



## **Lab- Creating a Virtual Install of Windows 7 Pro Using VirtualBox**

### **Overview**

In this lab, students will create a virtual install of Windows 7 Pro using VirtualBox. This lab is designed to run on a host running either a MAC, Windows 7 64 bit, Windows 8/8.1 64 bit, or Windows 10. The latest version of VirtualBox Player was used in confirming this lab as working.

The student should read the lab in its entirety before beginning the install.

- One install of VirtualBox.
- One Windows 7 Pro ISO image.

### **Creating a Virtual Install of Windows 7 Pro**

In this part of the lab, we begin creating or downloading a virtual machine of Windows 7 Pro. You have one of two options provided for creating a virtual install of Windows 7 Pro.

This lab will allow users to create a Windows 7 Professional host to be used as a target for pentesting.

### **Why not use Windows 10?**

Windows 10 is much more secure than Windows 7. Windows Defender and the User Access Control are very difficult to defeat. Lastly, Windows 10 is built using a completely different code. The Offensive Security OSCP exam uses Windows 7, not Windows 10.

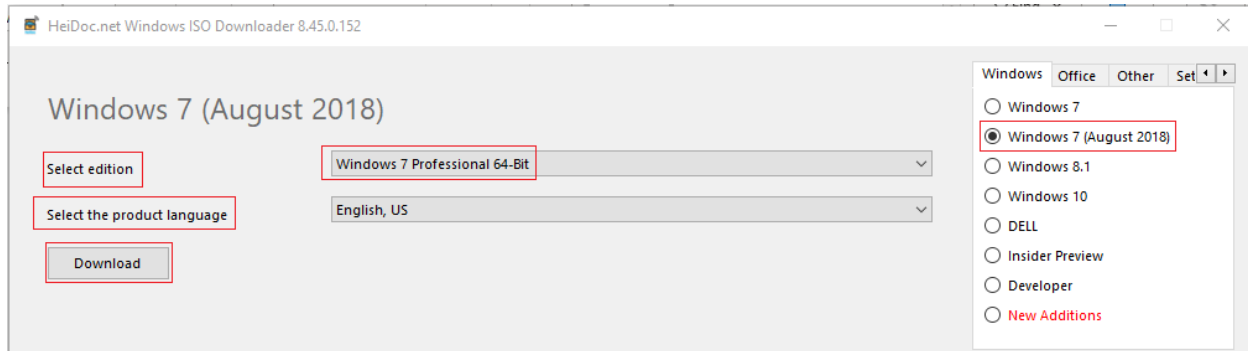
### **Option #1 - Download the Windows 7 Professional ISO Image**

**You can use the Microsoft Windows and Office ISO Download Tool from HeiDoc.net**

Download Windows 7 Professional [here](#).

The utility requires no installation. Once the utility has been downloaded, just x2 click it to launch.

From the right windowpane, select



Save the ISO to your favorite download location.

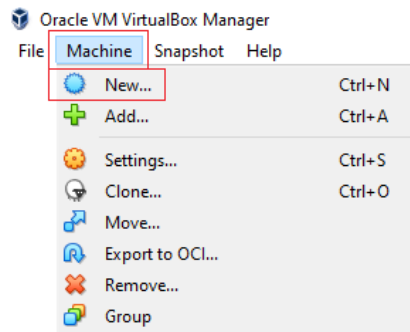
## Option #2 – [Downloading Virtual Machines From Microsoft](#)

Microsoft provides free virtual machines for Windows 7 and Windows 10 that can be used by app developers for testing purposes. These virtual machines are good 90 days but can be extended by taking a snapshot of the installation and then rolling back as needed.

### [Download and Installation instructions](#)

#### Create a virtual install of Windows 7 Pro

Launch your install of VirtualBox. At the top left, click on **Machine**, and from the context menu, select **New** to launch the Create a Virtual Machine wizard.

