

THE FUNCTION AND FLOW

Fitness Routine



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Before beginning any new movement, exercise, breathing, or wellness routine, consult your physician or qualified health provider, especially if you have a medical condition, injury, pain, dizziness, balance concerns, cardiovascular concerns, or any other health-related limitation. Physical activity should be approached safely and progressed gradually based on current ability and health status.

By using this booklet, you acknowledge that you are participating voluntarily and at your own risk. Stop immediately and seek medical advice if you experience pain, shortness of breath, dizziness, chest discomfort, or any unusual symptoms while performing these activities.

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Function And Flow Fitness Routine

This booklet expands on the Function and Flow routine that was briefly discussed in chapter four *The Stability Plan* of the book *The Bonsai Blueprint*.

This routine normally takes between twenty to thirty minutes to complete.

I personally have been performing it for years now and it has allowed me to maintain a fit and strong body, without long hours at a gym or to injury. Not only do I feel strong and healthy, but it also provides me a coordination and balance that I carry into everyday life.

I try to perform the routine everyday if possible. If I do miss a day here or there, without pressure, I simply start again the next time I can.

To follow are instructions and images that will help you perform the *Function And Flow Routine*.

Setting and Tools

If possible, find a quiet space large enough to fully stretch out from fingertip to toe and fingertip to fingertip.

It is best to be on a soft surface or to use a yoga mat for the routine.

If you do not have one, I highly recommend purchasing a High-Density Round Foam Roller, as it is one of the best ways to release tension after the resistance portion. It is like having your own personal masseuse.

Find two dumbbells of the heaviest weight that allows for near perfect control, where you can maintain slow, Tai Chi-like speed without using momentum. This is your anchor weight.

Now that you know your anchor weight, I recommend treating your weekly routine like a wave rather than a flat line. To do this, find at least two more sets of weights that reduce in heaviness by three to five pounds.

My personal wave throughout the week alternates between *Twelve to Twenty Pound Dumbbells*. On *Mondays* I start with my mid weight of *Fifteen Pounds*, *Tuesday* is my heavysset at *Twenty Pounds*, *Wednesday* is my lightest at *Twelve*

Pounds and then flow through the wave again with *Fifteen* on *Thursday*, *Twenty* on *Friday*, *Twelve* on *Saturday* and *Twelve* on *Sunday*. Then the next week I start again with *Fifteen* on *Monday* continuing on to create that wave effect.

Doing this wave builds strength while also allowing for recovery throughout the process.

Note: If you feel your form slipping or your speed increasing, do not push through it. This is where damage and injury begin. Instead, reduce the weight by three to five pounds and continue. Also, if you feel you need more recovery, take the weekends off from the CROB portion of the routine to let your body return to a state of renewal. And if you miss a day here or there just pick up where you would have been and continue on as normal. Remember, your goal is strength with longevity. Your goal is not to be tired, sore or injured.

Finally, I recommend putting on music you enjoy or can relax to.

Warmup

For a quick and easy way to warm my body up I do fifty gentle *Micro Jumps* combined with *Arm Circles*, *Arm Shakes* and *Arm Flapping* at the same time. To perform the *Micro Jumps*, I hop no more than an inch off the floor, similar to skipping rope. I focus on landing only on the ball of my foot each time. If you do not want to generate that much force, you do not even have to hop. You can also just bounce up onto your toes in quick succession.

While hopping, I do ten large *Arm Circles*, followed by ten small ones . Then I do *Arm Shakes* ten times at shoulder height and ten times at my hips. Finally, I do *Arm Flapping* ten times from hip height to shoulder height.

If you are unable to combine all of these while doing *Micro Jumps*, you can also do them individually.



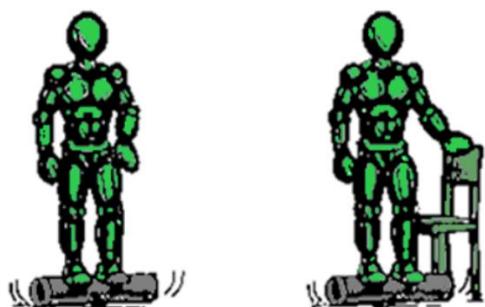
The goal is not to be perfect, but to be consistent. Find what works for you and enjoy.

Foam Roll

After completing micro jumps I move to the second stage of the routine where I find foam rolling to be one of the best ways to help my muscles loosen and relax. I personally use a 36 inch high density round foam roller for each movement and perform short distance rolling three times for each body part.

Bottom of the Feet

I start by standing on the roller. If needed, you can do one foot at a time or hold onto a chair for balance.



