

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