

ID	Topic	Sub-Topic	Description	MAC Shortcut	PC Shortcut
1	Navigation	Catapult & Schlep	Expand Selection of Cells	SHIFT + ARROWS	SHIFT + ARROWS
2	Navigation	Catapult & Schlep	Catapult to Next or Last Non-Empty Cell	CMD + ARROWS	CTRL + ARROWS
3	Navigation	Catapult & Schlep	Select & Catapult to Next or Last Non-Empty Cell	SHIFT + CMD + ARROWS	SHIFT + CTRL + ARROWS
4	Navigation	Switch Tabs	Move to Next Worksheet (tab)	OPT + ↓	ALT + ↓
5	Navigation	Switch Tabs	Move to Previous Worksheet (tab)	OPT + ↑	ALT + ↑
6	Navigation	First & Last Cell	Move to First Cell of Worksheet	fn + CMD + ←	CTRL + Home
7	Navigation	First & Last Cell	Move to Last Cell of Worksheet	fn + CMD + →	CTRL + End
8	Navigation	Cols & Rows	Select Entire Column	CTRL + SPACE	CTRL + SPACE
9	Navigation	Cols & Rows	Select Entire Row	SHIFT + SPACE	SHIFT + SPACE
10	Navigation	Insert & Delete	Insert Cell(s) and Shift Right (based on selection)	CTRL + OPT + I + L + I	ALT + I + L + I
11	Navigation	Insert & Delete	Insert Cell(s) and Shift Down (based on selection)	CTRL + OPT + I + L + D	ALT + I + L + D
12	Navigation	Insert & Delete	Insert Column(s) (based on selection)	CTRL + OPT + I + C + C	ALT + I + C + C
13	Navigation	Insert & Delete	Insert Row(s) (based on selection)	CTRL + OPT + I + C + R	ALT + I + C + R
14	Navigation	Insert & Delete	Delete Cell(s) and Shift Up (based on selection)	CTRL + OPT + E + D + Y	ALT + E + D + Y
15	Navigation	Insert & Delete	Delete Cell(s) and Shift Left (based on selection)	CTRL + OPT + E + D + Z	ALT + E + D + Z
16	Navigation	Insert & Delete	Delete Column(s) (based on selection)	CTRL + OPT + E + D + E	ALT + E + D + E
17	Navigation	Insert & Delete	Delete Row(s) (based on selection)	CTRL + OPT + E + D + D	ALT + E + D + D
18	Misc	Help	Show Keyboard Shortcuts Help Window	CMD + /	CTRL + /