Company Registration No. SC454776 (Scotland)

MUSCLE MECHANICS SCOTLAND LTD

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2016

PAGES FOR FILING WITH REGISTRAR

MUSCLE MECHANICS SCOTLAND LTD

COMPANY INFORMATION

Directors	Mr Derek Hamilton Mrs D M Hamilton
Company number	SC454776
Registered office	4 North Guildry Street Elgin Moray IV30 1JR
Accountants	Cathedral Accountancy Ltd. 4 North Guildry Street Elgin Moray IV30 1JR
Business address	221 Logans Road Motherwell North Lanarkshire ML1 3PH

MUSCLE MECHANICS SCOTLAND LTD

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MUSCLE MECHANICS SCOTLAND LTD

STATEMENT OF FINANCIAL POSITION

AS AT 31 JULY 2016

	Notes	2016 £	£	2015 £	£
Current assets					
Trade and other receivables	5	5,131		4,053	
Cash at bank and in hand		484		2,143	
		5,615		6,196	
Current liabilities	6	(7,495)		(5,548)	
Net current (liabilities)/assets			(1,880)		648
Equity					
Called up share capital	7		1		1
Retained earnings			(1,881)		647
Total equity			(1,880)		648

The directors of the company have elected not to include a copy of the income statement or related notes within the financial statements.

For the financial year ended 31 July 2016 the company was entitled to exemption from audit under section 477 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 financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the board of directors and authorised for issue on 3 March 2017 and are signed on its behalf by:

Mr Derek Hamilton
Director

Company Registration No. SC454776

1 Company Information

Muscle Mechanics Scotland Ltd is a private company limited by shares incorporated in Scotland. The registered office is 4 North Guildry Street, Elgin, Moray, IV30 1JR.

2 Compliance with accounting standards

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared in pounds sterling, which is the functional currency of the company.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

These financial statements for the year ended 31 July 2016 are the first financial statements of Muscle Mechanics Scotland Ltd prepared in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland. The date of transition to FRS 102 was 1 August 2014. The reported financial position and financial performance for the previous period are not affected by the transition to FRS 102.

3 Accounting policies

3.1 Revenue

Turnover represents amounts receivable for services. Sales of services are recognised when the company has provided the service to the customer and collectability of the related receivable is assured.

Revenue from contracts for the provision of professional services is recognised by reference to the stage of completion when the stage of completion, costs incurred and costs to complete can be estimated reliably. The stage of completion is calculated by comparing costs incurred, mainly in relation to contractual hourly staff rates and materials, as a proportion of total costs. Where the outcome cannot be estimated reliably, revenue is recognised only to the extent of the expenses recognised that are recoverable.

3.2 Basic financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's statement of financial position when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

3.3 Taxation

The tax expense represents the sum of the tax currently payable.

3 **Accounting policies** **(Continued)**

Current tax

The tax currently payable is based on taxable profit for the year. Taxable profit differs from net profit as reported in the income statement because it excludes items of income or expense that are taxable or deductible in other years and it further excludes 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 reporting end date.

3.4 **Employee benefits**

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or non-current assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

4 **Employees**

The average monthly number of persons (including directors) employed by the company during the year was 1 (2015 - 1).

5 **Trade and other receivables**

Amounts falling due within one year:	**2016** **£**	**2015** **£**
Trade receivables	1	1,043
Other receivables	5,130	3,010
	5,131	4,053

6 **Current liabilities**

	2016 **£**	**2015** **£**
Trade payables	1,283	361
Corporation tax	4,788	4,095
Other payables	1,424	1,092
	7,495	5,548

7 **Called up share capital**

	2016 **£**	**2015** **£**
Ordinary share capital		
Issued and fully paid		
1 ordinary share of £1 each	1	1

8 Directors' transactions

Directors' benefits: advances, credits and guarantees

At 31 July 2015 the director owed the company £2,408. During the year the director met expenses of £7,072 on behalf of the company and the company met expenses of £8,768 on behalf of the director. At 31 July 2016 the director owed the company £4,104. This loan is interest free and has no fixed terms of repayment.

During the year the company declared and paid dividends totalling £21,000 (2015 - £18,655) to the director.

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.