Code for macros:

```
Application.ScreenUpdating = False
  Range("C3:AL28"). Select
  Selection.Copy
  Sheets("Лист1 (2)").Select
  Range("C3").Select
  Selection.PasteSpecial Paste:=xlPasteValues, Operation:=xlNone, SkipBlanks _
    :=False, Transpose:=False
  Sheets("Лист1").Select
  Range("C3"). Select
  Application.CutCopyMode = False
  Selection.AutoFill Destination:=Range("C3:AL3"), Type:=xlFillDefault
  Range("C3:AL3").Select
  Selection.AutoFill Destination:=Range("C3:AL28"), Type:=xlFillDefault
  Range("C3:AL28").Select
  ActiveWindow.SmallScroll Down:=-15
  Range("B2").Select
  Application.ScreenUpdating = True
End Sub
```