

REGISTERED NUMBER: 06843490 (England and Wales)

**ABBREVIATED UNAUDITED ACCOUNTS**  
**FOR THE PERIOD 11 MARCH 2009 TO 31 MARCH 2010**  
**FOR**  
**PRIMEMOVERS PILATES SOLUTIONS LTD**

THURSDAY



A20 28/10/2010 78  
COMPANIES HOUSE

**PRIMEMOVERS PILATES SOLUTIONS LTD**

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FOR THE PERIOD 11 MARCH 2009 TO 31 MARCH 2010**

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**PRIMEMOVERS PILATES SOLUTIONS LTD**  
**COMPANY INFORMATION**  
**FOR THE PERIOD 11 MARCH 2009 TO 31 MARCH 2010**

**DIRECTOR:** Mrs J Brown

**REGISTERED OFFICE:** Landmark House  
1 Riseholme Road  
Lincoln  
Lincolnshire  
LN1 3SN

**REGISTERED NUMBER:** 06843490 (England and Wales)

**ACCOUNTANTS:** Russell Payne & Co Limited  
Landmark House  
1 Riseholme Road  
Lincoln  
Lincolnshire  
LN1 3SN

**PRIMEMOVERS PILATES SOLUTIONS LTD**

**ABBREVIATED BALANCE SHEET  
31 MARCH 2010**

|                                              |                       |
|----------------------------------------------|-----------------------|
|                                              | £                     |
| <b>CURRENT ASSETS</b>                        |                       |
| Stocks                                       | 250                   |
| Cash at bank and in hand                     | 953                   |
|                                              | <u>1,203</u>          |
| <b>CREDITORS</b>                             |                       |
| Amounts falling due within one year          | 2,536                 |
|                                              | <u>(1,333)</u>        |
| <b>NET CURRENT LIABILITIES</b>               | <u>(1,333)</u>        |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> | <u><u>(1,333)</u></u> |
| <b>CAPITAL AND RESERVES</b>                  |                       |
| Called up share capital                      | 2                     |
| Profit and loss account                      | (1,335)               |
|                                              | <u>(1,333)</u>        |
| <b>SHAREHOLDERS' FUNDS</b>                   | <u><u>(1,333)</u></u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2010

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2010 in accordance with Section 476 of the Companies Act 2006

The director acknowledges her responsibilities for

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The financial statements were approved by the director on 18 October 2010 and were signed by



Mrs J Brown - Director

The notes form part of these abbreviated accounts

**PRIMEMOVERS PILATES SOLUTIONS LTD**

**NOTES TO THE ABBREVIATED ACCOUNTS  
FOR THE PERIOD 11 MARCH 2009 TO 31 MARCH 2010**

**1 ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease

**2 CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid

| Number | Class    | Nominal<br>value | £ |
|--------|----------|------------------|---|
| 2      | Ordinary | 1                | 2 |

2 Ordinary shares of 1 each were allotted and fully paid for cash at par during the period