

**Registered Number 08154033**

**MUSCLE FACTORY LTD**

**Abbreviated Accounts**

**31 July 2015**

## Abbreviated Balance Sheet as at 31 July 2015

	Notes	2015 £	2014 £
<b>Fixed assets</b>			
Tangible assets	2	17,584	18,727
		<u>17,584</u>	<u>18,727</u>
<b>Current assets</b>			
Stocks		389	574
Debtors		181	174
Cash at bank and in hand		10,435	1,466
		<u>11,005</u>	<u>2,214</u>
<b>Creditors: amounts falling due within one year</b>		<u>(25,710)</u>	<u>(24,051)</u>
<b>Net current assets (liabilities)</b>		<u>(14,705)</u>	<u>(21,837)</u>
<b>Total assets less current liabilities</b>		<u>2,879</u>	<u>(3,110)</u>
<b>Total net assets (liabilities)</b>		<u>2,879</u>	<u>(3,110)</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		2,878	(3,111)
<b>Shareholders' funds</b>		<u>2,879</u>	<u>(3,110)</u>

- For the year ending 31 July 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 25 April 2016

And signed on their behalf by:

**Mohammed Nasar Siddiq, Director**

**Notes to the Abbreviated Accounts for the period ended 31 July 2015****1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

**Turnover policy**

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

**Tangible assets depreciation policy**

Fixtures, fittings and equipment - 20% straight line

**2 Tangible fixed assets**

	£
<b>Cost</b>	
At 1 August 2014	29,242
Additions	5,882
Disposals	-
Revaluations	-
Transfers	-
At 31 July 2015	<u>35,124</u>
<b>Depreciation</b>	
At 1 August 2014	10,515
Charge for the year	7,025
On disposals	-
At 31 July 2015	<u>17,540</u>
<b>Net book values</b>	
At 31 July 2015	<u><u>17,584</u></u>
At 31 July 2014	<u><u>18,727</u></u>

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