




HOSPITAL FOR SPECIAL SURGERY

CNN Men'sHealth

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# IronStrength Workout with Dr. Jordan Metz

Wake up Wednesday morning and sweat it out with Dr. Jordan Metz.

Dr. Metz has developed the IronStrength Workout specifically for runners and triathletes, but it may be applied to anyone looking to gain fitness. Visit his website at: [www.drjordanmetzl.com/ironstrengthworkout/](http://www.drjordanmetzl.com/ironstrengthworkout/)

No pre-registration required! Just bring a workout towel and a beverage. Wear your Ironman Symposium T-shirt!

**When** Wednesday, October 23, 2024 at 7:30 am

**Where** Bay View lawn area of the Outrigger Resort

**Who may join?** All attendees and their families/children/guests are invited to join in!

