

Sheet1

\*--A macro to INSERT a duplicate of the row above  
\*--Use the /Range Name Label Right {End} {Down} <ENTER> to define the  
range names in this column (starts with the \Z macro name)  
\*--Place the cell pointer under the row to be duplicate  
\*--Hold the <ALT> key and press <Z> to activate the macro  
!  
!  
!  
!  
\Z  
ROWPUSH  
!  
!

```
{BREAKON}  
{windowsoff}{paneloff}  
/wir~{end}{left}  
{up}/c.{down}{end}{right}{up}~{down}~
```