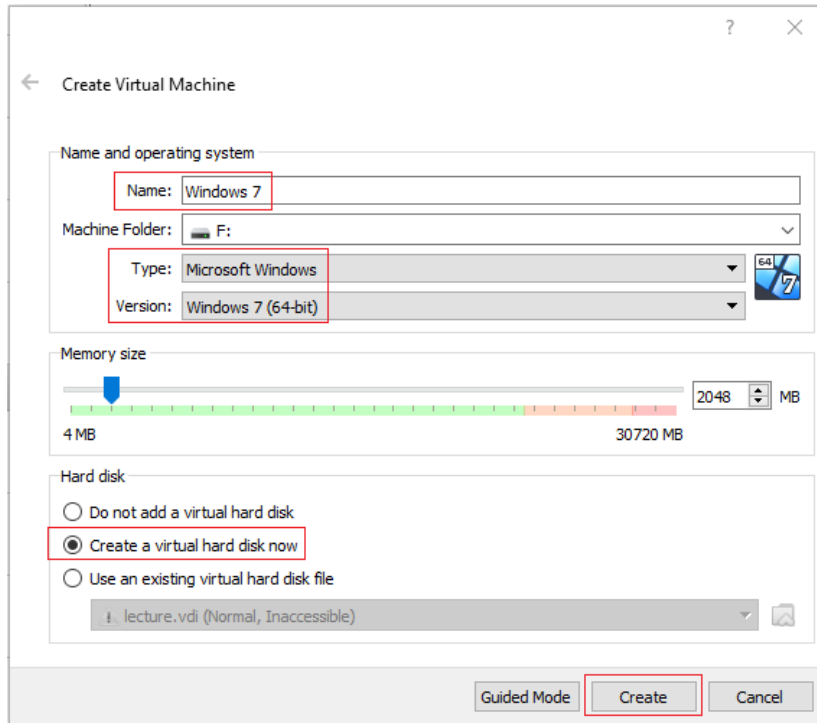


For the name, give your new virtual machine a user-friendly name.

For the type, select Microsoft Windows.

For the version, select Windows 7 32 or 64 bit.

Select the radio button to Create a Virtual disk Now.



← Create Virtual Machine

Name and operating system

Name: Windows 7

Machine Folder: F:

Type: Microsoft Windows

Version: Windows 7 (64-bit)

Memory size

4 MB 30720 MB 2048 MB

Hard disk

☐ Do not add a virtual hard disk

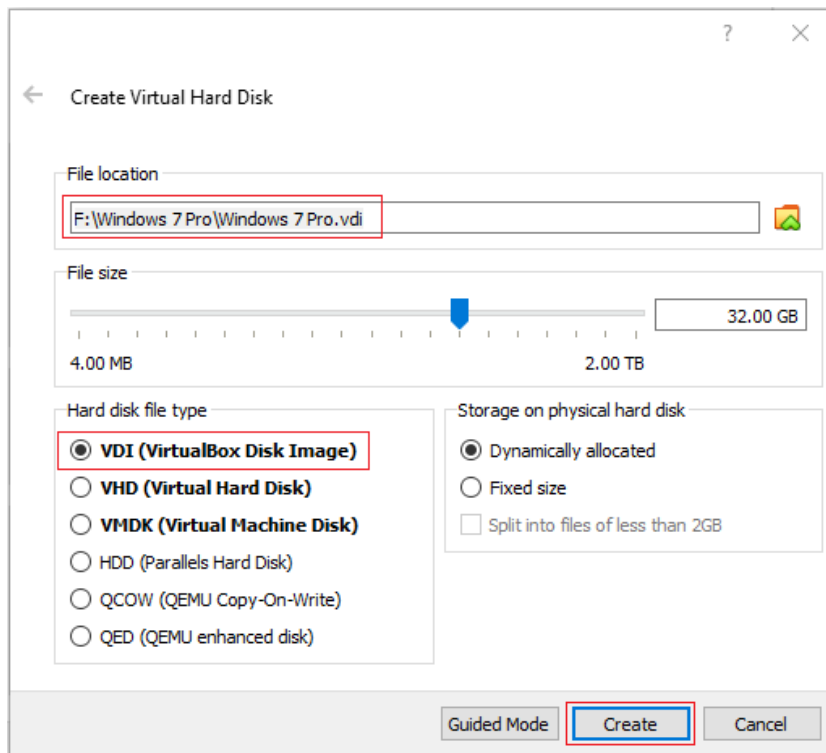
☒ Create a virtual hard disk now

☐ Use an existing virtual hard disk file

lecture.vdi (Normal, Inaccessible)

Guided Mode Create Cancel

Click the Create button. On the next screen, accept the defaults. And click, Create.



