

**Abbreviated Unaudited Accounts**

**For The Period 4 March 2015 to 31 March 2016**

**for**

**IQ FITNESS LTD**

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**For The Period 4 March 2015 to 31 March 2016**

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**IQ FITNESS LTD**

**Company Information**

**For The Period 4 March 2015 to 31 March 2016**

**DIRECTOR:** J Harris

**SECRETARY:**

**REGISTERED OFFICE:** 6 Magnolia Way  
Purdeys Industrial Estate  
Rochford  
Essex  
SS4 1ND

**REGISTERED NUMBER:** 09470661 (England and Wales)

**ACCOUNTANTS:** Brian Nuttgens Accountants Ltd  
1007 London Road  
Leigh On Sea  
Essex  
SS9 3JY

**IQ FITNESS LTD (REGISTERED NUMBER: 09470661)**

**Abbreviated Balance Sheet**  
**31 March 2016**

	Notes	£	£
<b>FIXED ASSETS</b>			
Intangible assets	2		30,000
Tangible assets	3		<u>81,256</u>
			111,256
 <b>CURRENT ASSETS</b>			
Cash at bank and in hand		939	
 <b>CREDITORS</b>			
Amounts falling due within one year		<u>129,200</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(128,261)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(17,005)</u>
 <b>CAPITAL AND RESERVES</b>			
Called up share capital	4		100
Profit and loss account			<u>(17,105)</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(17,005)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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 30 November 2016 and were signed by:

J Harris - Director

The notes form part of these abbreviated accounts

**Notes to the Abbreviated Accounts**  
**For The Period 4 March 2015 to 31 March 2016**

**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 January 2015).

**Turnover**

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

**Goodwill**

Goodwill, being the amount paid in connection with the acquisition of a business in 0, is being amortised evenly over its estimated useful life of nil years.

**Tangible fixed assets**

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

Plant and machinery	- 10% on reducing balance
Fixtures and fittings	- 20% on reducing balance

**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. INTANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
Additions	30,000
At 31 March 2016	<u>30,000</u>
<b>NET BOOK VALUE</b>	
At 31 March 2016	<u>30,000</u>

**3. TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
Additions	90,320
At 31 March 2016	<u>90,320</u>
<b>DEPRECIATION</b>	
Charge for period	9,064
At 31 March 2016	<u>9,064</u>
<b>NET BOOK VALUE</b>	
At 31 March 2016	<u>81,256</u>

**Notes to the Abbreviated Accounts - continued**  
**For The Period 4 March 2015 to 31 March 2016**

**4. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
100	Ordinary	1	<u>100</u>

**IQ FITNESS LTD**

**Report of the Accountants to the Director of**  
**IQ Fitness Ltd**

**The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to four) have been prepared.**

As described on the balance sheet you are responsible for the preparation of the financial statements for the period ended 31 March 2016 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Brian Nuttgens Accountants Ltd  
1007 London Road  
Leigh On Sea  
Essex  
SS9 3JY

Date: .....

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.