Resources

Penetration Testing Environment
https://www.kali.org/
https://www.virtualbox.org/

Setting up a lab
http://windowsiso.net/
https://github.com/rapid7/metasploitable3
https://hackersploit.org/metasploitable3-installation-guide/

Metasploitable3 Download Links

Virtualbox:

https://vagrantcloud.com/rapid7/boxes/metasploitable3-win2k8/versions/0.1.0-weekly/providers/virtualbox.box

Vmware:

https://vagrantcloud.com/rapid7/boxes/metasploitable3-win2k8/versions/0.1.0-weekly/providers/vmware.box

Vmware desktop:

https://vagrantcloud.com/rapid7/boxes/metasploitable3-win2k8/versions/0.1.0-weekly/providers/vmware_desktop.box