1. Launch URL <http://demo.automationtesting.in/Frames.html>
2. Then go to Iframe with in an iFrame.
3. Enter value in Input Box.
4. Click on Single Iframe and enter your name .

OR

1. Launch URL - <https://chercher.tech/practice/frames>
2. Select the checkbox
3. Enter your name as Topic
4. Select any Value from dropdown
5. Count the total number of frames