ABBREVIATED UNAUDITED ACCOUNTS FOR THE PERIOD 26 JUNE 2009 TO 31 DECEMBER 2009

FOR

IEXERCISE LIMITED

THURSDAY

6 30/09/2010 COMPANIES HOUSE

220

IEXERCISE LIMITED (REGISTERED NUMBER: 06945256)

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IEXERCISE LIMITED (REGISTERED NUMBER: 06945256)

ABBREVIATED BALANCE SHEET 31 DECEMBER 2009

	Notes	£	£
FIXED ASSETS			
Tangible assets	2		29,629
CURRENT ASSETS			
Stocks		2,060	
Debtors		27,532	
Cash at bank and in hand		36,575	
		66,167	
CREDITORS			
Amounts falling due within one year		128,639	
NET CURRENT LIABILITIES		-	(62,472)
TOTAL ASSETS LESS CURRENT	LIABILITIES		(32,843)
CAPITAL AND RESERVES			
Called up share capital	3		90
Profit and loss account			(32,933)
Tione and loss account			
SHAREHOLDERS' FUNDS			(32,843)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 December 2009

The members have not required the company to obtain an audit of its financial statements for the period ended 31 December 2009 in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their 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 Board of Directors on ts behalf by

Director

The notes form part of these abbreviated accounts

IEXERCISE LIMITED (REGISTERED NUMBER: 06945256)

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE PERIOD 26 JUNE 2009 TO 31 DECEMBER 2009

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)

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

Website costs

- 20% on cost

Computer equipment

- 33% on cost

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

Government grants

Government grants in respect of capital expenditure are credited against the cost of the relevant assets and are written off over their expected useful lives

Government grants of a revenue nature are credited to the profit and loss account in the same period as the related expenditure

2 TANGIBLE FIXED ASSETS

	Total £
COST Additions	29,729
At 31 December 2009	29,729
DEPRECIATION Charge for period	100
At 31 December 2009	100
NET BOOK VALUE At 31 December 2009	29,629

3 CALLED UP SHARE CAPITAL

Allotted, iss	ued and fully paid		
Number	Class	Nominal	
		value	£
90	Ordinary	£1	90