

ADVANCED BODY CONDITIONING LIMITED
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

The Hudson Partnership
Chartered Certified Accountants
361 Rayleigh Road
Eastwood
Leigh-on-Sea
Essex SS9 5PS

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for the year ended 31 March 2022**

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ADVANCED BODY CONDITIONING LIMITED

COMPANY INFORMATION
for the year ended 31 March 2022

DIRECTOR: Mr J East Esq

REGISTERED OFFICE: 361 Rayleigh Road
Eastwood
Leigh-on-Sea
Essex
SS9 5PS

REGISTERED NUMBER: 10904015 (England and Wales)

ACCOUNTANTS: The Hudson Partnership
Chartered Certified Accountants
361 Rayleigh Road
Eastwood
Leigh-on-Sea
Essex SS9 5PS

BALANCE SHEET
31 March 2022

	Notes	2022 £	£	2021 £	£
FIXED ASSETS					
Tangible assets	3		37,527		50,092
CURRENT ASSETS					
Debtors	4	16,471		246	
Cash at bank		<u>9,627</u>		<u>100,965</u>	
		26,098		101,211	
CREDITORS					
Amounts falling due within one year	5	<u>24,124</u>		<u>80,557</u>	
NET CURRENT ASSETS			<u>1,974</u>		<u>20,654</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			39,501		70,746
CREDITORS					
Amounts falling due after more than one year	6		(38,865)		(50,000)
PROVISIONS FOR LIABILITIES			<u>(7,130)</u>		<u>(9,517)</u>
NET (LIABILITIES)/ASSETS			<u><u>(6,494)</u></u>		<u><u>11,229</u></u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>(6,594)</u>		<u>11,129</u>
			<u><u>(6,494)</u></u>		<u><u>11,229</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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.

BALANCE SHEET - continued
31 March 2022

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director and authorised for issue on 28 December 2022 and were signed by:

Mr J East Esq - Director

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

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

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

2. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 4 (2021 - 1) .

NOTES TO THE FINANCIAL STATEMENTS - continued
for the year ended 31 March 2022

3. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 April 2021 and 31 March 2022	<u>117,385</u>	<u>1,750</u>	<u>119,135</u>
DEPRECIATION			
At 1 April 2021	67,810	1,233	69,043
Charge for year	<u>12,393</u>	<u>172</u>	<u>12,565</u>
At 31 March 2022	<u>80,203</u>	<u>1,405</u>	<u>81,608</u>
NET BOOK VALUE			
At 31 March 2022	<u>37,182</u>	<u>345</u>	<u>37,527</u>
At 31 March 2021	<u>49,575</u>	<u>517</u>	<u>50,092</u>

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	10,131	246
Other debtors	<u>6,340</u>	<u>-</u>
	<u>16,471</u>	<u>246</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Bank loans and overdrafts	9,566	-
Taxation and social security	14,116	11,294
Other creditors	<u>442</u>	<u>69,263</u>
	<u>24,124</u>	<u>80,557</u>

6. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022 £	2021 £
Bank loans	<u>38,865</u>	<u>50,000</u>
Amounts falling due in more than five years:		
Repayable by instalments		
Bank loans more 5 yr by instal	<u>-</u>	<u>50,000</u>

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.