← Create Virtual Hard Disk

File location

F:\Windows 7 Pro\Windows 7 Pro.vdi

File size

4.00 MB 2.00 TB 32.00 GB

Hard disk file type

☒ VDI (VirtualBox Disk Image)

☐ VHD (Virtual Hard Disk)

☐ VMDK (Virtual Machine Disk)

☐ HDD (Parallels Hard Disk)

☐ QCOW (QEMU Copy-On-Write)

☐ QED (QEMU enhanced disk)

Storage on physical hard disk

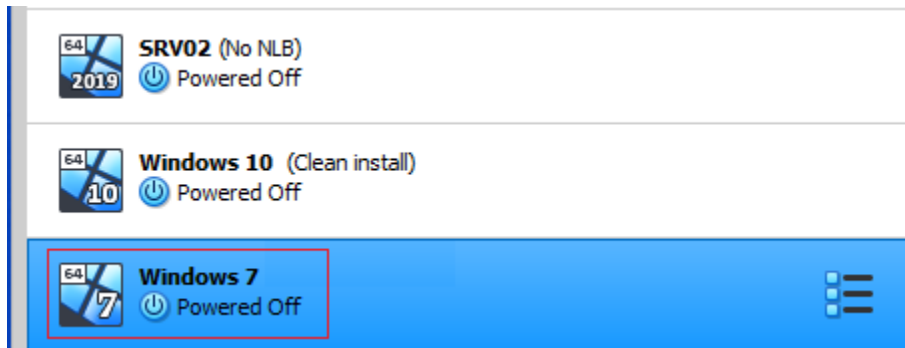
☒ Dynamically allocated

☐ Fixed size

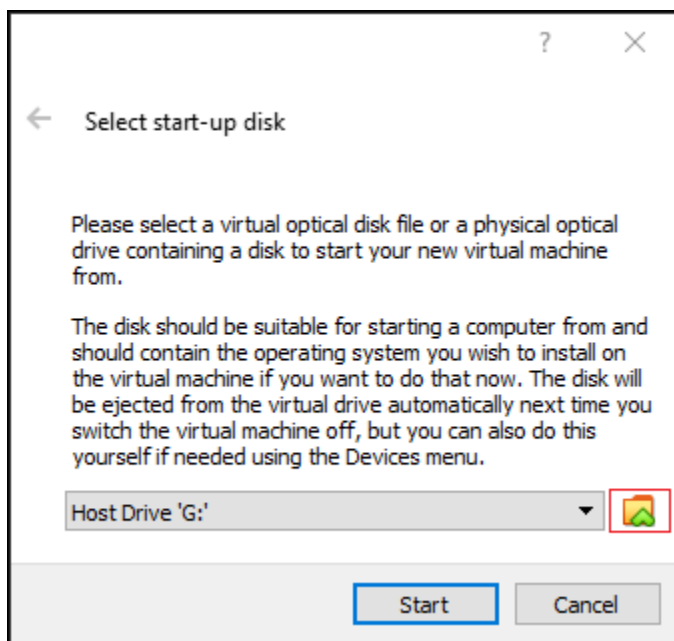
☐ Split into files of less than 2GB

Guided Mode Create Cancel

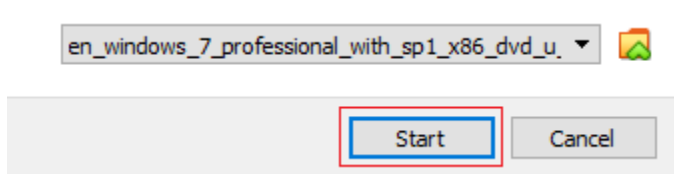
From the left windowpane of your VirtualBox management console, find and x2 click the just created virtual machine. This machine launches.



On the first screen, click on the folder icon and browse to the download location for your Windows 7 iso image.



Click the Start Button. The install begins.



