

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