

```
Sub InsertBlankRowsAndInsertValueBasedOnCellValue()
```

```
    Dim Col As Variant
```

```
    Dim BlankRows As Long
```

```
    Dim LastRow As Long
```

```
    Dim R As Long
```

```
    Dim StartRow As Long
```

```
    'Change variable Col
```

```
    Col = "A"
```

```
    StartRow = 1
```

```
    BlankRows = 1
```

```
    LastRow = Cells(Rows.Count, Col).End(xlUp).Row
```

```
    Application.ScreenUpdating = False
```

```
    With ActiveSheet
```

```
        For R = LastRow To StartRow + 1 Step -1
```

```
            'Change "total" to value that we want
```

```
            If .Cells(R, Col) = "total" Then
```

```
                'R can change according the requirement, if R means rows R insert, if R+1 means the next  
                row insert
```

```
                .Cells(R, Col).EntireRow.Insert Shift:=xlDown
```

```
                .Cells(R, Col).Value = "Malaysia"
```

```
            End If
```

```
        Next R
```

```
    End With
```

```
    Application.ScreenUpdating = True
```

```
End Sub
```