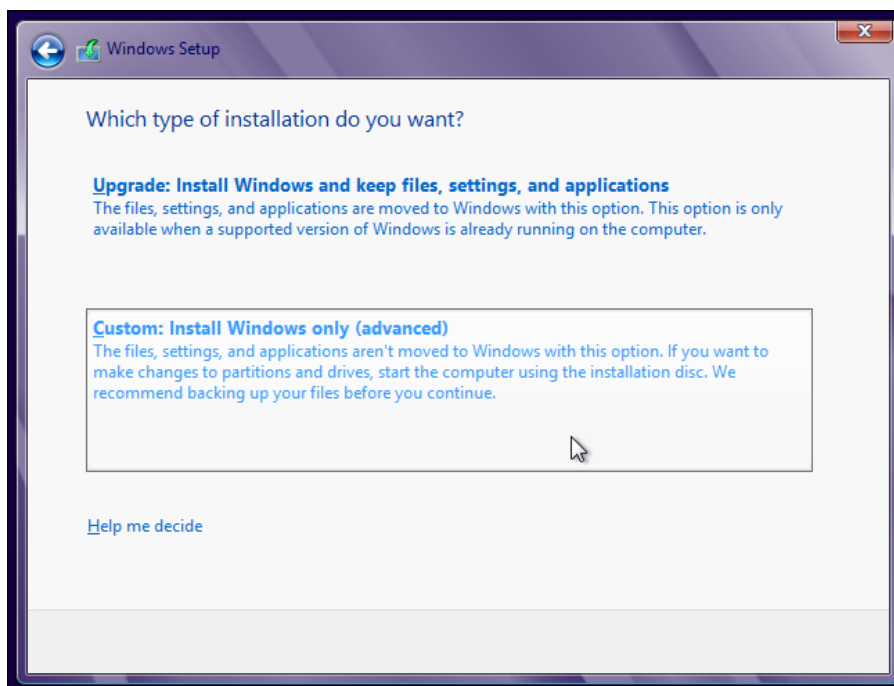
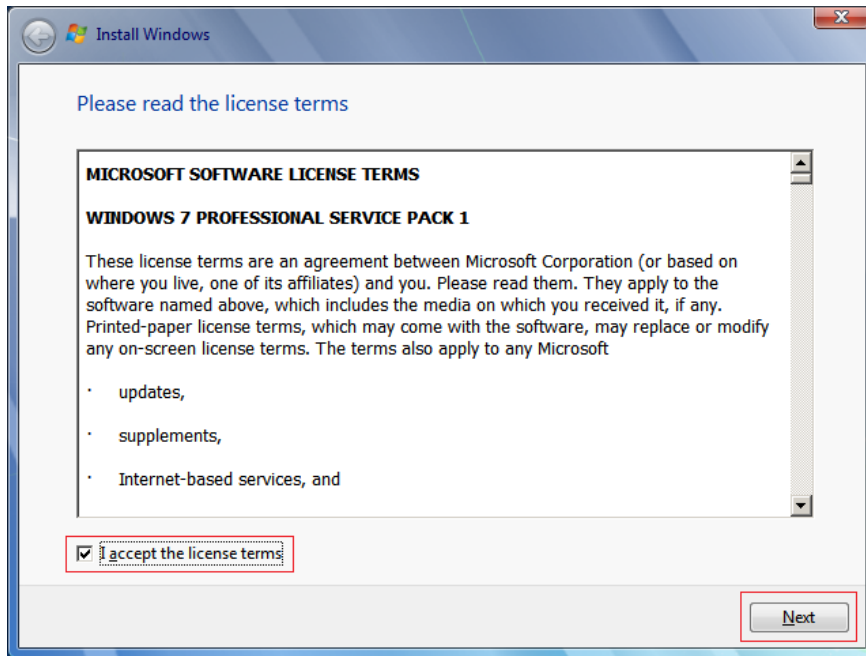
On the first screen of the Windows 7 setup wizard, accept the defaults and click next.



