How to remove everything but duplicate rows in Excel (office 365)

To remove the non-duplicate rows, you need to create a formula helper column first, and then filter all the unique values based on your helper column, finally delete the filtered unique values.

1. Enter this formula =COUNTIF($A$2:$A$15,A2)=1 into a blank cell beside your data. ($15 represents the last cell with data in it, yours might be 100 or 1000)
2. Then drag the fill handle down to the cells that you want to apply this formula. False indicates the duplicate values and True stands for the unique values.
3. Then select the data range and click Data > Filter.
4. Click the filter drop-down in the new helper column and uncheck FALSE option to just show the unique values of column A, and then click OK.
5. After showing only the non-duplicate records, select the entire rows of these visible rows, and then click Home > Find & Select > Go To Special, in the Go To Special dialog box, select Visible cells only option.
6. Then click OK to close the dialog box, and only the visible rows have been selected.
7. Then you need to remove these visible rows only, put the cursor at the selected rows, right click to choose Delete Row from the context menu.
8. Only the visible rows are deleted at once, then you need to cancel the filter by clicking Data > Filter again to disable the Filter function, and you can see all the unique value rows have been removed, and only leave the duplicate records.
9. You can delete the contents of the helper column if you want.

Remove duplicate values

1. Select the range of cells that has duplicate values you want to remove. Tip: Remove any outlines or subtotals from your data before trying to remove duplicates.
2. Click Data > Remove Duplicates, and then Under Columns, check or uncheck the columns where you want to remove the duplicates. ... 
3. Click OK.