

**Registered Number 04376799**

**EXERCISE ONE LIMITED**

**Abbreviated Accounts**

**28 February 2016**

## Abbreviated Balance Sheet as at 28 February 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
<b>Called up share capital not paid</b>		-	-
<b>Fixed assets</b>			
Intangible assets		-	-
Tangible assets		-	-
Investments		-	-
		<u>-</u>	<u>-</u>
<b>Current assets</b>			
Stocks		-	-
Debtors		-	-
Investments		-	-
Cash at bank and in hand		173	188
		<u>173</u>	<u>188</u>
<b>Net current assets (liabilities)</b>		<u>173</u>	<u>188</u>
<b>Total assets less current liabilities</b>		<u>173</u>	<u>188</u>
<b>Total net assets (liabilities)</b>		<u>173</u>	<u>188</u>
<b>Capital and reserves</b>			
Called up share capital	2	875	875
Profit and loss account		0	0
<b>Shareholders' funds</b>		<u>875</u>	<u>875</u>

- For the year ending 28 February 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 30 November 2016

And signed on their behalf by:

**Patrick J Cuddihy, Director**

**Notes to the Abbreviated Accounts for the period ended 28 February 2016**

**1 Accounting Policies**

**Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

**2 Called Up Share Capital**

The authorised share capital comprises 10,000 ordinary shares of £1 each. The allotted and fully paid-up issued share capital comprises 350 ordinary shares of £1 each issued at a premium, at a price of £2.50 per share.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.