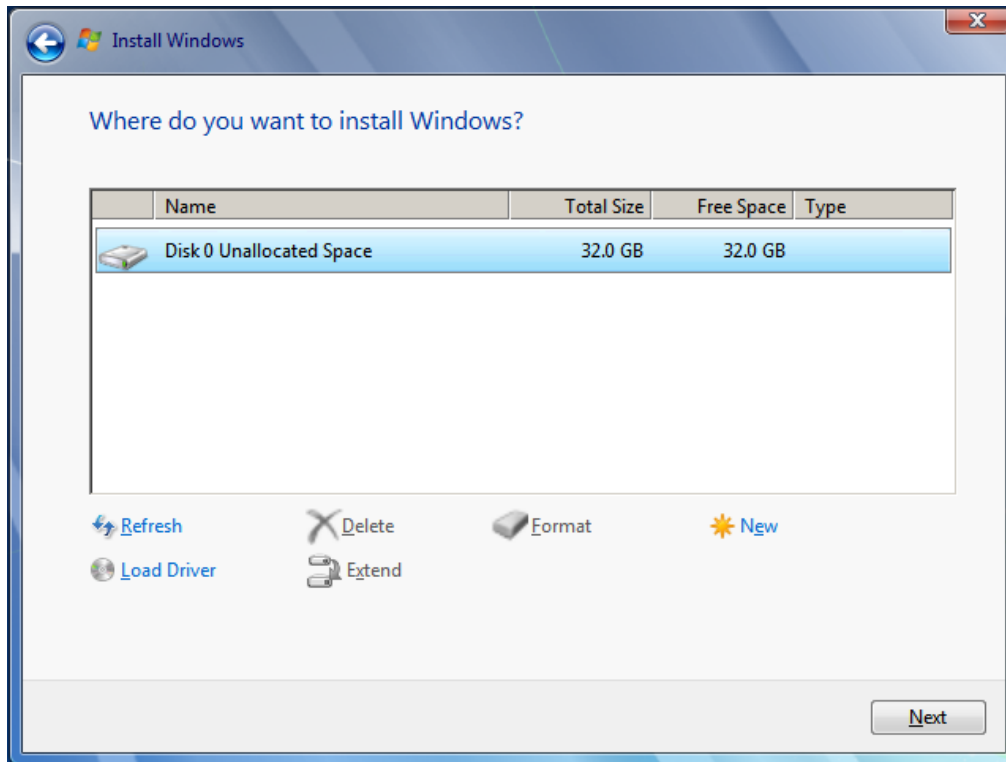
On the next screen, click the **Install Now** button.



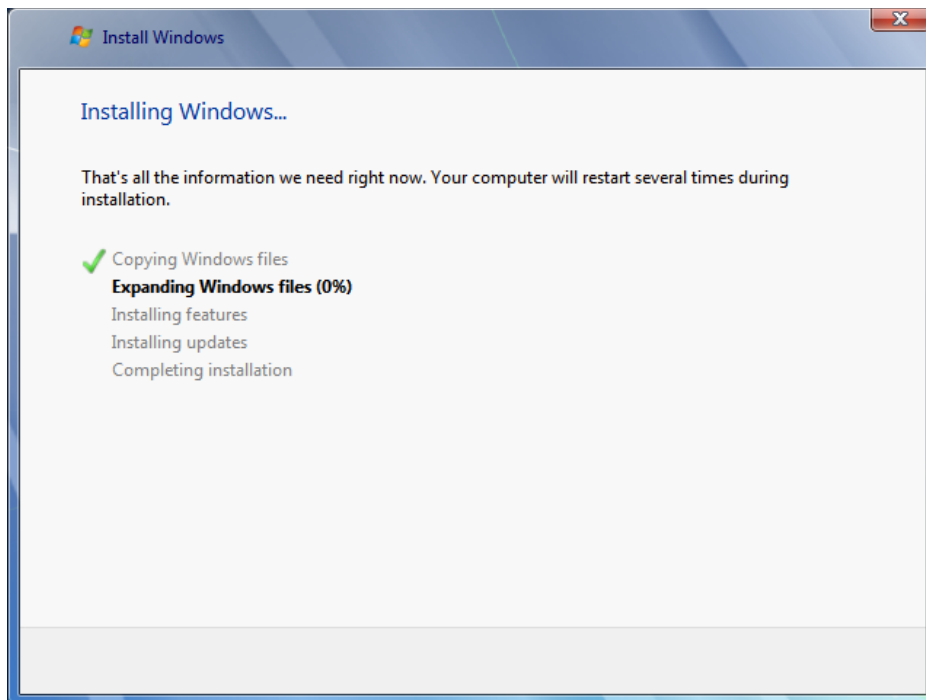
On the next screen, check the box to accept the license agreement and click the **Next** button.



