To reduce the size of the file run this code and find the sheets with highest number of used cells

Then go to the sheet and delete it by selecting the ranges and right click and delete, don’t use the keyboard delete option and it deleted values and not the cells.

Sub ResetUsedRange()  
Dim sht As Worksheet  
Dim lng As Long  
  
For Each sht In ActiveWorkbook.Worksheets  
lng = sht.UsedRange.Rows.Count  
MsgBox sht.Name & lng  
Next  
End Sub