

**D2F FITNESS LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

D2F Fitness Ltd
Unaudited Financial Statements
For The Year Ended 31 December 2021

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D2F Fitness Ltd
Balance Sheet
As at 31 December 2021

Registered number: 08981663

		2021		2020	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	3		15,034		28,792
			15,034		28,792
CURRENT ASSETS					
Stocks	4	255,237		214,012	
Debtors	5	381,445		218,524	
Cash at bank and in hand		37,688		57,207	
		674,370		489,743	
Creditors: Amounts Falling Due Within One Year	6	(381,701)		(219,256)	
NET CURRENT ASSETS (LIABILITIES)			292,669		270,487
TOTAL ASSETS LESS CURRENT LIABILITIES			307,703		299,279
Creditors: Amounts Falling Due After More Than One Year	7		(75,167)		(99,000)
PROVISIONS FOR LIABILITIES					
Deferred Taxation			(2,857)		(5,471)
NET ASSETS			229,679		194,808
CAPITAL AND RESERVES					
Called up share capital	9		200		200
Profit and Loss Account			229,479		194,608
SHAREHOLDERS' FUNDS			229,679		194,808

D2F Fitness Ltd
Balance Sheet (continued)
As at 31 December 2021

For the year ending 31 December 2021 the company was entitled to exemption from audit 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 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

13 April 2022

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 2021

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.

These financial statements are presented in pound 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:

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. Financial Instruments

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially measured at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

1.6. 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 2021

1.7. 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.

1.8. Government Grant

Grants for immediate financial support or to cover costs already incurred are recognised immediately in the profit and loss account. Grants towards general activities of the entity over a specific period are recognised in the profit and loss account over that period.

All grants in the profit and loss account are recognised when all conditions for receipt have been complied with.

2. Average Number of Employees

Average number of employees, including directors, during the year was: 8 (2020: 11)

3. Tangible Assets

	Plant & Machinery	Motor Vehicles	Total
	£	£	£
Cost			
As at 1 January 2021	53,528	10,912	64,440
Additions	2,290	-	2,290
As at 31 December 2021	55,818	10,912	66,730
Depreciation			
As at 1 January 2021	28,145	7,503	35,648
Provided during the period	13,320	2,728	16,048
As at 31 December 2021	41,465	10,231	51,696
Net Book Value			
As at 31 December 2021	14,353	681	15,034
As at 1 January 2021	25,383	3,409	28,792

D2F Fitness Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2021

4. Stocks

	2021	2020
	£	£
Stock - finished goods	255,237	214,012
	<u>255,237</u>	<u>214,012</u>

5. Debtors

	2021	2020
	£	£
Due within one year		
Trade debtors	354,487	150,589
Prepayments and accrued income	6,909	968
Other debtors	20,049	66,967
	<u>381,445</u>	<u>218,524</u>

6. Creditors: Amounts Falling Due Within One Year

	2021	2020
	£	£
Trade creditors	41,888	61,374
Bank loans and overdrafts	22,000	11,000
Other taxes and social security	33,685	75,768
VAT	52,782	-
Other creditors	158,891	56,418
Accruals and deferred income	72,455	14,696
	<u>381,701</u>	<u>219,256</u>

7. Creditors: Amounts Falling Due After More Than One Year

	2021	2020
	£	£
Bank loans	75,167	99,000
	<u>75,167</u>	<u>99,000</u>

8. Secured Creditors

Of the creditors falling due within and after more than one year the following amounts are secured against the company's book debts.

	2021	2020
	£	£
Bank loans and overdrafts	97,167	110,000

9. Share Capital

	2021	2020
Allotted, Called up and fully paid	<u>200</u>	<u>200</u>

D2F Fitness Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2021

10. 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.