Back of the Legs

I sit on the floor and place the roller between my ankle and calf. From there, I move it to mid-calf, then between the top of my calf and knee. After that, I place it at the lower part of my hamstring, then mid hamstring, and finally at the top of my hamstring. I complete the legs by placing the roller under my glutes.



Back

I begin by placing the roller under my lower back. Then I move it to my middle back and finally to my upper back.



Neck

I place the roller under my neck and slowly rotate my head from side to side with gentle releasing pressure.



Arms

I extend my arms above my head and place the roller across both shoulders. Then I place it across my biceps and finally across the front of my forearms.



Once complete, I change positions and move onto my hands and knees.

Arms

I start at the bottom of my forearms and then move to my triceps.



Chest

I place the roller in the middle of my chest.



Abdomen

I place the roller in the middle of my abdominal muscles and tighten them slightly, so I do not put too much pressure on my stomach.



Legs and Feet

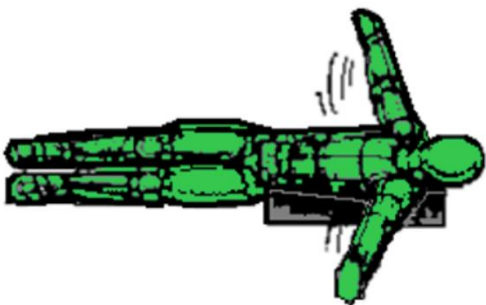
I then place the roller at mid-thigh. Finally, I gently roll my shins with very light pressure. I then place the roller against the top of my feet.



Once complete, I move into the last position. In this position, I place the roller lengthwise on the mat so I can rest my spine on it from head to tailbone.

Back

From this position, I roll to one side until the roller is between my back and shoulder. Then I roll all the way to the other side and do the same. Finally, I end with the roller back in the middle of my spine. With my arms stretched out, I press my shoulders back and down toward the floor to open my chest as wide as possible.



This completes the foam rolling portion of the routine.

CROB (Controlled Resistance Offset Balance)

Once I have warmed up with the jumps and foam rolling I move to the third stage of my routine. This is where the CROB method teaches the body to work as one connected system rather than isolating muscles. Instead of loading heavy weights and grinding through sets, the focus becomes slow time under tension, light resistance, steady posture, and full body balance.

The practice described here uses nine core movements of ten slow repetitions alternating from one side to the other. The nine movements are grouped into three positions. The first position starts with *Lying Flat on The Back*, the second position is *On Hands and Knees*, and the third is *Standing*.

Each group follows the same three movements:

The Inner Curl Press, this is where an arm curl is the key movement and is combined with an upward or outward chest press. The leg in this movement either lifts up or out, depending on the position.

The Horizontal Extension, this is a fly movement in either a downward or upward motion. The leg movement here is like a snow angel, leg sweep, or speed skater, depending on the position.

The Cross Vertical Press, this is where the weight moves into a rowing position, then, while staying mainly in a ninety-degree shape, the arm arcs up above the head. The leg movement in this case either extends outward or backward into a mini lunge when standing.

When performing the routine, I move the weight on one side while balancing on the other. As I move it, my opposite leg moves in a counter pattern. I never lock the arms in a straight position, as it can hurt the joints.

This offset force challenges stability, activates the core, and builds full body strength. Each movement is performed with a slow count, like One-Thousand, Two-Thousand, Three-Thousand, etc.

One key part of my movements is my breathing. As I move the weight and my opposite leg out or up, I slowly breathe out. When moving the weight back, I slowly breathe in, usually through my nose while gently drawing the air into my lungs and moving it toward my stomach. This creates time for the movement while strengthening and deepening my lung capacity.

Lying Inner Curl Press

I begin with my arms down beside my body, the weights on the floor with my palm facing upward and my legs bent. I curl one weight up, then slowly press it up in a reverse chest press. At the same time, my opposite leg begins to lift ending at a forty-five degree angle from the floor. I then return both limbs to the start. This engages my biceps, chest, quads, core, and hip muscles.



Lying Horizontal Extension

I begin in a lying fly position with both weights above my chest, palms facing toward each other, and my legs bent. I extend one weight horizontally out and down towards the floor. At the same time, my opposite leg mirrors the motion, hovering over the floor and sweeping out like the lower half of a snow angel. I then return both limbs to the start. This activates my chest, obliques, core, and hip muscles.



Lying Cross Vertical Press

I begin with my arms bent at ninety degrees with the weights held above my torso and my legs bent. I press one weight up and out in a controlled arc as I rotate my palm upward. At the same time, my opposite leg extends out parallel to the floor. I then return both limbs to the start. This initiates my shoulders, chest, obliques, core, and hip muscles.



This completes the lying series. The next position is the hands and knees series.

