

**D2F FITNESS LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2019**

D2F Fitness Ltd
Unaudited Financial Statements
For The Year Ended 31 December 2019

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D2F Fitness Ltd
Balance Sheet
As at 31 December 2019

Registered number: 08981663

		2019		2018	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	3		39,204		14,711
			<u>39,204</u>		<u>14,711</u>
CURRENT ASSETS					
Stocks	4	290,459		199,902	
Debtors	5	403,449		456,649	
Cash at bank and in hand		-		23,685	
		<u>693,908</u>		<u>680,236</u>	
Creditors: Amounts Falling Due Within One Year	6	(456,231)		(463,929)	
		<u></u>		<u></u>	
NET CURRENT ASSETS (LIABILITIES)			<u>237,677</u>		<u>216,307</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>276,881</u>		<u>231,018</u>
PROVISIONS FOR LIABILITIES					
Deferred Taxation			(7,449)		(2,795)
			<u></u>		<u></u>
NET ASSETS			<u>269,432</u>		<u>228,223</u>
CAPITAL AND RESERVES					
Called up share capital	8		200		200
Profit and Loss Account			<u>269,232</u>		<u>228,023</u>
SHAREHOLDERS' FUNDS			<u>269,432</u>		<u>228,223</u>

D2F Fitness Ltd
Balance Sheet (continued)
As at 31 December 2019

For the year ending 31 December 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 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 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.

On behalf of the board

Mr Robert Porter-Smith

Director

5 June 2020

The notes on pages 3 to 6 form part of these financial statements.

D2F Fitness Ltd
Notes to the Financial Statements
For The Year Ended 31 December 2019

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.

The financial statements are presented in £ sterling which is the functional currency of the company.

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:

Freehold	Nil
Plant & Machinery	25% straight line
Motor Vehicles	25% reducing balance

1.4. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads. Work-in-progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

1.5. Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate ruling on the date of the transaction. Exchange differences are taken into account in arriving at the operating profit.

D2F Fitness Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2019

1.6. Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable profits will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

Current or deferred tax for the year is recognised in profit or loss, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

2. Average Number of Employees

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

	2019	2018
Sales, marketing and distribution	11	4
Directors	3	3
	<u>14</u>	<u>7</u>

D2F Fitness Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2019

3. Tangible Assets

	Plant & Machinery	Motor Vehicles	Total
	£	£	£
Cost			
As at 1 January 2019	9,657	10,912	20,569
Additions	38,431	-	38,431
As at 31 December 2019	48,088	10,912	59,000
Depreciation			
As at 1 January 2019	3,130	2,728	5,858
Provided during the period	11,892	2,046	13,938
As at 31 December 2019	15,022	4,774	19,796
Net Book Value			
As at 31 December 2019	33,066	6,138	39,204
As at 1 January 2019	6,527	8,184	14,711

4. Stocks

	2019	2018
	£	£
Stock - finished goods	290,459	199,902
	290,459	199,902

5. Debtors

	2019	2018
	£	£
Due within one year		
Trade debtors	402,231	411,495
Prepayments and accrued income	1,018	1,081
Other debtors	200	44,073
	403,449	456,649

D2F Fitness Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2019

6. Creditors: Amounts Falling Due Within One Year

	2019	2018
	£	£
Trade creditors	175,894	183,067
Bank loans and overdrafts	139,701	154,385
Other taxes and social security	51,205	26,587
Other creditors	15,658	1,507
Accruals and deferred income	16,514	26,880
Directors' loan accounts	57,259	71,503
	<u>456,231</u>	<u>463,929</u>

7. Secured Creditors

Of the creditors falling due within and after more than one year the following amounts are secured.

The invoice discounting creditor is secured by a charge over the company's book debts and has been secured by the director personally.

	2019	2018
	£	£
Bank loans and overdrafts	139,701	154,385

8. Share Capital

	2019	2018
Allotted, Called up and fully paid	<u>200</u>	<u>200</u>

9. General Information

D2F Fitness Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 08981663. The registered office is 32 Wornal Park, Menmarsh Road, Worminghall, Buckinghamshire, HP18 9PH.

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.