

STRENGTH LAB LTD

**Company Registration Number:
11602824 (England and Wales)**

Unaudited statutory accounts for the year ended 31 October 2021

Period of accounts

Start date: 01 November 2020

End date: 31 October 2021

STRENGTH LAB LTD

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for the Period Ended 31 October 2021

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STRENGTH LAB LTD

Company Information

for the Period Ended 31 October 2021

Director:	Philip John Wilkinson
Registered office:	43 Mumbles Road West Cross Swansea GB-WLS SA3 5AB
Company Registration Number:	11602824 (England and Wales)

STRENGTH LAB LTD

Directors' Report Period Ended 31 October 2021

The directors present their report with the financial statements of the company for the period ended 31 October 2021

Principal Activities

Personal Training Studio Gym

Directors

The directors shown below have held office during the whole of the period from 01 November 2020 to 31 October 2021
Philip John Wilkinson

This report was approved by the board of directors on 24 September 2022
And Signed On Behalf Of The Board By:

Name: Philip John Wilkinson
Status: Director

STRENGTH LAB LTD

Balance sheet

As at 31 October 2021

	<i>Notes</i>	<i>2021</i> £	<i>2020</i> £
Fixed assets			
Intangible assets:	4	0	
Tangible assets:	5	40,000	
Total fixed assets:		<u>40,000</u>	<u></u>
Current assets			
Stocks:		0	
Cash at bank and in hand:		10,792	1
Total current assets:		<u>10,792</u>	<u>1</u>
Net current assets (liabilities):		<u>10,792</u>	<u>1</u>
Total assets less current liabilities:		50,792	1
Total net assets (liabilities):		<u>50,792</u>	<u>1</u>

The notes form part of these financial statements

STRENGTH LAB LTD

Balance sheet continued

As at 31 October 2021

	<i>Notes</i>	<i>2021</i> £	<i>2020</i> £
Capital and reserves			
Called up share capital:		50,792	1
Shareholders funds:		<u>50,792</u>	<u>1</u>

For the year ending 31 October 2021 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 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

This report was approved by the board of directors on 24 September 2022
And Signed On Behalf Of The Board By:

Name: Philip John Wilkinson
Status: Director

The notes form part of these financial statements

STRENGTH LAB LTD

Notes to the Financial Statements

for the Period Ended 31 October 2021

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

STRENGTH LAB LTD

Notes to the Financial Statements

for the Period Ended 31 October 2021

2. Employees

	<i>2021</i>	<i>2020</i>
Average number of employees during the period	1	0

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Notes to the Financial Statements

for the Period Ended 31 October 2021

3. Off balance sheet disclosure

No

STRENGTH LAB LTD

Notes to the Financial Statements

for the Period Ended 31 October 2021

4. Intangible assets

	Other	Total
Cost	£	£
At 01 November 2020	0	0
Additions	0	0
Disposals	(0)	(0)
Revaluations	0	0
Transfers	0	0
At 31 October 2021	0	0
Amortisation		
Amortisation at 01 November 2020	0	0
Charge for year	0	0
On disposals	(0)	(0)
Other adjustments	0	0
Amortisation at 31 October 2021	0	0
Net book value		
Net book value at 31 October 2021	0	0
Net book value at 31 October 2020	0	0

STRENGTH LAB LTD

Notes to the Financial Statements

for the Period Ended 31 October 2021

5. Tangible assets

	Office equipment	Total
Cost	£	£
At 01 November 2020	-	-
Additions	40,000	40,000
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 October 2021	40,000	40,000
Depreciation		
At 01 November 2020	-	-
Charge for year	-	-
On disposals	-	-
Other adjustments	-	-
At 31 October 2021	-	-
Net book value		
At 31 October 2021	40,000	40,000
At 31 October 2020	-	-

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.