Hands and Knees Inner Curl Press

I begin in the hands and knees position, holding onto the weights with my palm forward, slightly under my torso. My chest is up and out and my back straight. I curl one weight up, and then extend it out while keeping a slight bend in my arm. At the same time, my opposite leg lifts up and pushes out extending behind me. I then return both limbs to the start. This reinforces my shoulders, back, biceps, glutes, hamstrings, core, and hip muscles.



Hands and Knees Horizontal Extension

I begin in the hands and knees position, holding onto the weights slightly under my torso. My chest is up and out and my back straight. I extend one weight out into a slow reverse fly. At the same time, my opposite leg moves into an outward sweep, hovering over the floor. I then return both limbs to the start. This builds shoulders, back, glutes, hamstrings, core, and hip muscles.



Hands and Knees Cross Vertical Press

I begin in the hands and knees position. My chest is up and out and my back straight. I lift one weight up into a rowing position, then I arc my arm forward and up. At the same time, my opposite leg extends out and up. I then return both limbs to the start. This strengthens shoulders, back, glutes, hamstrings, core, and hip muscles.



This completes the hands and knees series. The next position is the standing series. These movements are more dynamic. If needed, you may use a chair with your free hand for balance.

Standing Inner Curl Press

I begin with the weights in a slight tricep extension. I curl one weight up, as I rotate my palm upward, and then extend it forward, while keeping a slight bend in my arm. At the same time, my opposite leg lifts and step slowly forward onto the ball of my foot. I then return both limbs to the start. This expands the biceps, shoulders, core, quads, and calf muscles.



Standing Horizontal Extension

I begin in a slightly forward leaning position while holding the weights ninety degrees at torso height. I move one weight out and up, like a reverse fly. At the same time, my opposite leg extends to the side, ending in a speedskater-like stance. I then return both limbs to the start. This works the shoulders, biceps, core, and calf muscles.



Standing Cross Vertical Press

I begin with the weights ninety degrees at torso height. I move one weight upward in an arc and extend it past my head. At the same time, I step backward into a lunge with the opposite leg. I then return both limbs to the start. This works the shoulders, biceps, core, quads, hamstrings, and calf muscles.



This completes the final series.

Yoga Stretches

Once my CROB is complete move to the fourth stage of the routine where I perform simple and easy yoga stretches. Normally I hold my stretches for a long slow three count, while focusing on breathing in and out like I shared in the CROB section above.

Recline Kneel



Cat/Cow



Opposite Arm and Leg



Opposite Arm and Leg



Cobra



Superman



Locust



Child's Pose



Child's Pose Shoulder



Pigeon Right Leg



Pigeon Left Leg



Low Lunge Right



Low Lunge Left



Spine Twist Right



Spine Twist Left



Knees to Chest



Happy Baby



Bound Angel



Downward Dog



Plank



Warrior One Right



Warrior Two Right



Triangle Right



Warrior One Left



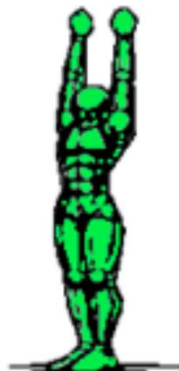
Warrior Two Left



Triangle Left



Mountain



Fold



Close



Tai Chi

Once my yoga stretching is complete I close with simple Tai Chi movements.

For the speed of each movement I again like to use a three count combined with my slow breathing pattern from before.

Opening



Raised Arms



Brush Knee Left



Brush Knee Right



Hold Ball Left



Parting Mane Left



Hold Ball Right



Parting Mane Left



Cloud Hands Five Right to Left



One Leg Right

One Leg Left

Scoop Left

Kick Right



Scoop Right

Left Kick



Grasp Birds Tail, Press, Open and Push Right



Grasp Birds Tail, Press, Open and Push Left



Scoop



Hands Crossed



Close



Closing Statement

Begin with what feels natural. Start with the movements that bring ease, control, and confidence to your body. You do not need to chase complexity for movement to be effective. What matters is recognizing how your body responds and building from a place that feels steady and true.

Refine what creates steadiness. Notice the positions, patterns, and rhythms that help you feel balanced, supported, and connected. Often, the smallest adjustments made with intention lead to the most meaningful progress. The purpose is not simply to move, but to move in a way that is functional, sustainable, and aligned with your body's natural design.

Return to the movements that help you feel aligned, capable, and well. Let them become part of your daily practice and personal foundation. With consistency, simple movements can strengthen the body, improve coordination, support confidence, and enhance overall wellbeing. Function and Flow is a reminder that better movement does not come from doing more, but from doing what works with greater awareness, purpose, and steadiness.