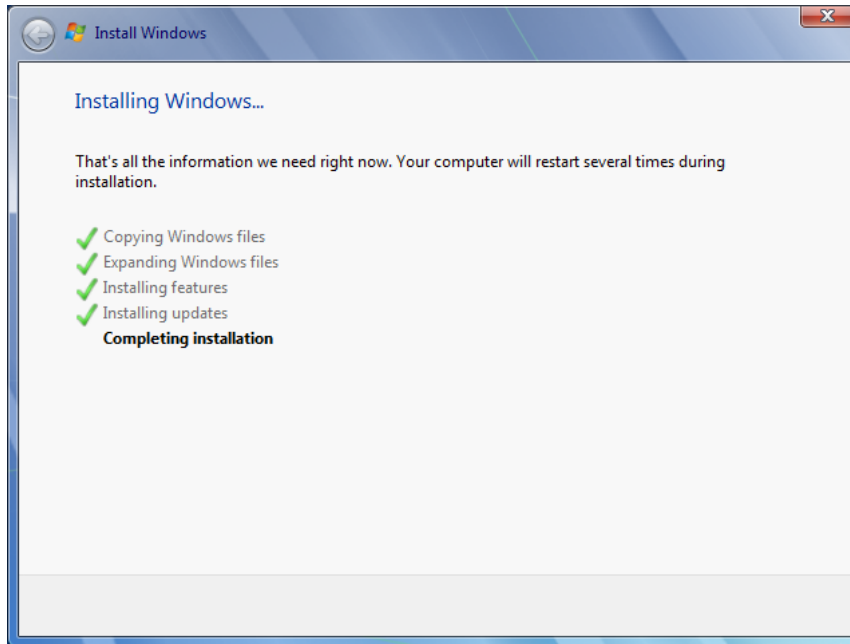
On the next screen, accept the defaults and click Next.



The installation process begins.



Once the file copy has finished, Windows will restart to complete the installation.

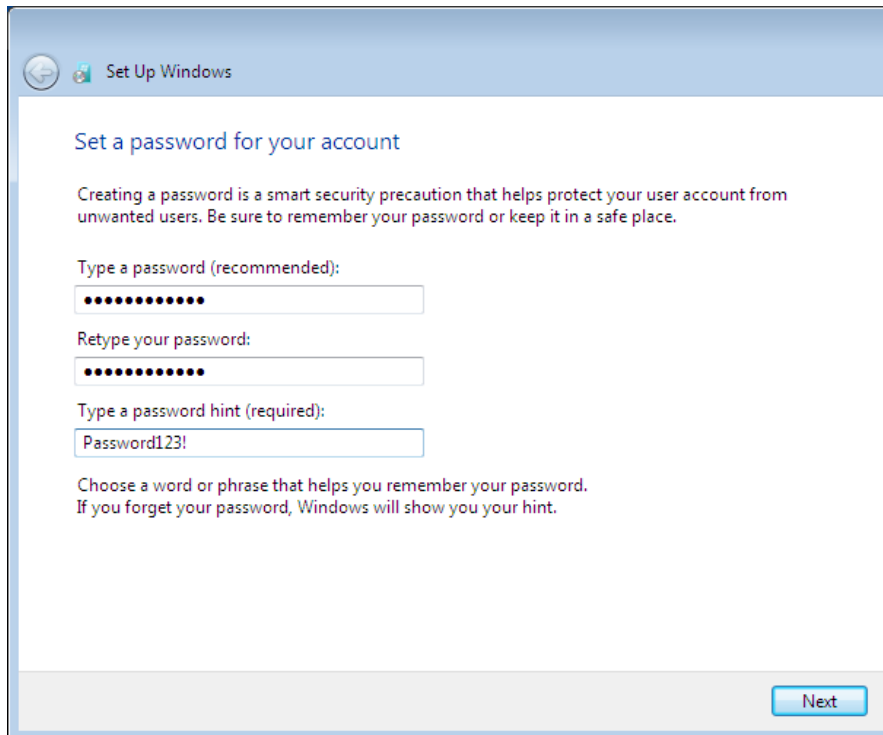


On the next screen, type in your preferred username and the name for your Windows 7 operating system. Click next.



On the next screen, type in your password and password hint.





The screenshot shows the 'Set Up Windows' window with the title 'Set a password for your account'. It includes instructions on creating a password and a hint. There are three input fields: 'Type a password (recommended):' with 10 dots, 'Retype your password:' with 10 dots, and 'Type a password hint (required):' with the text 'Password123!'. A 'Next' button is at the bottom right.

Set Up Windows

### Set a password for your account

Creating a password is a smart security precaution that helps protect your user account from unwanted users. Be sure to remember your password or keep it in a safe place.

