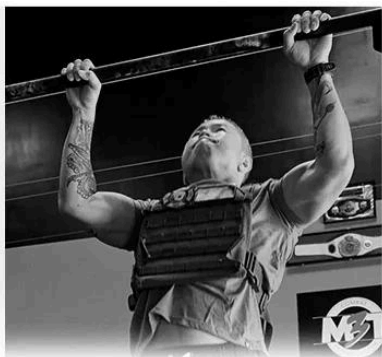


THE MURPH CHALLENGE



1 MILE RUN



100 PULLUPS



200 PUSHUPS



300 SQUATS



1 MILE RUN

Pelican Athletic Club is an
official 2025 MURPH challenge host.

Join us in honoring Lt. Murphy
with the workout, and stay after for
complimentary hydration and protein snacks!

PELICAN
ATHLETIC CLUB