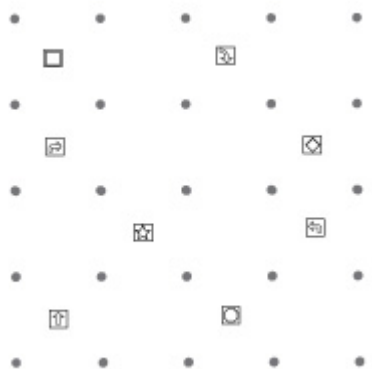
- Chalk second line as shown below, 5 feet from center of painted spots. Using dried stencil strips, align over painted spots and chalk line, shown below left. Paint spots desired color, let dry and remove stencils. Painted pavement should look as shown below center. Continue to third line, shown right, and so forth until desired width is completed.



3. To complete rows, align spot stencil strips as shown below left and paint. Once desired layout is completed, repaint each 1-2 more times to achieve desired vividness and allow to dry for 24 hours before use.

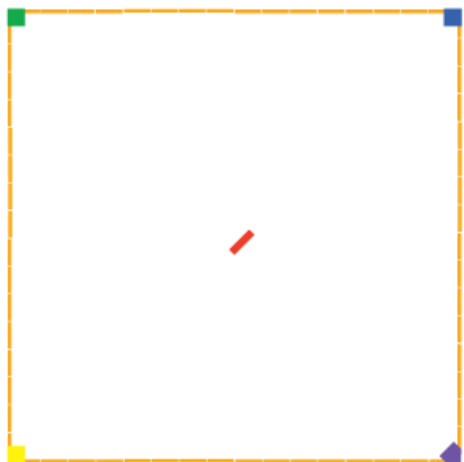


4. If shapes and arrows are to be added, position stencils as desired (one example of many possibilities shown below left). Paint shapes desired color, let dry and remove stencils. Painted pavement should look as shown below right.



5. Repaint each print 1-2 more times to achieve desired vividness and allow to dry for 24 hours before use.

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APPLICATION INSTRUCTIONS FOR THE

KICKBALL SET

Product Number: 17-1W-056

SIZE: Base stencil: 15 inches wide x 15 inches high.

Home plate: 17 inches wide x 17 inches high.

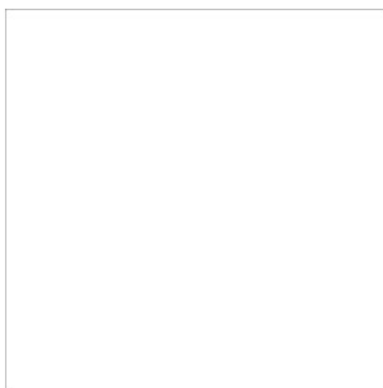
Pitcher's plate: 24 inches wide x 24 inches high.

Shown as approximately 34 feet by 34 feet

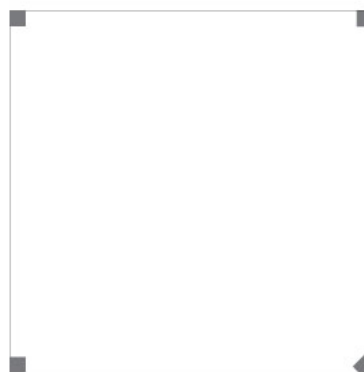
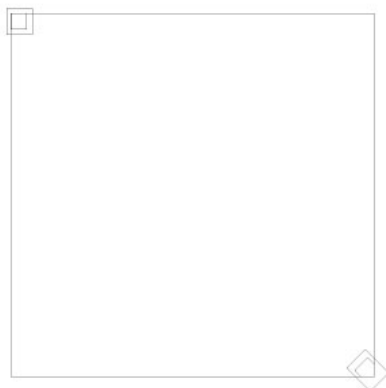
ESTIMATED PAINT TIME: 1-2 people for 1.5-4 hours.

READ FIRST: Completely read "General Instructions" attached to this document. Prepare surfaces as recommended before painting.

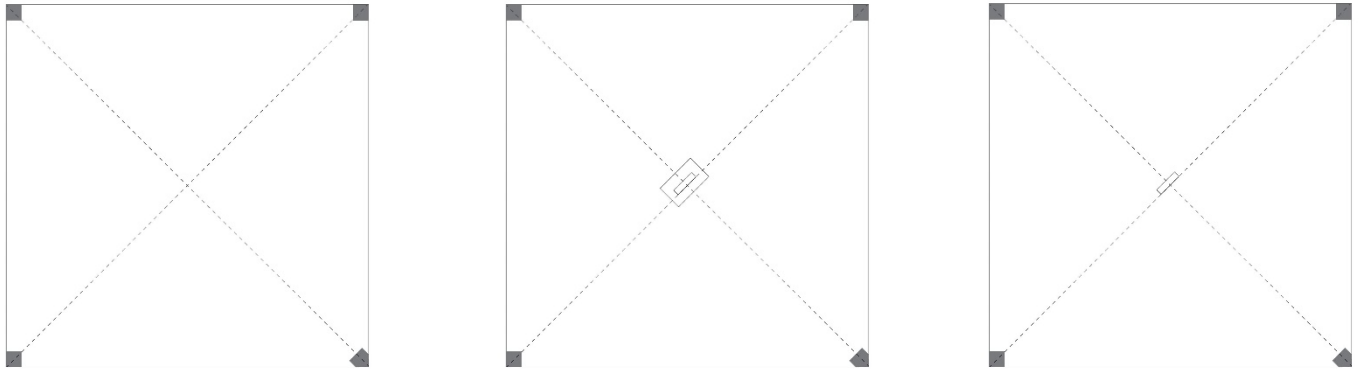
1. Using chalk lines and tape measure, mark out location of bases and homeplate as desired.



