

**AMBITION PERSONAL TRAINING LTD  
ABRIDGED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

Mibsons Limited

Chartered Certified Accountants

180 Birmingham Road  
West Bromwich  
B70 6QG

**Ambition Personal Training Ltd**  
**Financial Statements**  
**For The Year Ended 31 March 2022**

---

**Contents**

	<b>Page</b>
Abridged Balance Sheet	1–2
Notes to the Abridged Financial Statements	3–4

**Ambition Personal Training Ltd**  
**Abridged Balance Sheet**  
**As at 31 March 2022**

**Registered number:** 10654633

		<b>2022</b>		<b>2021</b>	
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>					
Tangible Assets	<b>3</b>		8,174		12,086
			<u>8,174</u>		<u>12,086</u>
<b>CURRENT ASSETS</b>					
Debtors		2,119		2,699	
Cash at bank and in hand		<u>18,369</u>		<u>16,802</u>	
		20,488		19,501	
<b>Creditors: Amounts Falling Due Within One Year</b>		<u>(37,444 )</u>		<u>(36,019 )</u>	
<b>NET CURRENT ASSETS (LIABILITIES)</b>			<u>(16,956 )</u>		<u>(16,518 )</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(8,782 )</u>		<u>(4,432 )</u>
<b>NET LIABILITIES</b>			<u>(8,782 )</u>		<u>(4,432 )</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	<b>4</b>		100		100
Profit and Loss Account			<u>(8,882 )</u>		<u>(4,532 )</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(8,782)</u>		<u>(4,432)</u>

**Ambition Personal Training Ltd**  
**Abridged Balance Sheet (continued)**  
**As at 31 March 2022**

---

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

All of the company's members have consented to the preparation of an Abridged Balance Sheet for the year end 31 March 2022 in accordance with section 444(2A) of the Companies Act 2006.

On behalf of the board

-----

Mr Raul Romero

Director

**1st December 2022**

The notes on pages 3 to 4 form part of these financial statements.

**Ambition Personal Training Ltd**  
**Notes to the Abridged Financial Statements**  
**For The Year Ended 31 March 2022**

---

**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Rendering of services**

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

**1.3. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	15% Straight Line
---------------------	-------------------

**2. Average Number of Employees**

Average number of employees, including directors, during the year was as follows:

	<b>2022</b>	<b>2021</b>
Office and administration	1	1
	1	1

**3. Tangible Assets**

	<b>Total £</b>
<b>Cost</b>	
As at 1 April 2021	27,757
Additions	170
As at 31 March 2022	27,927
<b>Depreciation</b>	
As at 1 April 2021	15,671
Provided during the period	4,082
As at 31 March 2022	19,753
<b>Net Book Value</b>	
As at 31 March 2022	8,174
As at 1 April 2021	12,086

**Ambition Personal Training Ltd**  
**Notes to the Abridged Financial Statements (continued)**  
**For The Year Ended 31 March 2022**

---

**4. Share Capital**

	<b>2022</b>	<b>2021</b>
Allotted, Called up and fully paid	100	100

**5. General Information**

Ambition Personal Training Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 10654633 . The registered office is Unit 5 Wiltell Road Industrial Estate, Wiltell Road, Lichfield, WS14 9ET.

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.