

Fundamental Fitness Ltd
Filleterd Abridged Accounts
30 June 2021

Registered number: 08343869

**Abridged Balance Sheet
as at 30 June 2021**

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	3	34,212	11,278
Current assets			
Cash at bank and in hand		489	33,276
Creditors: amounts falling due within one year		(2,068)	(2,344)
Net current (liabilities)/assets		(1,579)	30,932
Total assets less current liabilities		32,633	42,210
Creditors: amounts falling due after more than one year		(31,958)	(32,500)
Net assets		675	9,710
Capital and reserves			
Called up share capital		100	100
Profit and loss account		575	9,610
Shareholders' funds		675	9,710

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with Section 444(2A) of the Companies Act 2006.

Mr Mohammed Khawaja
Director

Approved by the board on 10 January 2022

**Notes to the Abridged Accounts
for the year ended 30 June 2021**

1 Accounting policies

Basis of preparation

The abridged accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

2 Employees

	2021	2020
	Number	Number
Average number of persons employed by the company	<u>3</u>	<u>3</u>

3 Tangible fixed assets

	Total
	£
Cost	
At 1 July 2020	24,574
Additions	<u>34,338</u>
At 30 June 2021	<u>58,912</u>
Depreciation	
At 1 July 2020	13,296
Charge for the year	<u>11,404</u>
At 30 June 2021	<u>24,700</u>
Net book value	
At 30 June 2021	<u>34,212</u>
At 30 June 2020	11,278

4 Other information

Fundamental Fitness Ltd is a private company limited by shares and incorporated in England. Its registered office is:

Unit 5, The Maltsters
Wetmore Road
Burton on Trent
Staffordshire
DE14 1LS