

INSIDE WORKOUT CIC

Company limited by guarantee

**Company Registration Number:
11367155 (England and Wales)**

Unaudited statutory accounts for the year ended 31 May 2022

Period of accounts

Start date: 1 June 2021

End date: 31 May 2022

INSIDE WORKOUT CIC

Contents of the Financial Statements for the Period Ended 31 May 2022

Balance sheet

Additional notes

Balance sheet notes

Community Interest Report

INSIDE WORKOUT CIC

Balance sheet

As at 31 May 2022

	<i>Notes</i>	<i>2022</i>	<i>2021</i>
		£	£
Current assets			
Cash at bank and in hand:		30,000	30,000
Total current assets:		<u>30,000</u>	<u>30,000</u>
Creditors: amounts falling due within one year:	3	(30,359)	(30,000)
Net current assets (liabilities):		<u>(359)</u>	<u>0</u>
Total assets less current liabilities:		<u>(359)</u>	<u>0</u>
Total net assets (liabilities):		<u>(359)</u>	<u>0</u>
Members' funds			
Profit and loss account:		(359)	0
Total members' funds:		<u>(359)</u>	<u>0</u>

The notes form part of these financial statements

INSIDE WORKOUT CIC

Balance sheet statements

For the year ending 31 May 2022 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.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 28 February 2023
and signed on behalf of the board by:**

Name: Nick Burke
Status: Director

The notes form part of these financial statements

INSIDE WORKOUT CIC

Notes to the Financial Statements for the Period Ended 31 May 2022

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

INSIDE WORKOUT CIC

Notes to the Financial Statements for the Period Ended 31 May 2022

2. Employees

	2022	2021
Average number of employees during the period	0	0

INSIDE WORKOUT CIC

Notes to the Financial Statements for the Period Ended 31 May 2022

3. Creditors: amounts falling due within one year note

	<i>2022</i>	<i>2021</i>
	£	£
Accruals and deferred income	359	0
Other creditors	30,000	30,000
Total	<u>30,359</u>	<u>30,000</u>

COMMUNITY INTEREST ANNUAL REPORT

INSIDE WORKOUT CIC

Company Number: 11367155 (England and Wales)

Year Ending: 31 May 2022

Company activities and impact

Company's general activities are publishing of newspapers, other human health activities and physical well-being activities.

Consultation with stakeholders

All stakeholders are consulted at regular meetings on any comments regarding changes or how the CIC should continue, are actioned accordingly.

Directors' remuneration

No remuneration was received

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
28 February 2023

And signed on behalf of the board by:

Name: Nick Burke

Status: 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.