Steps to install ROS and operate the simulated robot arm:

1. Download Virtual Box
2. Download the Ubuntu version
3. Download the ready version of the ROS system from the training portal
4. Open the ready version in the documents, and then it will automatically open in the Virtual Box
5. Finished installing the ROS on the virtual
6. The Ubuntu interface appears
7. I opened the browser window and put the search command link https://s-m.com.sa/ros.txt
8. Open the terminal window
9. Copy the commands from the link and paste them into the terminal
10. Finally, the rvis program is up and running the emulator