Type a password (recommended):  
••••••••••

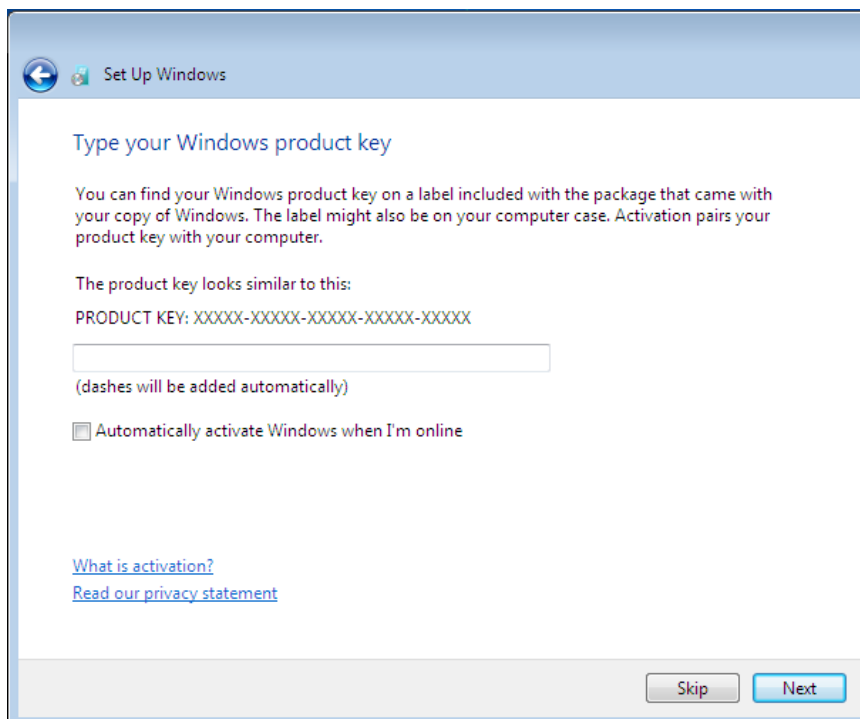
Retype your password:  
••••••••••

Type a password hint (required):  
Password123!

Choose a word or phrase that helps you remember your password.  
If you forget your password, Windows will show you your hint.

Next

On the next screen, click the Skip button.



The screenshot shows the 'Set Up Windows' window with the title 'Type your Windows product key'. It includes instructions on finding the product key and a placeholder for the key. There is a checkbox for 'Automatically activate Windows when I'm online'. At the bottom, there are links for 'What is activation?' and 'Read our privacy statement', and 'Skip' and 'Next' buttons.

Set Up Windows

### Type your Windows product key

You can find your Windows product key on a label included with the package that came with your copy of Windows. The label might also be on your computer case. Activation pairs your product key with your computer.

The product key looks similar to this:  
PRODUCT KEY: XXXXX-XXXXX-XXXXX-XXXXX-XXXXX

(dashes will be added automatically)

☐ Automatically activate Windows when I'm online

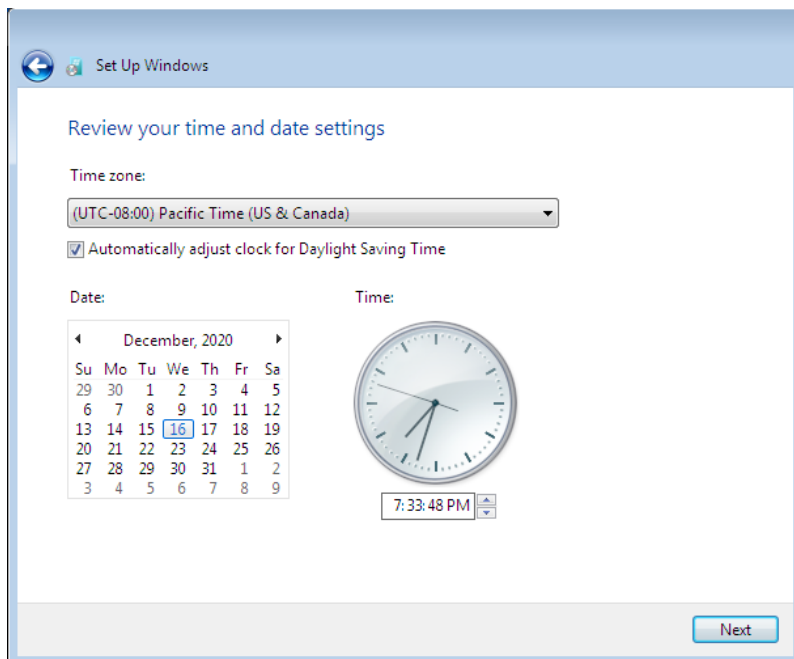
[What is activation?](#)  
[Read our privacy statement](#)

