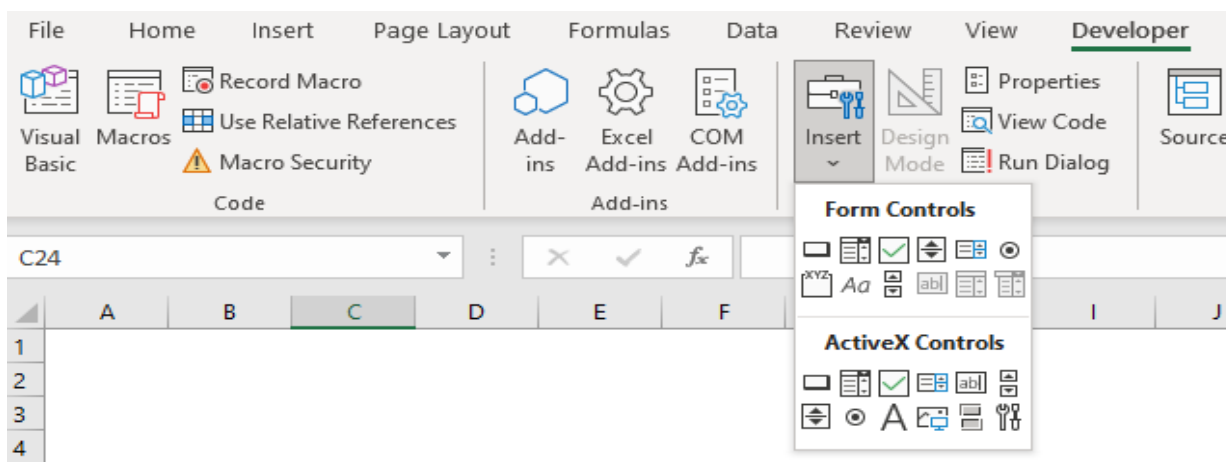Excel offers a wide range of objects to simplify the user's life and be a user-friendly software.

To insert an object, you must go to the developer ribbon.

Developer ribbon / Insert

Each of these icons corresponds to a different type of object.

ActiveX controls are the most versatile of the two families of objects offered.

It's with this toolbar that one can create command buttons in excel workbooks.

Press on the button.

Keeping one finger on the left mouse button, adjust the location and size of the button.

Once the desired dimension is obtained, simply release the button.

That's it, you've inserted an object!