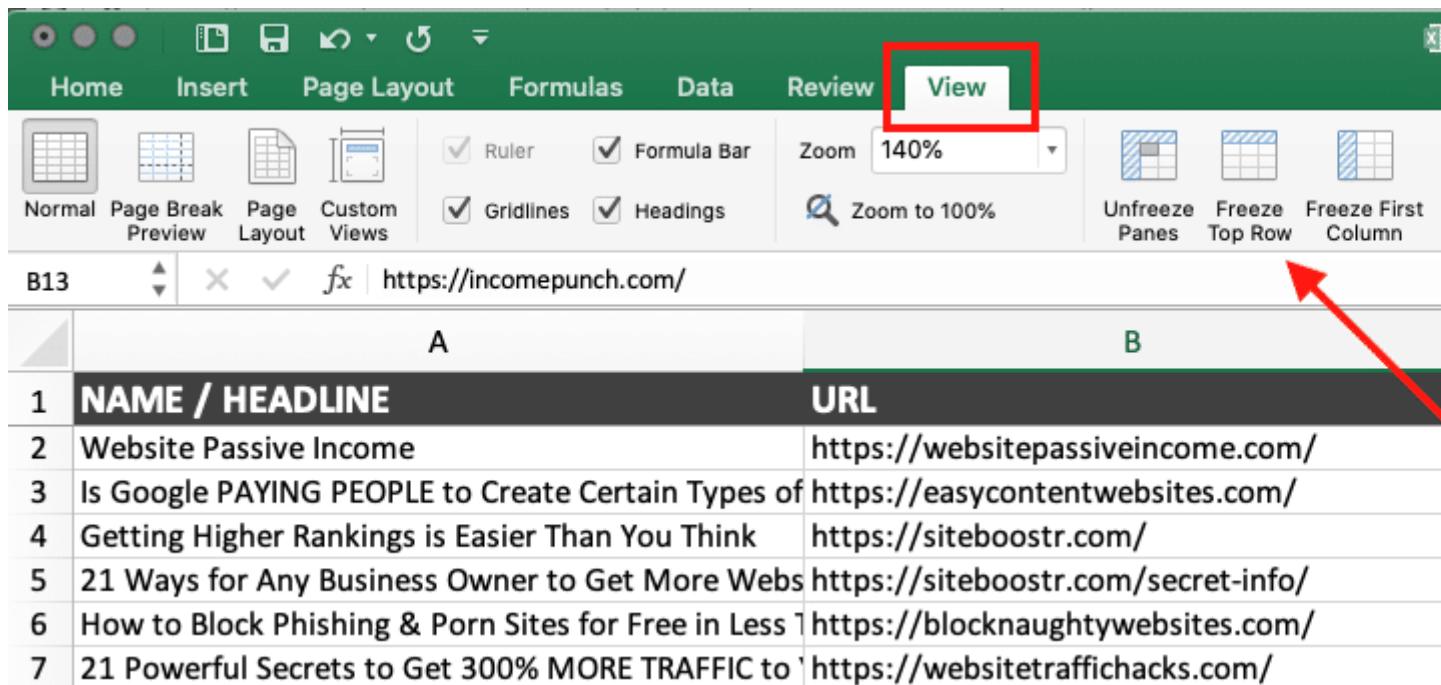


# Excel for Mac – Freeze the Top Row

## How Do You Freeze the Top Row in Excel for Mac?

To freeze the top row in an Excel spreadsheet, go to the “View” tab, then to the “Freeze Top Row” button.



The screenshot shows the Excel for Mac ribbon with the 'View' tab selected. The 'View' tab is highlighted with a red box and has a red arrow pointing to the 'Freeze Top Row' button in the ribbon. The ribbon also shows other tabs like Home, Insert, Page Layout, Formulas, Data, Review, and View. Below the ribbon, the Excel interface shows a table with columns A and B. The first row of the table is bolded and serves as the header. The table contains 7 rows of data, each with a number from 1 to 7 in the first column, followed by a name or headline in the second column, and a URL in the third column.

	NAME / HEADLINE	URL
1	Website Passive Income	<a href="https://websitepassiveincome.com/">https://websitepassiveincome.com/</a>
2	Is Google PAYING PEOPLE to Create Certain Types of	<a href="https://easycontentwebsites.com/">https://easycontentwebsites.com/</a>
3	Getting Higher Rankings is Easier Than You Think	<a href="https://siteboastr.com/">https://siteboastr.com/</a>
4	21 Ways for Any Business Owner to Get More Webs	<a href="https://siteboastr.com/secret-info/">https://siteboastr.com/secret-info/</a>
5	How to Block Phishing & Porn Sites for Free in Less	<a href="https://blocknaughtywebsites.com/">https://blocknaughtywebsites.com/</a>
6	21 Powerful Secrets to Get 300% MORE TRAFFIC to	<a href="https://websitetraffichacks.com/">https://websitetraffichacks.com/</a>

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