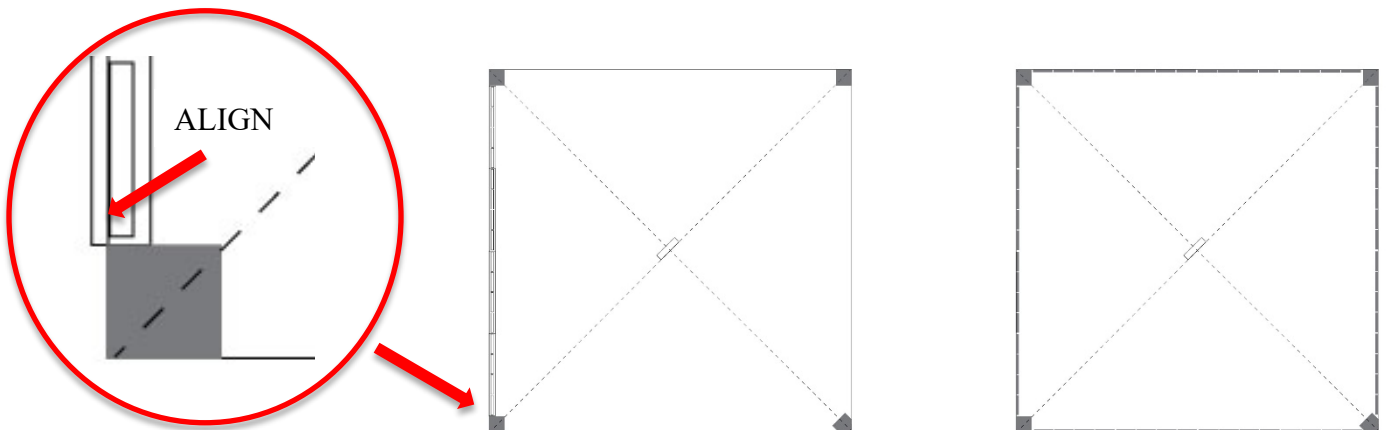
2. Take plate (square) and homeplate (pentagon) and place as shown below left, lining up outside edges to chalk lines (note homeplate is oriented with arrow pointing away from field). Using small sized brushes or rollers, paint the base and homeplate. Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Using square plate only, paint 1st and 2nd base as well. Pavement should like below right.



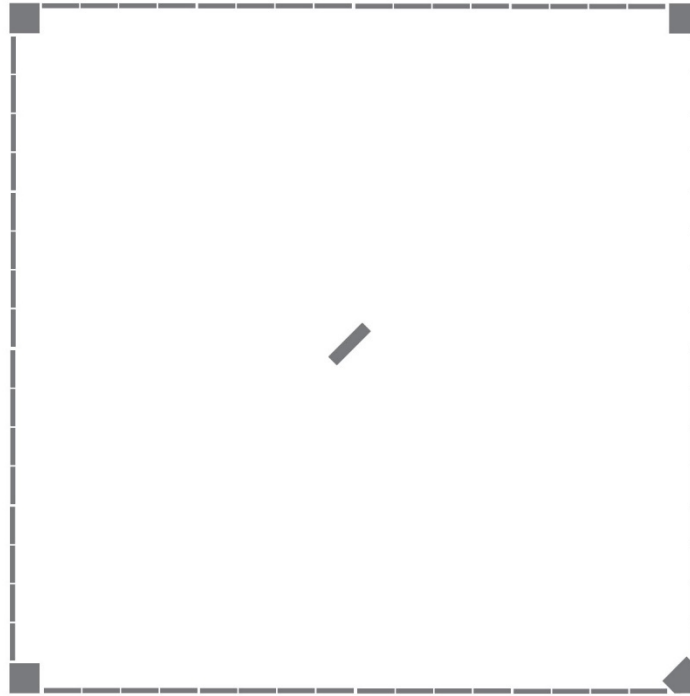
3. Take chalk line and going from homeplate to 2nd base, and then from 1st to 3rd base, find center of field as shown below left. Place pitcher's plate at intersection of chalk lines and align front of plate stencil to chalk line (that runs from 1st to 3rd) as shown below, middle. Using small sized brushes or rollers, paint the base and homeplate. Repeat 1-2 more times to achieve desired vividness, drying after each application, and remove stencil. Painted pavement should look like below right.



4. Take one strip of line stencils and align outer edge with chalk line so that it lines up with outer edge of base, as shown below left. Align other stencils to create straight line to other base. (Example is below middle, of running line stencils from 3rd to 2nd base). Using small sized brushes or rollers, paint the lines. Repeat painting 1-2 more times to achieve desired vividness, drying after each application, and remove stencils. Repeat this step for other base lines. Painted pavement should look like below right.



5. If desired, gaps between line stencils can be painted carefully by hand. Complete kickball set should appear as below:



6. Allow to dry for 24 hours before use.

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