Skip Next

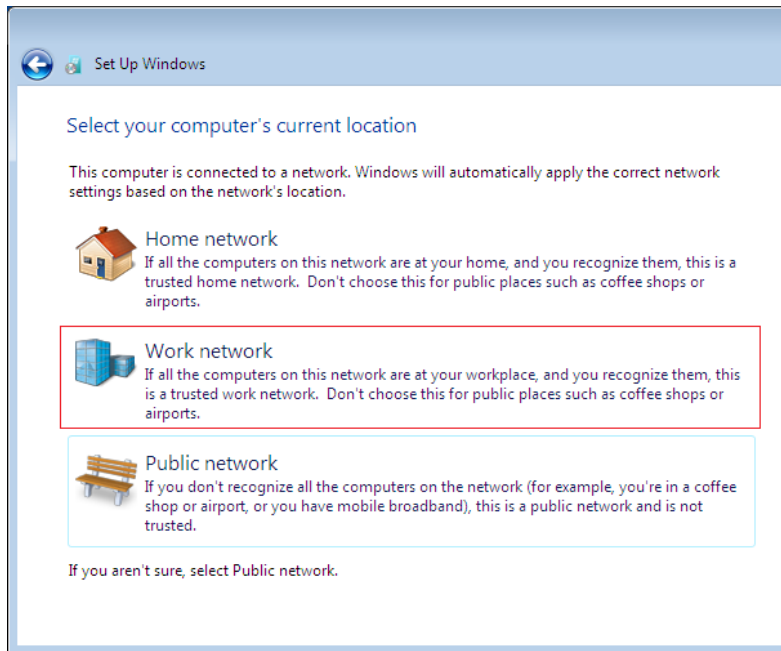
On the next screen, choose, Ask me Later.



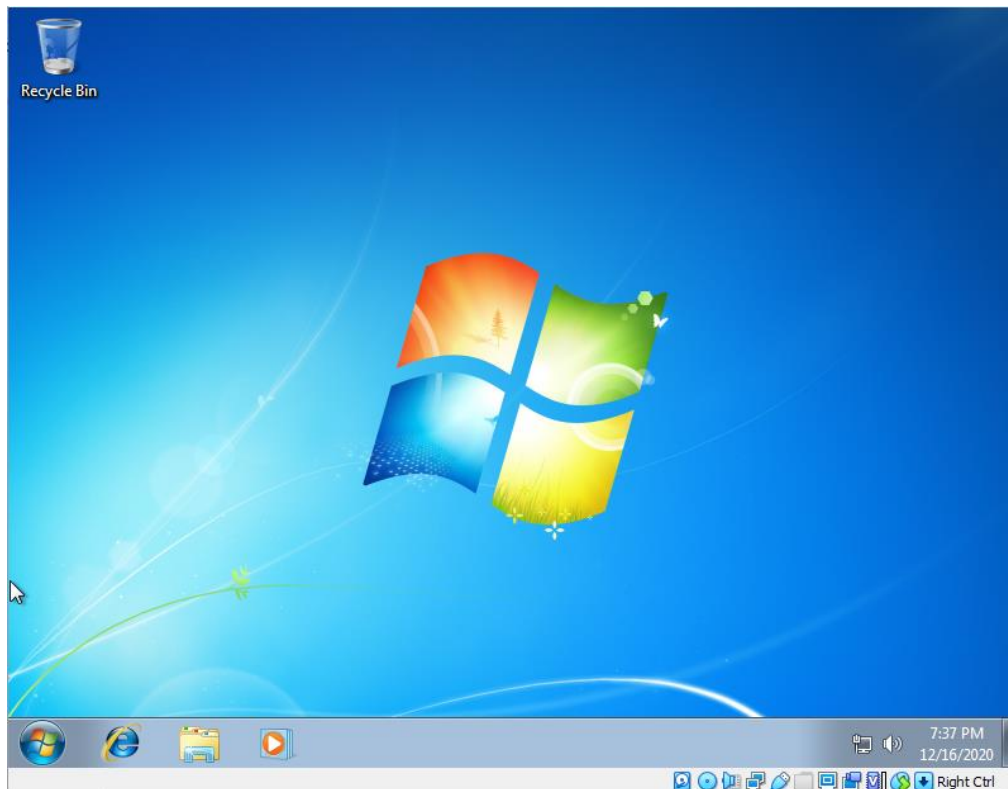
On the next screen, choose your time zone.



On the choose your location screen, select **Work Network**.



You are now presented with your Windows 7 Desktop.



End of the lab!